

FIRST TERMINAL EVALUATION 2019 - 20

HEALTH & PHYSICAL EDUCATION, ART EDUCATION
AND WORK EDUCATION

Class:IX

Time: 2 Hours.

Total Score : 45

Instructions

- Question Paper consists of 3 parts - Health & Physical Education, Art Education and Work Education.
- Each part carries 15 score.
- 15 minutes for cool off time and 2 hrs for writing the answers can be taken together and the writing can be started from the commencement of the exam itself.
- **Answer of each part should be written in separate answer sheets.**
Subject, Name, Class and Roll number should be written in each answer sheet.

HEALTH & PHYSICAL EDUCATION

Time:40 Minutes

Score : 15

From questions 1-5, answer any four. 1 Score each

(4x1=4)

1. Which physical fitness component is tested using Modified step test?
(Muscular Endurance, Muscular Strength, Cardio Respiratory Endurance, Power)
2. Choose the correct change which occurs in Cardio Respiratory system due to exercising.
(Increase in the elasticity of cardiac muscles, Decrease in the endurance of respiratory muscles, Decrease in blood circulation, Decrease in the endurance of cardiac muscles)
3. How many players are permitted in a Handball team during the time of the game?
(6, 7, 12, 16)
4. The process of imagining the form, size, colour and design of an object by closing one's eyes is called?
(Auditory imagery, Gustatory imagery, Tactile imagery, Visual Imagery)

5. The system which helps to transmit oxygen to the cells and remove carbon dioxide from the cells is _____.

(Skeletal system, Cardio respiratory system, Digestive system, Muscular system)

From questions 6-10, answer any four. 2 score each

(4x2=8)

6. What are the activities to be done by students to reduce stress?
7. Mention any four exercises which help to increase Cardio- respiratory endurance?
8. Explain the changes that take place in pulse rate and respiratory rate after conducting Modified Step test.
9. Write any four peculiarities of Handball Game
10. What is Stress?

From questions 11-12, answer any one.

(1x3=3)

11. Prepare a model exercise to increase your Cardio respiratory endurance.
12. What is imagery technique? Name any four imagery techniques.

ART EDUCATION

Time: 40 minutes.
Score : 15

From questions 1-6, answer any four. 1 score each

(4x1=4)

1. 'The Journey Ends' is a work of a famous painter, who led the Bengal School Movement. Name this artist
(Abanindranath Tagore, Rabindranath Tagore, Nandalal Bose, M. F. Hussain)
2. Which among the following paintings by Raja Ravi Varma stands apart thematically?
(Shakunthala, Gypsikal, Matsyagandhi, Hamsa Damayanthi)
3. The branch of music popular in North India?
(Carnatic music, Hindustani music, Rabindra sangeeth, Western music)
4. The title awarded to Purandara Dasar who shaped Carnatic music curriculum
(Sangeetha Pithamahan, Asthana Vidwan, Sangeetha Choodamani, Sangeetha Kalanidhi)

5. The dance form which is a blend of 'Jathi' and 'Swara'?
- (Chavittunadakam, Parichamuttukali, Jathiswaram, Padam)
6. The character who comes on the stage occasionally to control the course of the play, in olden times is called _____?
- (Playright, Stage Manager, Soothradharan, Set Designer)

From questions 7-10, answer any three. 2 score each.

(3x2=6)

7. A paragraph about Leonardo Da Vinci's painting 'Monalisa' is given below. Frame three questions in such a way that, the facts from the paragraph form the answers.

Monalisa

Monalisa is the painting by the famous Italian renaissance painter Leonardo Da Vinci. This is the most visited and most written about art work. This painting got insured for the highest amount and got listed in the Guinness Book of World Records. This painting got insured for 100 million dollars in 1962 and was reinsured for 650 millions in 2018. This painting that conquered the world, through Monalisa's beautiful smile, is kept and exhibited in the bullet proof cover in Louvre museum under tight security.

8. There are seven basic 'swaras' in Carnatic and Hindusthani Music. This is a similarity. Do you know any differences between the two? Write them.
9. Which are two acting styles in dance forms? Mention their differences citing examples?
10. Write any three distinct features of street play which differentiates it from other forms of plays?

From questions 11-12, answer any one.

(1x3=3)

11. Imagine that, one fine morning you have got wings like that of a butterfly or a sparrow. Won't you fly up higher and wider around the world? Draw the picture of your flying experience. Use pencil or pen.

12. Indian music is rich, diverse, sparkling and precious. It itself is a musical culture. Explain.

From questions 13-14, answer any one.

