

Cosmo School

Lesson 2

Class - 7

Chapter - 2

Subject: Physical Education and health.

Answer the following questions. (Chap-2, Lesson-1)

1. Who was the founder of Scouting and Girl Guiding movement?
2. When and where Lieutenant-General Stephenson Smith Lord Baden Powell born?
3. When was world Scout Association formed? And where is it situated?
4. What is the aim of Scout program?
5. When was East Bengal Scout Association formed?
6. When was World Scout Association recognized Bangladesh Boy Scout Association?
7. When was Bangladesh Boy Scout Association re-named as Bangladesh Scout?
8. Where is Bangladesh Scout Head office situated?
9. Where is National Scout Training Centre situated?
10. Who was the founder Girl Guide?
11. What is Guiding?
12. To whom Baden Powell gave his responsibilities of Guiding?
13. Where is the Head office of Bangladesh Girls Guide Association?
14. What is the number of membership of Bangladesh Scout in the world Scout Association?

## Lesson-2

Answer the following questions.

1. Why is Sub group system made?
2. Who will be a group Scout group leader?
3. Why does group members know each other's name?
4. Where are the names of other members to be written?
5. What is the effective way to raise awareness among children?
6. Where was Lord Baden Powell introduced sub-group system?
7. What is the objective of sub-group?
8. What is the measurement of Patrol flag?
9. How many colours in Tenderfoot badge? And what are they?
10. Describe the significance of Tenderfoot badge?
11. What is promise badge?
12. What is Skill badge?
13. How many kinds of Skill are there? And what are they?
14. What is Efficiency badge?
15. How many badges are there in Efficiency?

### Lesson-3

Answer the following Questions.

1. What is Pioneering?
2. Write down the name of Knots.
3. What is Gadget?
4. What is Lashing?
5. What is the purpose of Lashing?
6. How many kinds of Lashing are to be needed at the Primary in Scouting? And what are they?

### Lesson-4

Not necessary

### Lesson-5

Answer the following Questions.

1. What is First Aid?
2. Why does blood look red?
3. What is blood?
4. What is bleeding?
5. <sup>Generally,</sup> From how many sources does the bleeding occurred?
6. What are the primary treatments in case of bleeding?
7. What do you mean by Electrified?
8. What will you do - in case of electrified of any member of your family?

9. How many types of Electric current are there? And what are they?

10. Which current is very dangerous?

11. What is Sprain?

12. What are the symptoms of sprain?

13. What are the First Aid of Sprain?

14. What is Biting or Stinging?

15. What is Hydrophobia?

16. Who carries the germs of Diphtheria?

17. How will you give the First Aid of Snake-bite?

18. What will you do - 'if something enters into the eyes?'

19. What will you do - 'if something enters into the ears?'

20. What will you do - 'in case of unconsciousness - someone of your class-mate?'

## Chapter-5

Answer the following Questions

### Lesson-1:

1. How to building a beautiful life in future in the terminology Sports Games?
2. What types of body is essential for performing the activities of Games and Sports?
3. What is Country game? And what are they?
4. What is International game? And what are they?
5. When was 1st Asian Amateur Kabadi Federation formed?
6. When did Kabadi game included in SAAF Game?
7. How many types of Kabadi Court are there? And what are they?
8. How many players are required to consists a Kabadi team?
9. How many Court players are there in each team?
10. How many Additional/Substitutes players are there in each team?
11. What is the measurement of Kabadi Court upto the age of 16 years/50kg?

12. What is the distance of Bank line from Middle line and Bonus line?
13. What is the distance of Bonus line from Bank line?
14. What is the breadth of every marking?
15. What is called Cant?
16. What is the duration of Kabadi game for Sub-juniors?
17. How will a Kabadi team win the Kabadi game?
18. Is to draw a Kabadi for the Sub-juniors <sup>court</sup> and show all the markings.

### Lesson-2

1. What types of qualities may you achieved from the game of Football?

2. What is the full form of FIFA? And when was FIFA formed?

3. When FIFA started organizing the World Cup Football Competitions?

4. After how many years World Cup Football Competition held?

5. When the game of Football was included as an event of Competition? And where?

6. What is the full form of BFF? And when it was formed?
7. How many Laws/Rules are there in Football game?
8. How many types of Football field are there in the game of Football?
9. How many types of Football field are there? And what are they?
10. What is the height of Football goal post?
11. What is the measurement of Football goal area?
12. What is the measurement of Football penalty area?
13. What is the measurement of Penalty Arc?
14. What is the breadth of every Football line?
15. What is the height of flag post?
16. What is the radius of semi-circle of each corner circle?
17. From where a corner kick will be taken?
18. What is the breadth of cross bar? And what will be color of cross bar?
19. What is circumference of Football?
20. How many players will take part in each team?
21. When a game can't be started?
22. What are the uniforms of Football players?

23. Who will Conduct the Football game?
24. How many Officials are required to conduct the game?
25. What is the duration of game?
26. How many minutes will be the interval between two halves?
27. How will be the Football game started?
28. Who will must choose the Side?
29. What is 'Kick off'? And when 'Kick off' will be given?
30. When Ball will be in & out of the game?
31. Will be there 'Scored a goal' from —  
 (a) Kick off (b) Throw in (c) Goal Kick (d) Corner Kick?
32. How will be scored a Goal?
33. What is "off side"?
34. How many types of "Free Kick" are there? And what are they?
35. Write down the Reasons for a "Direct Free" Kick.
36. Draw a standard diagram of Football ground/Field.



## Lesson-3 (Football Techniques)

Answer the following Questions.

1. How many Techniques are there in Football game?
  2. How many types of Trapping are there in Football game?
  3. How many Techniques are there in 'Heading'?
  4. How many types Techniques are there in "Goal Keeping"?
- And what are they?

## Lesson-4

### 'Cricket':

Answer the following Questions.

1. Where the game of Cricket was originated?
2. How many Laws are there in Cricket game?
3. How many players consists a team in the country? And How many plyers comprises a team in internationally?
4. How many Umpires are required to conduct the game?
5. What is the duty of a Scorer?
6. What is the measurement of 'Bat'?
7. What is the measurement of a 'Pitch'?
8. What is the height of Wicket with balls from the ground?
9. How will you take care of the 'Pitch'?

10. What is Innings?
11. What do you mean by follow on?
12. How will start the game?
13. What is Recess in the game of Cricket?
14. How many minutes of Recess will be there for (a) Lunch (b) Tea (c) Drink?
15. What is Over? And how will end the game?
16. How many Causes are there for a 'Dead ball'?
17. What is — (a) No ball (b) wide ball.
18. What is "Appeal"?
- \* 19. What are the causes to declared a batsman considered as out?
20. Where does the 'Wicket keeper' stay?
21. When 5 Runs will be added to the run taken by the batsman?

Lesson-5

1. How many Basic Techniques are there for Cricket? And what are they?
2. How many types of Defensive & Offensive Skill?
3. How many types of Batting in Cricket?

## Lesson-6

1. Who is the Key person of a team of Cricket game?
2. How many Techniques are there for a Keeper? And what are they.
3. What is 'Crouch'?
4. What do you mean by footwork?
5. What is Boundary?

The end.



04.04.2020