Cosmo School

HOME ASSIGNMENT-2020

CLASS: SEVEN

PHYSICAL EDUCATION AND HEALTH (Chapter-01, 02 and 05)

PART-A: QUESTIONS

1. Answer the following questions (Any two): **** *a)* Write down the sequential activities of Daily Morning Assembly and explain any two. **** b) Write down the Primary Health Care Rules and explain any two. ***** c) What do you mean by Unconsciousness? What will you do in case of Unconsciousness? 2. Answer the following short questions: a) Who was Lord Baden Powell? * * b) How many hours should a healthy person sleep in a day? c) Before starting the class, where will the students assemble? * d) What is Splint? * e) Who was Agnes Baden Powell? *

PART-B: FILL IN THE BLANKS

3. Fill in the gaps:

<i>a)</i> Finger nails should be pared when it a little.	*
b) An adult person should drink around glasses of water daily.	*
c) It is to be habituated to take food.	*
<i>d)</i> Bangladesh Scout Head Office is at	*
<i>e)</i> The height of the Roman Ring will be feet from the ground.	*

PART-C: MULTIPLE CHOICE QUESTIONS

4. Answer the following questions:

- 1. Modern Gymnastics was introduced in
 - a) America
 - b) Germany
- 2. By practicing Education Gymnastics, children can acquire qualities
 - a) Physical
 - b) Mental
- 3. The symptoms of Sprain is
 - *i*. Pain will be felt at the injured part
 - *ii*. The joints will be swelled up

iii. The colors of the place of sprain part will be turned red or blue

- Which one is correct?
- a) i and ii
- b) i and iii

- c) ii and iii
- d) i, ii and iii

- c) Social
- *d*) All of the above

- c) England
- *d*) None of the above

- 4. The animals carry the germs Hydrophobia are
 - i. Dog
 - ii. Foxes
 - *iii*. Wolves
 - Which one is correct?
 - *a*) i and ii
 - b) i and iii

- *c*) ii and iii
- *d*) i, ii and iii

- 5. There will be scored a goal from
 - *i*. Throw in
 - ii. Goal kick
 - iii. Corner kick
 - Which one is correct?
 - *a*) i and ii
 - b) i and iii

- *c*) ii and iii
- d) i, ii and iii