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ICSE



SOLVED PAPER 2018



CLASS 10

PHYSICAL EDUCATION



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LATEST SYLLABUS

Physical Education

CLASS 10

There will be **one** written paper of **two hours** duration carrying 100 marks and Internal Assessment of 100 marks.

The written paper will be divided into **two** sections, A and B.

Section A : will consist of compulsory short answer questions on Section A of the syllabus.

Section B : Candidates will be required to answer questions on the rules, skills required and the methods of training of any **two** of the given team games.

PART 1 : THEORY – 100 Marks

SECTION A

1. Health and Hygiene

- Personal health - Personal cleanliness. Oral hygiene. Principles of diet with reference to teeth, slimming and obesity. Correct posture. Exercise. Recreation: Foot care. Sleep requirements. Dangers of misuse of drugs, including alcohol and smoking.
- Diseases, defects and injury - Causes of disease, bacteria, viruses, fungi, protozoa. Vaccination and antibiotics, disinfectants and antiseptics. Spread of bronchitis, pneumonia, TB, VD, malaria, ringworm, athlete's foot through contact, droplet infection, flies and other insects. Arthritis, rheumatism and heart disease.
- Community health - Dangers from gas, electricity, fire, poisoning and accident.

2. First Aid

- Treatment of cuts and abrasions. Application of splints.

- Treatment of sprains, cramps and cases of drowning.

SECTION B

Candidates will be required to answer questions on the rules, skills and methods of fitness training of any **two** of the following team games.

Cricket, football, handball, hockey, basketball, volleyball, softball.

PART 2 : INTERNAL ASSESSMENT - 100 Marks

Practical work will be assessed in two parts as follows:

- Assessment by the Teacher(s).
- Assessment by an External Examiner.

1. Work to be assessed by Teacher (s) - 50 marks.

The skill and performance of the candidates will be assessed by the teacher(s), responsible for preparing the candidates for the examination, in two of the following games and activities of their choice:

Athletics, cricket, hockey, football, handball, volleyball, softball, basketball, tennis, badminton, swimming, dancing, gymnastics, yoga, boxing, wrestling, judo and karate, table tennis, kho-kho and kabaddi.

2. Work to be assessed by the External Examiner - 50 marks

The assessment of the work of the candidates by the External Examiner will be in two parts:

- Physical efficiency tests.
- Specialisation tests.

APPENDIX A

PERFORMANCE TABLE - PHYSICAL EDUCATION - PHYSICAL EFFICIENCY TESTS

Marks	Test No. 1 50 m dash (Timings in seconds and tenths)		Test No. 2 Standing long jump (Distance in cm)		Test No. 3 Distance run (Timings in min. and sec.)		Test No. 4 Push-ups (Numbers)		Test No. 5 Shuttle run (Timings in sec. and tenths)		Test No. 6 30 sit-ups (Numbers)	
	Boys	Girls	Boys	Girls	Boys 1000m	Girls 600m	Boys	Girls	Boys	Girls	Boys	Girls
5	7.3	7.7	179	164	4 min 10s	2 min 30s	24	20	10.4	11.0	22	15
4	7.6	7.9	172	152	4 min 35s	2 min 50s	16	12	10.7	11.3	20	13
3	7.8	8.3	165	147	5 min	3 min 10s	10	6	11.0	11.6	18	11
2	8.0	8.5	158	140	5 min 40s	3 min 40s	6	3	11.3	11.9	16	9
1	8.3	9.0	150	130	6 min 20s	4 min 10s	3	1	11.7	12.2	13	6

* **Note** : For timings in between or higher than those indicated in the table the lower mark should be given.

For distances in between or lower than those indicated in the table the lower mark should be given.



...contd Syllabus

APPENDIX B

PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS

ATHLETICS - TRACK EVENTS

(All measurements in Metres and Centimetres)

Ma-rks	50 m (s and tenths)	100 m (s and tenths)		200 m (s and tenths)		400 m (s and tenths)	800 m (min and s)		1500 m (min and s)
	Girls	Boys	Girls	Boys	Girls	Boys	Boys	Girls	Boys
10	7.3	13.0	15.5	26.5	31.0	57.0	2:25	2:55	5:10
9	7.5	13.2	15.7	27.0	31.5	58.0	2:30	3:00	5:15
8	7.6	13.3	16.0	27.3	32.0	59.0	2:34	3:04	5:20
7	7.7	13.5	16.3	27.5	32.5	60.0	2:36	3:06	5:25
6	7.8	13.6	16.5	27.7	33.0	61.0	2:38	3:08	5:30
5	7.9	13.7	16.7	28.0	33.5	62.0	2:40	3:10	5:35
4	8.0	14.6	17.0	28.5	34.0	63.0	2:42	3:12	5:40
3	8.1	15.1	17.5	29.0	34.5	63.5	2:44	3:16	5:45
2	8.2	15.5	18.0	29.5	35.0	64.0	2:46	3:20	5:50
1	8.4	16.0	18.5	30.0	35.5	64.5	2:48	3:30	6:00

* **Note :** For timings in between or higher than those indicated in the table the lower mark should be given.

