

PATTERN & MARKING SCHEME				
Section	(1) Sports Quest	(2) Olympics	(3) General Awareness	(4) Achievers Section
No. of Questions	25	5	15	5
Marks per Ques.	1	1	1	3

SYLLABUS

Section 1 : Different sports and their technical aspects, History of sports, Famous sports tournaments, Awards and recognitions and their conferring committees, Moral and ethical values, Motor skills and sports, Diet and exercises for sports fitness, Yoga and aerobics.

Section 2 : Questions related to Olympics 2016 and Olympics history.

Section 3 : Plants and animals, Earth and environment, Universe, My country and the world around, Science and technology, Social studies, Aptitude and IQ, Abbreviations and quotes, Language and literature, Current affairs.

Section 4 : Higher order thinking questions- Syllabus as per Section 1, 2 and 3.

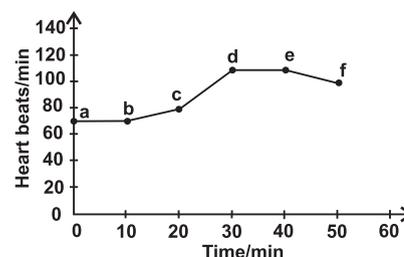
SPORTS QUEST

1. ICC is the governing body for cricket. What does ICC stand for?



- (A) International Cricket Camp (B) Indian Cricket Council
(C) International Cricket Council (D) International Cricket Committee
-
2. The Thomas Cup belongs to which sports?
(A) Badminton (B) Field hockey
(C) Soccer (D) Tennis
-
3. The most successful team in World Cup soccer is Brazil. How many times has Brazil won the World Cup?
(A) 4 (B) 5 (C) 6 (D) 3

4. Surabhi is practising hard to win the interschool marathon. One day, her instructor measured and recorded the number of her heart beats during her training session during which she did some warm up exercises and then run. He plotted his recordings in the graph as shown. Select the correct option regarding this.



- (A) 'a' is the point when she started warm up exercises.
(B) 'b' is the point when she started running.
(C) 'c' is the point when she started running.
(D) 'd' is the point when she stopped running.

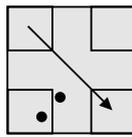
5. Which of these is not a health benefit of Surya Namaskar?
 (A) Warms up and prepares the body for asana practice.
 (B) Increases blood supply to the joints.
 (C) Helps to maintain hormonal balance.
 (D) All of these.
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6. Identify the food items that a sportsperson must avoid or limit.
 (i) Sugary foods (ii) Caffeine
 (iii) Fatty foods (iv) Fiber-rich food
 (v) Fizzy drinks
 (A) (i) and (ii) only (B) (iii) and (v) only
 (C) (i), (ii), (iii) and (v) only (D) (i), (ii), (iii), (iv) and (v)

OLYMPICS

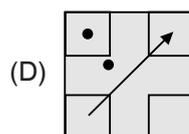
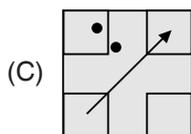
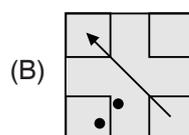
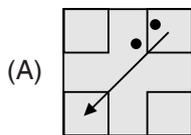
7. Among which of these cities has the Olympic Games not been held twice?
 (A) Athens (B) Paris (C) Atlanta (D) London
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8. What is the serial number of 2012 London Olympics?
 (A) XXVII (B) XXVIII (C) XXIX (D) XXX

GENERAL AWARENESS

9. Which Indian athlete was tested positive for taking banned substances?
 (A) Sini Jose (B) Mandeep Kaur (C) Both (A) and (B) (D) None of these
-
10. Who wrote the book 'Computer Lib/Machines', the first book on personal computer?
 (A) Scott Aaronson (B) Alfred Aho
 (C) Andrew Appel (D) Ted Nelson
-
11. Who among the following is known as the 'Grand Old Man of India'?
 (A) Bhagat Singh (B) Dadabhai Naoroji (C) Sardar Patel (D) Mahatma Gandhi
-
12. Choose the correct water image of figure (X).



(X)



13. What is the title of the autobiography of Sachin Tendulkar?
 (A) Playing It My Way (B) Golden Days
 (C) My Cricket (D) My Centuries

ACHIEVERS SECTION

14. In the game of cricket, the total height of the wicket, including bails is _____.
- (A) 30.5 Inches (B) 25.5 Inches
(C) 22.5 Inches (D) 28.5 Inches
15. She is the first Asian and the youngest in the world to set a world record in open water swimming. She swam 1.4 miles in 52 minutes with water temperature at 1°C in the Antarctic ocean. Who is she?



- (A) Bhanu Sharma (B) Bhakti Sharma (C) Bhawna Sharma (D) Bharti Sharma

SPACE FOR ROUGH WORK

ANSWERS

ISKO – 1. (C) 2. (A) 3. (B) 4. (C) 5. (D) 6. (D) 7. (C) 8. (D) 9. (C) 10. (D) 11. (B) 12. (C) 13. (A) 14. (D) 15. (B)