



**Part B**

**5 X 6=30**

**Answer the following**

**Answer should not exceed 400 words or two pages**

11. a. Write any five rules of Kho-kho.  
(or)  
b. Describe the history of game Kho-kho.

12. a. Explain any two skills in throw ball.

- b. Draw a neat diagram of throwball field.

13. a. Explain the types of Gymnastics Events for men & women.  
(or)

- b. Discuss any five fouls in throw ball.

14. a. Define: Chasing and defense.  
(or)

- b. Give specific drills in kho-kho

15. a. Discuss any five rules in throwball

- b. Explain any two skills in kho-kho

**Part C**

**Answer the following**  
**Answer should not exceed 800 words or four pages**

**5 x 12=60**

16. a. Write the history of Gymnastics  
(or)

- b. Draw a neat diagram of kho-kho court with specifications

17. a. Write the origin and history of throw ball  
(or)

- b. Explain and types of fouls in Kho-kho

18. a. List down the awards, trophy and tournaments in Kho-kho  
(or)

- b. Give specific training for gymnastics.

19. a. Draw a neat diagram of sub Junior and senior's Kho-kho court and measurements.  
(or)

- b. Give detail on throwball players position  
(or)

20. a. List down the Gymnastic rules.  
(or)  
b. List down the types of floor gymnastics.

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