APPENDIX C

PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS

ATHLETICS - FIELD EVENTS

Ma-rks	Long Jump (m & cm)		High Jump (m & cm)		Shot Put (m & cm)		Hops step & Jump (m & cm)	Pole Vault (m & cm)	Discuss (m & cm)	Javelin (m & cm)	Javelin (m & cm)
					12 lbs	8 lbs			1 kg		
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Boys	Boys	Boys	Girls
10	5.00	4.50	1.45	1.35	9.00	7.50	10.00	2.00	22.00	33.00	20.00
9	4.70	4.20	1.40	1.30	8.00	7.00	9.60	1.90	20.00	31.00	18.00
8	4.40	3.90	1.35	1.25	7.50	6.50	9.20	1.80	18.50	29.00	16.00
7	4.10	3.60	1.30	1.20	7.00	6.00	8.80	1.70	17.00	27.00	14.00
6	3.80	3.30	1.25	1.15	6.50	5.50	8.40	1.60	15.50	25.00	12.00
5	3.50	3.00	1.20	1.10	6.00	5.00	8.00	1.50	14.00	23.00	10.00
4	3.20	2.70	1.15	1.05	5.50	4.50	7.60	1.40	12.50	21.00	9.00
3	2.90	2.40	1.10	1.00	5.00	4.00	7.20	1.30	11.00	19.00	8.00
2	2.60	2.10	1.05	0.95	4.50	3.50	6.80	1.20	9.50	17.00	7.00
1	2.30	1.80	0.95	0.90	4.00	3.00	6.40	1.10	8.00	15.00	6.00

* **Note :** For distance in between or lower than those indicated in the table the lower marks should be given.



APPENDIX D

PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS - SWIMMING

Ma-rks	50 m free style (s and tenths)		100 m free style (min and s)		200 m free style (min and s)		400 m free style (min and s)	50 m breast stroke (min and s)		75 m breast stroke (min and s)	100 m breast stroke (min and s)
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Boys	Girls	Girls	Boys
10	45.0	55.0	1:30	1:50	3:00	3:40	6:00	1:05	1:20	2:00	2:15
9	46.3	56.3	1:32.5	1:53	3:05	3:46	6:10	1:07.5	1:22.5	2:03.5	2:17.5
8	47.5	57.5	1:35	1:55	3:10	3:50	6:20	1:10	1:25	2:07.5	2:20
7	50.0	60.0	1:40	2:00	3:20	4:00	6:40	1:12.5	1:27.5	2:10.5	2:25
6	52.5	62.5	1:45	2:05	3:30	4:10	7:00	1:15	1:30	2:15	2:30
5	55.0	65.0	1:50	2:10	3:40	4:20	7:20	1:17.5	1:32.5	2:18.5	2:35
4	57.5	67.5	1:55	2:15	3:50	4:30	7:40	1:20	1:35	2:22.5	2:40
3	58.7	68.7	1:57.5	2:17.5	3:55	4:35	7:50	1:22	1:37	2:25.5	2:42.5
2	60.0	70.0	2:00	2:20	4:00	4:40	8:00	1:24	1:39	2:28.5	2:45
1	61.2	71.2	2:02.5	2:22.5	4:05	4:45	8:10	1:26	1:41	2:30.5	2:47

* Note : For timings in between or higher than those indicated in the table the lower mark should be given..

APPENDIX E

PERFORMANCE TABLE - PHYSICAL EDUCATION - SPECIALISATION TESTS - SWIMMING (CONTINUED)

