

**SAMAGRA SHIKSHA, KERALA**  
**First Terminal Evaluation 2022-23**  
**Health & Physical Education,**  
**Art Education and Work Education**

Class: IX

Time: 2 hrs.

Score : 45

**Instructions**

- Question Paper consists of 3 parts - Health & Physical Education, Art Education and Work Education.
- Each part carries 15 score.
- 15 minutes for cool off time and 2 hrs for writing the answers can be taken together and the writing can be started from commencement of the exam itself.
- Answer of each part should be written in separate answer sheets.
- Subject, Name, Class and Roll number should be written in each answer sheet.

**HEALTH AND PHYSICAL EDUCATION**

Time: 40 mts.

Score : 15

Attempt any FOUR questions from 1 to 6. Each question carries 1 Score. ( $4 \times 1 = 4$ )

1. Which activity is used to test cardio respiratory endurance?  
(modified step test, shuttle relay, BMI, standing broad jump)
2. ----- is the name of the system that helps to deliver oxygen to cells and expel carbondioxide.  
(digestive system, muscular system, cardio respiratory system, skeletal system)
3. Write the name of the yoga pose seen in this picture.  
(paschimothanasana, bhujangasana, makarasana, ardhapavanamuktasana)
4. ----- imagery technique is the ability to sense the flavours of sour, spicy and sweet on the tongue.  
(visual, auditory, olfactory, gustatory)
5. ----- is the physical activity that helps you to save yourself and save the lives of others.  
(cycling, swimming, aerobics, zumba)
6. ----- is the process of preparing the body before sports activities.  
(warming up, stress, imagery, warming down)



**Attempt any FOUR questions from 7 to 12. Each question carries 2 Score. (4 × 2 = 8)**

7. Write two ways to reduce stress.
8. What are the exercise to improve the cardio respiratory endurance?
9. Describe the visual imagery technique.
10. Write down the positive changes in the cardio respiratory system due to regular exercise.
11. Describe progressive muscle relaxation
12. Write down the various steps of deep breathing exercise.

**Attempt any ONE question from 13 and 14 which carries 3 Score. (1 × 3 = 3)**

13. What is stress? Describe how stress can be overcome through physical activities.
14. Write down the benefits of regular and systematic physical training.

### ART EDUCATION

**Time : 40 mts.**

**Score : 15**

**Attempt any 4 questions from 1 to 6. Each answer carries 1 score. (4 × 1 = 4)**

1. What is the unique dance form of Kerala?  
(Kuchupudi, Bharatanatyam, Mohiniyattam, Folk dance)
2. Tansen is related to which genre of music?  
(Hindustani music, Karnatic music, Kathakali music, Western music)
3. Who painted "Still life with fruit and Peppers"?  
(Henri Matisse, Paul Cezanne, Paul Gauguin, Rembrandt)
4. What is the name of N. N. Pillai's autobiography?  
(Kazhinja Kalam, Ormakalude Lokathil, Njan, Karmagathi)
5. What is the term used in films to record dialogues?  
(lighting, make up, casting, dubbing)
6. Name the Spanish Artist who developed artistic style Collage?  
(Picasso, Modigliani, Edvard Munch, Paul Klee)

**Attempt any TWO questions from 7 to 12. Each one carries 3 score. (2 × 3 = 6)**

7. What are the two branches of Indian music?
8. Find and write in the following instances in which 'Navarasas' belongs to.
  - \* 'The appearance of a brave soldier who won the war.'
  - \* 'The appearance of a person who unexpectedly won the lottery.'
  - \* 'The expression on seeing a venomous snake nearby.'
9. Once you get the idea, write down the steps to make it into a movie in the right order.
  - a. Dubbing
  - b. Editing

- c. Finding out the location
  - d. Shooting
  - e. Prepare the script
  - f. Find out actors and actresses
10. Do a creative painting which contains Landscapes and Human beings.
  11. Find out and write three differences between Drama and Cinema  
(1 × 5 = 5)
- Attempt any ONE question from 12 and 14 which carries 5 score.**
12. Match the following

a. Bismillah Khan	Artist
b. N.N. Pillai	Hindustani Music
c. Shyama Shastri	Dance-Drama
d. Paul Cezanne	Drama
e. Kalamandalam Sathyabhama	Sculpture
f. Michelangelo	Carnatic Music

13. Which are the four types of acting and describe them in brief?
14. You have studied geometrical shapes like triangle, square, circle, etc. You also know organic shapes like leaves, flowers, trees, stones, etc. With the references of these two kinds of shapes make a creative painting.

### WORK EDUCATION

**Time : 40 mts.**  
**Score : 15**

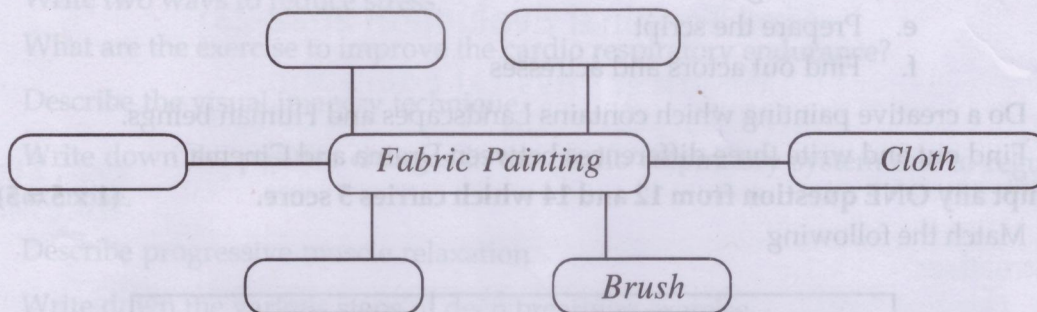
**Attempt any 3 questions from 1 to 4. Each answer carries 1 score.** (3 × 1 = 3)

1. Which is the natural preservative used in squash?  
(salt, sugar, lemon, vinegar)
2. Which of the following is not a medicinal plant?  
(panikurka, moneyplant, adalodakam, neem)
3. Paper used for smoothening coconut shell.  
(sand paper, crape paper, A4 paper, chart paper)
4. Which of the following is not a cleaning device?  
(dust pan, mop, chavarkori, mixi)

**Attempt any FOUR questions from 5 to 9. Each one carries 2 score.** (4 × 2 = 8)

5. Name the four organic fertilizers required for the maintenance of the medicinal plants.
6. The most accurate way to store the food and raw materials is in glass containers or earthen container. Explain.

7. Complete the word sun.



8. Match the following

Honey	Plaster of Paris
Chalk	Aquaponics
Agricultural method	Notebook
Calico	Preservative

9. How can we complete the given picture using embroidery stitches.



Attempt any ONE question from 10 and 11 which carries 4 score.  $(1 \times 4 = 4)$

10. What are the different food processing methods? Describe any one.

OR

11. How many methods are there in classification of waste? Describe any one method of biological waste management.

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