

HEALTH AND PHYSICAL EDUCATION**Annual Examination Answer key 2022-2023****Std: 9****Medium: English****Total score 15****SHINU R. PHYSICAL EDUCATION TEACHER. GHS BEMMANUR . PALAKKAD**

Q	Answers	Mark
1	TUG OF WAR	1
2	DIABETES	1
3	PAWANAMUKTASANA	1
4	BMI	1
5	WRESTLING	1
6	QATAR	1
7	Lack of exercise and overeating results in the storage of excess energy. Which accumulates as fat in our body .Obesity is a medical condition in which excess body fat accumulates to the extent that it may have a negative effect on health.	2
8	<ul style="list-style-type: none">• PMR technique is helpful for relaxing the body muscles and resume to its normal state. It also enables us to do activities with ease in the following days. Through this Muscle Relaxation Technique, we could easily manage stress.	2
9	<ul style="list-style-type: none">• School Games Federation of India was established in 1954 with an aim to organised sports competitions at the national level,It brings up aptitude for sports among school children and develop sports culture to gender excellence in our country, The federation conducts competitions in different sports categories at the national level .SGFI also provides opportunities to school children for participating in international level sports competitions.	2
10	<ul style="list-style-type: none">• Increases the efficiency of heart and lungs.• Helps to maintain body weight.• Improves bone strength, muscle strength, and flexibility of the muscles.• Reduces fat.• Increases immunity.• Reduces mental stress.	2
11	<ul style="list-style-type: none">• It helps to increase the flexibility and strength of the abdomen muscles.• Strengthens body muscles.• Betters concentration.• It promotes better lung functioning.	2
12	<ul style="list-style-type: none">• Age ,gender difference,body weight, weather condition, genetic factors,health,life etyle,physical activities, etc.	2
13	The condition where one or more nutrients are not enough or too	3

	much or in wrong proportion in a diet is termed as malnutrition. Affects our growth and development, affects the physical fitness.	
14	<ul style="list-style-type: none">• National Games is a project initiated by the Olympic Association of India with few to propagate Olympic games. Initially, it was known as Indian Olympic games the first national games was organised in 1924, in Lahore, now part of Pakistan. The national games is conducted once in 2 years. Kerala hosted National games twice in 1987 and in 2015.	3

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