Ma-rks	50 m back stroke (min and s)		75 m back stroke (min and s)	100 m back stroke (min and s)	50 m butterfly stroke (min and s)		75 m butterfly stroke (min and s)	100 m butterfly stroke (min and s)	Diving
	Boys	Girls	Girls	Boys	Boys	Girls	Girls	Boys	Description of action
10	0:55	1:10	1:45	2:00	0:55	1:05	1:37.5	1:50	Vertical, erect body, arms and legs together
9	1:00	1:15	1:52	2:02.3	0:57	1:10	1:45	1:52.5	
8	1:02.5	1:17.5	1:56	2:05	1:00	1:12.5	1:49	1:55	Poor angle (either backward or forward)
7	1:05	1:20	2:00	2:10	1:02.5	1:15	1:53	2:00	
6	1:07.5	1:22.5	2:05	2:15	1:05	1:17.5	1:58	2:05	Poor angle, opening of arms in front, side etc.
5	1:10	1:25	2:07.5	2:20	1:07.5	1:20	2:01	2:10	
4	1:12.5	1:27.5	2:11	2:25	1:10	1:22.5	2:04	2:15	Poor angle, opening of arms and legs
3	1:14	1:29	2:14	2:27.5	1:12.5	1:24	2:07	2:17.5	
2	1:15	1:30	2:16	2:30	1:14	1:25	2:09	2:20	Poor angle, opening of arms and legs and feet
1	1:16	1:31	2:18	2:32.5	1:16	1:26	2:11	2:25	

* Note : For timings in between or higher than those indicated in the table the lower mark should be given.



ICSE Solved Paper, 2018

Class-X

Physical Education

(Maximum Marks : 70)

(Time allowed : Three hours)

(Candidates are allowed additional 15 minutes only for reading the paper.

They must NOT start writing during this time.)

Answer any **five** questions from **Section A**

Section B comprises of one question on each game, with five subparts (a), (b), (c), (d)

and (e). Select **any two** games from this Section.

Answer **any three** of the **five** subparts (a), (b), (c), (d) and (e) from **each** of the **two** games,

selected by you in this section.

The intended marks for questions or parts of questions are given in brackets [].

SECTION - A

(50 Marks)

Attempt **all** questions from this Section.

1. (a) What is meant by *personal hygiene* ? [2]
(b) What is a cramp ? [2]
(c) State any three main causes of cramps. [3]
(d) Name the organism which causes *Malaria*. Mention any two symptoms of *Malaria*. [3]
2. (a) Define first aid. [2]
(b) State any two ways to maintain oral hygiene. [2]
(c) List any two given ways of maintaining personal cleanliness. [3]
(d) Suggest any three measures to avoid accidents caused by fire. [3]
3. (a) What is meant by *Immunization* ? [2]
(b) Define Posture. [2]
(c) Write the full form of RICE. [3]
(d) State any three symptoms of Rheumatic Fever. [3]
4. (a) Define *Antibiotics*. [2]
(b) State any two causes of obesity. [2]
(c) State any three harmful effects of consuming alcohol. [3]
(d) List any two given transmission modes of venereal diseases. [3]
5. (a) Write the full form of 'ABC' and 'CPR'. [2]
(b) Name any two diseases spread by virus. [2]
(c) Mention any three causes of sports injuries. [3]
(d) Write the calories required for the following age groups : [3]
 - (i) A child aged 10 years.
 - (ii) An adult female (50 kg).
 - (iii) An adult male with heavy sports activity.

SECTION - B**(50 Marks)***Attempt two question from this Section.**You must attempt **one** question on each of the two games of your choice.***CRICKET**

6. (a) Explain the following terms in Cricket : [8]
- (i) A bouncer (ii) Duck
(iii) A yorker (iv) A century
- (b) (i) Explain the term *overthrow*.
(ii) Enumerate any three duties of a *Leg Umpire*.
(iii) Under which condition can an umpire declare bad light ? [9]
- (c) (i) State the full form of 'ICC' and 'BCCI'.
(ii) When is a batsman considered to be out bowled ?
(iii) Explain the term Hat-trick.
(iv) What is the importance of the 30 yard circle. [8]
7. (a) Explain the following terms in Cricket : [8]
- (i) Intentional disturbance (ii) Timed-out
(iii) A stance (iv) A maiden over
- (b) (i) What is the rule of follow on in a five days test match ?
(ii) State any three ways by which runs are scored.
(iii) Write down any three fielding positions of *on side* in cricket. [9]
- (c) (i) What is the difference between a *bye* and *leg bye* in cricket.
(ii) Answer the following :
(1) The Length of the bat (2) The Weight of the ball
(3) Size of the bails. (4) The Height of the stumps

FOOTBALL

8. Answer the following : [8]
- (i) A free kick
(ii) Heading
(iii) Passing
(iv) Weight and circumference of football
- (b) (i) Explain the term *off side*.
(ii) Give the proper procedure to replace a field player with a substitute player.
(iii) Mention any three instances for which a direct free kick is awarded. [9]
- (c) Draw a diagram of a football field showing all its dimensions. [8]
9. (a) Explain the following terms in football. [8]
- (i) Kick-off (ii) Dropped ball
(iii) Injury time (iv) Extra-time
- (b) (i) How is a goal scored in the game of football ?
(ii) Give any three situations when a kick-off is applied.
(iii) Under which three situations is a player not considered off-side ? [9]
- (c) (i) Under which four situations can a referee show a red card to a player ?
(ii) Differentiate between goal kick and corner kick. [8]

