

Full Marks-100

(Answer the entire question in details according to the direction of your onward)

Group-A(Athletics)

1. Answer any four from the following questions: 5 x 4 = 20
- Short distance run (100m or 200m).
  - Long distance runs (5000m or 10,000m).
  - O'Brien Technique (In short put).
  - Holding and Initial stance of discus.
  - Sail Method in long jump.
  - Landing in high jump.

Group-B(Gymnastics)

2. Answer any four from the following questions: 5 x 4 = 20
- Forward roll.
  - Arching.
  - Hand stand.
  - Cartwheel.
  - Dive roll.
  - Neck spring.

Group-C(Yogasanas)

3. Answer any four from the following questions: 5 x 4 = 20
- Sarvangasana.
  - Paschimattasana.
  - Mayurasana.
  - Sirsasana.
  - Padahastasana.
  - Dhyanasana.

Group-D(Indian game)

4. Answer any four from the following questions: 5 x 4 = 20
- Pole Dive.
  - Judgement kho.
  - Late kho.
  - Ankle catch.
  - Thigh catch.
  - Bear catch.

Group-E(Ball game)

5. Answer any four from the following questions: 5 x 4 = 20
- Tennis service.
  - Round arm service.
  - Blocking.
  - Push pass.
  - Heading the ball.
  - Instep kick.