

## CBSE Class 8 Science Sample Paper Set 1

**Time: 2 ½ hrs**

**Total Marks: 80**

### General Instructions:

1. The question paper consists of 34 questions and is divided into four sections, A, B, C and D.
2. All questions are compulsory.
3. Section A comprises question numbers 1 to 15. These are multiple choice questions carrying one mark each. You are to select one most appropriate response out of the four provided options.
4. Section B comprises question numbers 16 to 22. These are SAQs carrying two marks each.
5. Section C comprises question numbers 23 to 31. These are SAQs carrying four marks each.
6. Section D comprises question numbers 32 to 34. These are SAQs carrying five marks each.

### SECTION – A

1. In case of reproduction in Frogs, the eggs are held together by [1]  
a) Water  
b) Shell  
c) Jelly  
d) Frog's saliva
2. Which of the following gives the step wise method of reproduction? [1]  
a) Fertilisation → zygote → foetus → embryo  
b) Fertilisation → foetus → zygote → embryo  
c) Fertilisation → embryo → zygote → foetus  
d) Fertilisation → zygote → embryo → foetus
3. The development of shell in hen's egg takes places during, [1]  
a) The formation of zygote  
b) The fertilisation

# Sample Paper Of Science For Class Cbse

**Nandini Sharma**



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web for example soccer volleyball or basketball and other sports with a long season one important criticism of bp is that by breaking up the training process over a macrocycle into many small blocks attaining high levels of fitness and development of the athlete may not be possible 107 111 112

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web theory of planning periodic training systems typically divide time up into three types of cycles microcycle mesocycle and macrocycle the macrocycle a macrocycle refers to a season of training in its entirety it is an annual plan that works towards peaking for the goal competition of the year 7

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web a macrocycle is simply a period of time maybe 4 6 weeks in which you set a very definite outcome and follow a very specific type of training here s how after a macrocycle of functional strength training i e 4 weeks you might then train for hypertrophy or increased bulk for 4 weeks another macrocycle

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web mar 6 2022 an annual macrocycle for professional soccer players is typically categorised into three distinct phases of pre season 6 weeks in season 39 weeks and off season 7 weeks reilly 2007 throughout the in season period players may compete in 40 60 matches that could encompass domestic continental and global competitions

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web context 1 information will allow the s c coach to taper training volume and intensity appropriately to provide an effective training environment tables 7 and 8 provide examples of an annual

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web sep 4 2018 the microcycle 1 week microcycles 4 microcycles making up a mesocycle week 1 4 your goal for the first 4 weeks would be to build up muscular endurance for the first 4 weeks you might train 4 times a week doing between 12 15 repetitions of each exercise for 4 sets with 60 120 second breaks in between each set

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web this study aimed to assess changes in the body composition of professional football players during the macrocycle of the spring round of the football championship and to identify the correlation between nutrition knowledge and maintaining body composition the study included 38 football players

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web each macrocycle might last between 3 and 6 weeks for the sake of ease we ll assume that each cycle lasts for a calendar month the training objectives and methods vary within each cycle and there s an important reason for this

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web a macrocycle refers to your season as a whole a mesocycle refers to a particular training block within that season e g the endurance phase a microcycle refers to the smallest unit within a mesocycle e g usually a week of training

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