(1x2=2)

13. Mention any two salient features of 'Shudha Nritham'.
14. How will you make up one of your friends to make him appear like an eighty year old man?

From questions 1-4, answer any three. 1 score each.

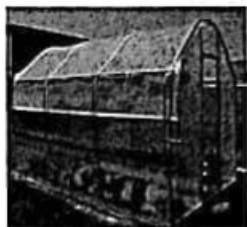
(3x1=3)

1. Cultivation of which crop will increase the nitrogen content of the soil ?
(Paddy, Tapioca, Ladies finger, Greengram)
2. The artificial coating used in fruits to avoid dehydration is _____
(Tobacco Decoction, Aloe Vera Gel, Wax, Hay)
3. It is desirable to keep food stuff in _____, instead of keeping in harmful plastic bottles or in aluminium foils.
(Non stick vessels, Alloy vessels, Brass vessels, Clay vessels)
4. Which among the following is not a preservation method?
(Drying, Pickling, Keeping in honey, keeping in water)

From questions 5-9, answer any two. 2 score each.

(4x2=8)

5. Identify the following modern agricultural methods and write their name.



Picture A



Picture B



Picture C

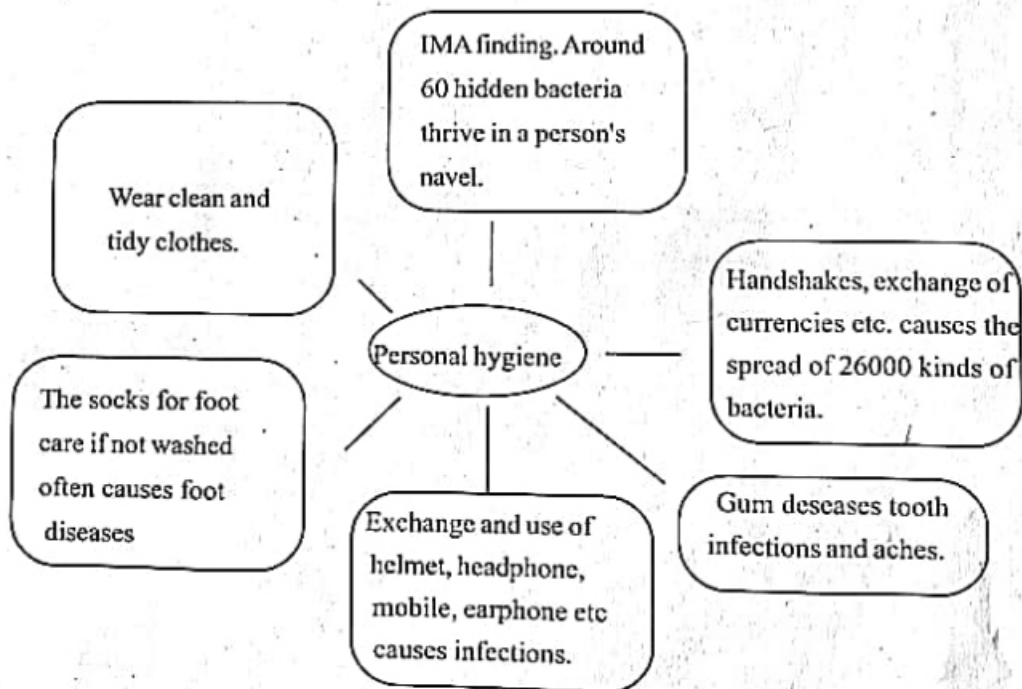


Picture D

6. Before packing foodstuff the packs should be labelled properly. What details are to be included and shown on such labels?



7. What are the objectives of observing dry day for keeping your premises and surroundings clean and tidy?
8. Study the diagram and give descriptions about any two.



9. What are the reasons for advising more intake of fruits and vegetables during hot summer seasons?

From questions 10-11, answer any one.

(1x4=4)

10. 'A dishful of vegetable for Onam' project has been implemented by the agricultural department as part of the 'Integrated vegetable growing campaign'. Grow bags with seedlings, seeds etc were distributed to people. Prepare a questionnaire to conduct an interview with the agricultural officer in connection with the programme.
11. Read carefully the following news headlines appeared in newspapers recently.

Kochi-Swine Flu (H1N1) confirmed in Kerala.

World Health Organisation declared it as FATAL

Delhi in Denque.Panic. Many Die.

Most dreadful in last-5 years

Paravur Nipa Hit: Serum samples will be collected

Now, What precautionary steps and care should be taken to check and control this kind of maladies and dangers? Write a paragraph.