

**HEALTH AND PHYSICAL EDUCATION**  
**Annual Examination Answer key 2024-2025**

Std: 9

Medium: English

Total score: 15

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|                       |                              |                     |
|-----------------------|------------------------------|---------------------|
| Q1.Vakrasana          | Q3.Ice Hockey                | Q5.Germany          |
| Q2.Escape from crises | Q4.Cardiorespiratory fitness | Q6.Gukesh Dommaraju |

| Q NO | ANSWERS   | MARK |
|------|---|------|
| 7    | This place is 7000 feet above sea level and has lower oxygen levels. This condition increases the aerobic capacity of the natives there. Their food habits and activities such as hill climbing have contributed to their excellence in long distance running. Nature often shapes athletes.  | 2    |
| 8    | Helmets,Jackets,Glasses.  | 2    |
| 9    | Mountaineering is an adventure sport of climbing high mountains with or without special equipment. This adventure sport helps to establish an intense connection with nature.   | 2    |
| 10   | In case of an accident, seek the help of people nearby. Also, contact the emergency number (112) for help.<br>Ensure your own safety before trying to rescue a person who drowns.<br>Try to rescue a drowning person by throwing light weight equipment or by holding out a long rope or a pole to him.   | 2    |
| 11   | Uthritathi Vallamkali - Aranmula<br>Nehru Trophy Boat Race - Alappuzha<br>Moolam boat Race - Champakulam<br>Kallada Boat Race - Kollam<br>Sree Narayana Guru Jayanti Vallamkali- Kumarakam<br>Payipad Boat Race - Haripad<br>Nerettupuram Pampa Water Festival - Nerettupuram<br>President's Trophy Boat Race - Ashtamudi Kayal Kollam  | 2    |
| 12   | <b>Tree Touch Game</b> - Select one or more chasers.<br>All other students must stand, touching a tree.<br>When the whistle goes, students touching the trees need to run and touch another tree.<br>Everybody must change the trees they are touching. The chaser has to run and touch any tree that is left unclaimed. The chaser must start the game from the spot decided by the teacher. | 3    |

If the chaser manages to touch a tree, the student who is near that tree will become the new chaser.

If all the students are able to change trees successfully, then the game can be continued with the same chaser.

**Thattu Kali** - Let's divide into two teams with equal members. One team should stand as defenders in various rows . Each row represents different terrains.

The other team will stand behind the starting line as attackers. The game begins when the last defender claps.

Attackers have to aim to cross the last zone by crossing every other zone.

Defenders on the zones have to be dodged to cross a zone. If the defenders touch an attacker, he will be out.

If an attacker crosses the last zone by defeating all defenders, the attacker's team gets a point.

After a fixed time, defenders will become attackers and the game can be continued.

When both teams get the chance to play as attackers, it will be called one innings.

Based on the available time, one can play one or two innings. The team which gets the highest score is declared the winner.

**13** Name. Game, Country, Achievements.

**3**

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