

First Terminal Evaluation 2018 - 19
HEALTH & PHYSICAL EDUCATION,
ART EDUCATION AND WORK EDUCATION

Class:IX

Time: 2 hrs

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 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

Choose the correct answer from the brackets. Questions 1 to 4 carry one score each.
(4 × 1 = 4)

1. What is the formula for finding maximum heart rate by engaging in physical activities?
(220-age, 200-age, 120-age, 150-age)
2. What is the name of low intensity physical activities performed with the help of oxygen?
(Aerobic, Anaerobic, stepping, plyometrics)
3. Volume of maximum air exhaling after strong inhaling is called.....?
(Tidal volume, Vital capacity, Residual air, Lungs capacity)
4. Which of the following belongs to aerobic activity?
(Marathon, Shotput, Long jump, Power lifting)

Answer any 4 among the following questions from 5 to 9. Each question carries 2 score.
(4 × 2=8)

5. What is the difference between aerobics and anaerobics?
6. What is meant by Tidal volume?

7. Complete the following table related to breath rate and age?

| Age | Breath rate |
|-----------------------|-------------|
| Between 6 to 12 years | |
| Above 12 years | |

8. What is the difference between vital capacity and residual air?
9. What do you mean by recovery period?.

Answer any one among the following questions from 10 and 11. Carries 3 scores.

10. The pulse rate and breath rate increased in the athlete after physical activities comes down after five minutes. In some others it becomes equal to the figure recorded before activities. Why? Prepare a brief note on it? (1 × 3 = 3)
11. What are the measures to be observed for healthy cardio vascular endurance?.

ART EDUCATION

Time: 40 minutes
Score :15

Choose the correct answer from the brackets for questions 1 to 4. Each carries one score.

(4 × 1 = 4)

1. Who was the famous painter who gave the leadership to 'Bombay Progressive Artist' group?
(Vincent Van Gogh, M.F. Hussain, Paul Sessan, Nandalal Bose)
2. Name a branch of music which is popular in South India.
(Karnatic music, Hindustani music, Back ground music, North Indian music)
3. Which is the major factor that influences the imaginative power of actors in acting emotional experiences?
(rangapadam, light arrangements, make-up, back ground music)
4. The item in classical dance which gives more importance for acting is called.
(Thillana, Jathiswaram, Padam, Javali)

Answer any two of the following question from 5 to 8. Each carries 3 scores.

(2 × 3 = 6)

5. Match the following.

| A | B |
|-----------------|------------------|
| Pablo Picasso | Mother Theresa |
| M.F. Hussain | Hamsa Damayanthi |
| Raja Ravi Varma | Gurnika |

6. Name any three 'Pakkavadyas' using in Karnatic music concert.

7. Select from the following, the three major branches of 'Natyasasthra' by Bharathamuni.
(Thalam, Chithrarachana, Nrutham, Abhinayam, Geetham.)

8. Write from the following, the three important factors that seen in our dance forms.
(Nrutham, Nadanam, Narthanam, Nruthyam, Natyam)

Answer any one of the following from 9 to 12. Correct answer carries 5 scores.

(1 × 5 = 5)

9. Read the following passage carefully and make 5 questions from it.

The famous painter T.K. Padmini was born on 2nd May 1940 in Kadamcherry in old Ponnani Taluk. She completed her schooling in A.V.H.S.S. Ponnani. She learned the basic lessons and ideas of drawing from K L Devasy, teacher A V H S S Ponnani and artist Namboodiri, the famous illustrator, painter and architect. She completed her study in drawing in 1961 from Madras College of Fine Arts and Craft. Her last drawing was 'Pattam Parathunna Penkutty'. The talented artist died on May 11 in 1969 at the age of 29.

10. Write whether the following statements are true or false.

(a) Hindusthani music is also known as North Indian music.

(b) 'Dhaivatha' is on the 5th position when reciting 'saptaswaras' in its order.

(c) Each 'Eena' is formed from 'Thalas'.

(d) 'Bilaval Dhatt' is related with Hindusthani music.

(e) 'Learning by hearing' is very important in learning music.

11. Match the following.

| A | B |
|---------------------|------------------|
| Rangapadam | Background music |
| Dubbing | N.N. Pillai |
| Music director | Script |
| Drama composing | Cinema |
| M.T. Vasudevan Nair | Stage |

12. Write a brief note on the factors to be considered while composing a dance form.

WORK EDUCATION

Time: 40 mts.

Score : 15

Choose the correct answer from those given in brackets for the the following questions from 1 to 4. Each carries one score.

(4 × 1 = 4)

1. Which of the following is not a preserved fruit product?
(Pickle, Jam, Squash, Potato stew)
2. Which is the acid contained in lemon?
(lactic acid, forbic acid, citric acid, tartaaric acid)
3. Which is celebrated as Anti - Drug day?
(June 19, June 26, June 5, June 17)
4. The best Farmers Award given by the Government of Kerala is?
(Karshakothama Puraskar, Karshakashree, Kerala Karshakan, Karshaka mithram)

Answer any two of the following questions from 5 to 8. Each question carries two scores.

(2 × 2=4)

5. Name any four medicinal plants.
6. Write any two slogans required for preparing a poster related to environmental conservation.
7. Write any two serious environmental problems.
8. What are the six areas in Work Education?

Answer any one of the following questions 9 and 10. Three scores for the correct answer.

(1 × 3 = 3)

9. What are the materials required for making a toilet soap?
10. Mention any three habitual activities to be followed in personal cleanliness by children?

Answer any one of the following questions 11 and 12. Four scores for the correct answer.

(1 × 4 = 4)

11. Write the work diary regarding the preparation of a dust pan.
12. Name any four medicinal plants around us and write their uses.