

FIRST TERMINAL EVALUATION -2017**HEALTH & PHYSICAL EDUCATION ,
ART EDUCATION AND WORK EDUCATION****Standard IX****Score:45****Time:2hrs****Instructions**

- 15 minutes is given as cool-off time. This time is to be spent for reading the question paper.
- Question paper is common for Health & Physical Education, Art Education and Work Education. Each area carries 15 score .
- Total time allotted for the examination is 2 hrs.
- Answer of each area should be written in separate paper .

HEALTH AND PHYSICAL EDUCATION**Score:15****Choose the right answer from bracket. Each question carries 1 score. (3X1=3)**

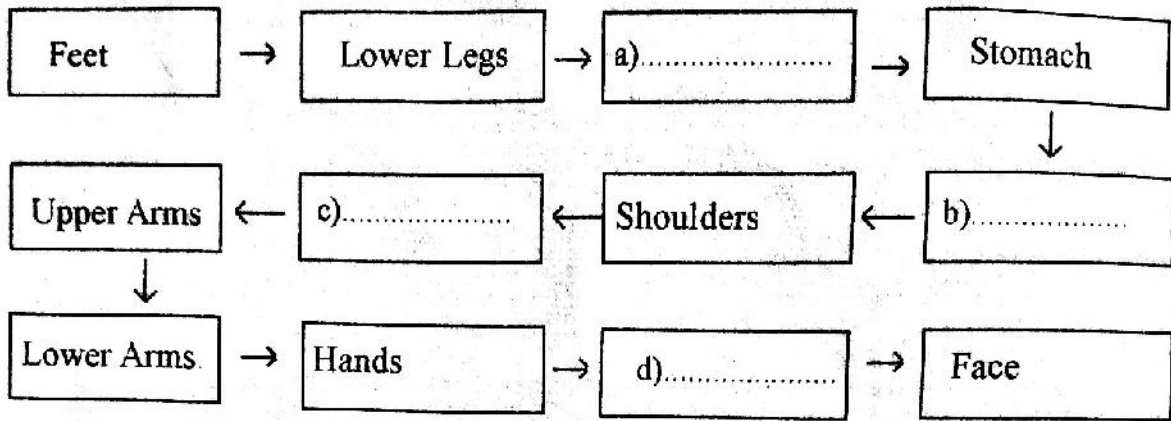
1. Pulse rate of a man who engages in exercises regularlythan a normal person ?
(Increases, Decreases , No change . None of these)
2. Which day is observed as International 'Yoga Day' ?
(June 11, June 21, July 11, July 21)
3. Name the malayalee who became the captain of Indian Hockey team?
(I M Vijayan, Tom Joseph, Jimmy George, P R Sreejesh)

Answer any three of the following

4. List out the measures to minimize 'Stress'.
5. What are the advantages of doing 'Chakrasana'?
6. List out the following into aerobic and anaerobic activities.

Jogging, Football, Long jump, High Jump, Handball,
1500mtr race, Hockey, Shot Put

7. What are the abilities (qualities) obtained by increasing flexibility through exercise
8. A model of Progressive Muscle Relaxation is given below. Fill in the blanks



Answer any one of the following.

(3X1=3)

9. Explain how physical activities improve cardio-respiratory functioning

OR

10. What are the merits of regular walking

Answer any one of the following

(3X1=3)

11. Explain the things to remember before practising Yogasana?

OR

12. What are the benefits of regular cycling?

ART EDUCATION

Score: 15

Answer the following questions.

1. Which computer technology is used for giving motion for cartoons?
(Photoshop, Animation, Gimp)
2. Name the style of illustration of natural scenery in drawing?
(Cartoon, Collage, Landscape painting)
3. Which classical music form is popular in South India?
(Sufi music, Carnatic music, Hindustani music)
4. Which process represents time in music?
(Ragam, Thalam, Swaram)
5. What does the word 'Lokadharmi' means in dance?
(Rhythmic steps, Idea of the artist is represented through expression and Mudras, Dressing style)
6. How to present a type of song called 'Padam' in dance form?
(Fast movements, Slow movements, Facial expression)
7. What is meant by choreography in cinema
(Makeup, Stund, Dance) (7X1 =7)
8. Name two media which is used to give color in drawing? (2)
9. Name two basic factors of music? (2)
10. Match the following. (2)

A	B
AdoorGopalakrishanan	Painter
Ilayaraja	Actor
Om Puri	Music director
M F Hussain	Director

11. Which are the four type of acting in dance? (2)

WORK EXPERIENCE

Score:15

Answer all the questions. First three questions carry one score each.

1. Which day is observed as 'Naattarivudinam'?
(July 20, October 16, August 22, November 6)
2. Name the bio-pesticide that can be prepared at home
(Tobacco decoction, Endosulfan, Vermi compost, Steramil)
3. The Oil poured on top of the pickle in a tin to avoid fungus formation
(Coconut oil, mustard oil, Gingelly oil, Sunflower oil)
4. Name the ingredients required for making tender coconut juice (2)
5. Write the names of medicinal plants that can be grown at home. (2)
6. Write the names of four pickles that can be prepared at home. (2)
7. "The Vegetables needed in Ones house can be cultivated in Ones own garden .
Do you agree with this statement? Why?Explain. (3)
8. Write a brief note on the preparation of a project related to agriculture? (3)