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Class: 8th
Roll no: 6
Subject: HPE
Subject Teacher: Pujak C

Dashain Vacation Assignment Grade: 8

1. Complete all the exercise work from the topic "Physical Exercise".

Exercise

1. MCQ's

- a) Before performing any kind of physical exercise we need to do warm-up exercise.

i) cool-down exercise ☐

ii) warm-up exercise ☒

iii) running ☐

iv) jumping ☐

- b) Exercise of knees should be done before playing all.

i) football ☐

ii) basketball ☐

iii) ~~volley~~ volleyball ☐

iv) all ☒

- c) Exercise of waist reduces : backpain and strain of waist.

i) backpain ☒

ii) strain of waist ☒

iii) headache ☐

iv) all ☐

2. Answer the following questions:

- a) What is physical exercise?

→ Physical exercise is the activity which involves the proper movement of body parts.

b) List out the importance of warm up exercises.

- It makes our body flexible
- It prevents us ^{during games} from injuries

c) Write down the process of the exercise of knee.

→ First light jogging should be done. After that, left right leg should be lifted up to the hip with leg on ground. Then, left leg should be lifted up to the hip ~~and~~ with right leg on ground. After that, right leg should be ~~exte~~ kept in front of left leg and ^{left} leg should be extended back. This activity should be repeated for both legs.

d) Why should we perform exercise of waist before playing game?

→ We should perform exercise of waist before playing game because it reduces back pain and strain of waist while playing game.

e) Write down the exercise of shoulder and backbone.

- In exercise of shoulder, we should push a wall with ~~two mat hands~~ making V-shape both hands. Then we should make V-shape with hands and left hand should be pulled by right hand. This should be repeated for both hands.
- In exercise of backbone, we should stand at ease and then bend forward and try to touch the left toe with right hand and left hand raised. It should be repeated for both toes. Then, we should bend the body backwards and then stand straight.

- f) How can you perform the warmup exercise of arm and chest?
- We can perform the warmup exercise of arm and chest by standing in a line and pulling each others hand. Then, we should bend our right hand from elbow and rest on back of the head. Then, left hand should be placed above the right elbow by bending above the head. The right elbow should be pushed downward by left hand. It should be repeated for both hands.

3. Fill in the blanks;

- 1) Regular exercise helps to keep healthy.
 - 2) Warm-up exercise makes the body flexible.
 - 3) We need to exercise our shoulder before playing volleyball.
 - 4) Exercise of knees should be done before playing football.
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4. Write true or false.

- 1) The exercise of waist is not necessary.
→ false
 - 2) The exercise of backbone helps to reduce back pain.
→ true
 - 3) The exercise of shoulder can be done giving V-shape.
→ true
 - 4) The exercise of arms is not necessary.
→ false
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