

Cosmo School

Class - vi

Subject: Physical Education & Health

Chapter-2

Lesson-1

Answer the following questions:

1. Why Scouting and Girl Guiding movement is started?
2. Who was Robert Stephenson Smith Lord Baden Powell?
3. What was his profession?
4. When & where was he born?
5. Who was Agnes Baden Powell and Olive Baden Powell?
6. Who were successfully introduced and spread the Scout and Girl Guide movement all over the world?
7. To whom Baden Powell assigned his duties and responsibilities?
8. What types of values may students achieve by implementation of Scouting and Guiding program?
9. When Scouting and Guiding program started in Bangladesh?
10. Write down the 'slogans' of Scouting and Girl Guiding.

Lesson-2

1. What are the common objectives of Scouting & Girl Guiding?
2. What are the basic principles of Scout movement?
3. What are the promises of Scout?
4. Write down the seven Laws/Acts of Scout.

Lesson-2

5. When the Scouts & Guides take Oath?
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7. 6. How many Rules are there in Guiding? And what are they?
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7. 7. Write down the uses of Scout Sign.
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7. 8. Write down the significance of Scout Sign.
9. How ^{does} the Scout Sign done?
10. How does the Scout Handshake?

Lesson-3

1. How the Guide build themselves in present day situation?
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7. 2. How many points are there in Guiding Program? And what are they?
3. How does Guiding Program inspired them?
4. What types of Qualities may they achieve?
5. What are the objectives of Guiding Program to implementation in Bangladesh?
6. What types of Training are to be given to the Guides?
7. Write down the name Seven Uniforms of Boys Scout.
8. Write down the name Seven Uniform Girl Guide.
9. Write down the take care of uniform.
10. Write down usefulness of Scarf.

Lesson-4

Answer the following Questions:

1. How many Knots are to be learned by each badge member of Scout?
2. What are the materials to made up a rope?
3. What are usefulness of rope?
4. Where Sheet Bend is used?
5. What type of Knot is used to rescue some person who falls in a hole?

Lesson-5: (First Aid)

1. What is First Aid?
2. What is to do a First Aider?
3. What are the instruments of first aid?
4. What is Splint? And what is Bandage?
5. What is the first aid of a cut injury?
6. What is the first aid of Abrasion?

CHAPTER-5

Lesson-1

1. What is natural tendency for a child?
2. When a child forgets his surrounding?
3. What helps a students to maintain good health?
4. In what basis sports activities should be planned?
5. Where is the best place for a child to play freely?

Chapter-5

Lesson-1

6. Which activities remove monotony and weariness?
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7. What types qualities the students achieve by play games & sports?
8. How the children get renewed & vigour?
9. In the terminology of Games & Sports — how the children become a good citizen in future?

Lesson-2

1. How the children get pleasure?
2. What is an indoor game?
3. Where the CHESS was originated?
4. What are the materials to make a chessboard?
5. How many chessmen are there for each contestant?
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6. Write down the Power & Capacity chessmen.
7. What do you mean by Castling? In the terminology of Chess game?
8. What is out door game? Give some example.
9. What are the characteristics of Carromboard?
10. How many Carrommen are there in the game of Carrom?
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11. Write down the method of Scoring in Carrom game.

Lesson-3

1. What is Out-door game? Give some example.
2. Write down the standard measurement of International Football ground/field.
3. What is the measurement of — (a) Goal area (b) Penalty area.
4. How to start the game of Football?
5. Write down the duration of Football game.
6. What is the duty of a Referee?
7. How will be start the game of football?
8. Who will must choose the side?
9. Who will take the 'Kick off'?

Lesson-4

1. Will be the "scored a goal" from —
(a) Direct free Kick (b) Kick off (c) Throw in
(d) Goal Kick (e) Corner Kick?
2. How many Laws are there in football game?
3. How many types of Kicks are there? And what are they?
4. Write down the Reasons to awarded a "Direct free Kick".
5. What is Goal Kick?
6. When a goal Kick is effected?

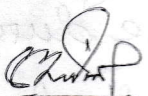
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Lesson-5

1. How many sides are there in foot?
2. What is 'Low hard Kick'?
3. What is Heading?
4. Write down the techniques of Heading.
5. What is the Distance of "Penalty Spot" from the two goal post?

The end


05 Apr 2020

Lesson-5

1/1

Control →