

**GRADE – 2**

**PHYSICAL EDUCATION**

**Segment 2**

**GENERAL INSTRUCTIONS**

- Read all the questions carefully before you attempt answering
- Use the worksheet itself for writing the answers.
- Use a dark-coloured pencil to answer the questions on the worksheet.

**Time: 1 Hour**

**Total Marks: 25**

**Q1. Choose the correct options. (Attempt any 6)**

**(1x6=6)**

1. What will happen to you when you have a positive attitude?

- People will not follow you.
- People will cheat
- Your teammates will follow your lead.
- You will not make friends.

2. Rice belongs to which food group?

- Protein
- Grain
- Fruit
- Dairy

3. In what ways does practice help you improve at performing a physical skill?

- Distracts you from your goals.
- Helps you become more confident.
- Stops you from learning from others.
- You become underconfident.

4. Hip-Hop style is used in

- Dance
- Gymnastic
- Striking
- Swimming

5. What is the best combination for everyday food.

- Noodles and sodas

- Rice and vegetables
- Milk and Butter-milk
- Pizza and pasta

6. Technology helps us to track:

- Our Interest
- Heart rate
- Favourite food
- Disliked food

7. We use strokes in which sports:

- Swimming
- Football
- Gymnastics
- Dance

**Q.2 Comment GOOD/BAD for the following pictures, based on sportsmanship and manners (Attempt all) (1x7=7)**

1. Frustrated after losing a game.




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2. Eating noodles as everyday meal.




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3. Listening to your coach.




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4. Adding vegetables in your diet.



5. Yelling at friends who are not playing well.



6. Dairy products for strong bones.



7. Dancing with the heart.



**Q.3 State whether the following statements are true or false. (Attempt any 6)**

**(1x6=6)**

1. Shaking hands with the opponent player is a positive attribute. \_\_\_\_\_

2. Listening to your coach and other teammates is a sign of good sportsmanship. \_\_\_\_\_

- 3. Alternative foods do not taste good. \_\_\_\_\_
- 4. Practice will improve the skills for kick, chip, and dribble. \_\_\_\_\_
- 5. After exercise, you should drink soda to re-hydrate. \_\_\_\_\_
- 6. Arguing with the referee is a sign of good sportsmanship. \_\_\_\_\_
- 7. You can strike an object with your hand or with a separate object. \_\_\_\_\_

**Q.4 Answer the following questions. (Attempt any 3)**

**(2x3=6)**

1. Your teammate is not playing well.

How will you react in certain situation?

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2. Your friend does not like to dance.

How will you encourage them to dance?

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3. Name 1 long-handed implements and 1 short-handed implements along?

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4. Suggest a few healthier alternatives to sugar?

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5. When all the components of food are in the right amount, what is it called?

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