HANDBALL

10. (a) Explain the following terms in handball : [8]
- (i) Free throw line (ii) A fast break
(iii) Screen (iv) Safety zone
- (b) (i) State any three duties of timekeeper.
(ii) When is a 7-m throw awarded in the game of handball ?
(iii) What is the purpose of the substitution line ? [9]

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- (c) (i) Explain the tie-rule in handball.
- (ii) Which parts of the body are allowed to be involved during the play ?
- (iii) Explain the term *passive play*.
- (iv) When is a throw in awarded. [8]

11. (a) Explain the following terms in handball : [8]

- (i) Shuffling (ii) Goal area
- (iii) A throw-off (iv) An exclusion
- (b) (i) State any three basic skills used in the game of handball.
- (ii) How many team time-outs is a team entitled to take in a match ? What is its duration ?
- (iii) What is meant by *running* in a game of handball ? [9]
- (c) (i) State any four duties of the referee in handball.
- (ii) List any four situations when a referee gives a two-minute suspension to a player. [8]

HOCKEY

12. (a) Explain the following terms : [8]

- (i) A long corner (ii) A raised ball
- (iii) Astro turf (iv) Sudden death
- (b) (i) Explain the term *corner push*.
- (ii) Mention any three situations when a penalty stroke is awarded.
- (iii) What are the basic compulsory equipments required by a player in hockey ? [9]
- (c) (i) What is the procedure to resume the game when the ball is played over the back line unintentionally by a defender ?
- (ii) Name any four playing positions in the game of hockey. [8]

13. (a) Explain the following terms : [8]

- (i) Side-line hit (ii) Rolling substitution
- (iii) A corner (iv) A goal line
- (b) (i) State the importance of the shooting circle in hockey.
- (ii) Explain the term *dribbling*.
- (iii) Write any three duties of a captain. [9]
- (c) **Explain the following :**
- (i) A ball out of play (ii) Advantage
- (iii) Yellow card (iv) Flick [8]

BASKETBALL

14. (a) Explain the following terms : [8]

- (i) A substitution (ii) A chest pass
- (iii) A held ball (iv) A jump ball
- (b) (i) Explain the term *low dribble*.
- (ii) What do you mean by man to man marking ?
- (iii) Mention any three duties of the scorer in a basketball match. [9]
- (c) (i) State any four occasions when a ball becomes dead during the match.
- (ii) Write the dimensions of :
 1. The length of the basketball
 2. The breadth of the basketball court
 3. The radius of centre circle
 4. The diameter of the ring

15. (a) Explain the following terms : [8]

- (i) A direct shot (ii) Charging
- (iii) A technical foul (iv) A team foul
- (b) (i) Name any three time-rule fouls in basketball.
- (ii) Name any three fouls which involve personal contact with the opponent.
- (iii) Name any three violations which are done without obstructing an opponent. [9]
- (c) (i) What is intentional foul ? What is the penalty for it ?
- (ii) What is the procedure applied to start the game ? [8]

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VOLLEYBALL

16. (a) Explain the following terms : [8]
 (i) Free zone (ii) Back-line
 (iii) Antennae (iv) A catch
- (b) (i) How many contacts are permitted in returning the ball over the net ? Explain the procedure.
 (ii) What is meant by the term *libero* ?
 (iii) What do you mean by *expulsion* ? [9]
- (c) (i) Explain the procedure of substitution during the game.
 (ii) Enumerate any four duties of the first referee. [8]
17. (a) Explain the following terms : [8]
 (i) A collective block (ii) Assisted hit
 (iii) Dead ball (iv) Time out
- (b) (i) What is meant by *ball in play* ?
 (ii) What is *screening* ?
 (iii) List any three faults that a player is likely to commit while playing the ball. [9]
- (c) Explain the following terms : [8]
 (i) A side-out (ii) A penalty
 (iii) Carrying the ball (iv) A penetration-fault

SOFTBALL

18. (a) Explain the following terms : [8]
 (i) A fly ball (ii) Dug out
 (iii) Pivot foot (iv) Innings
- (b) (i) What do you mean by a *chopped ball* ?
 (ii) When is a pitcher credited with loss ?
 (iii) Explain the term *double play*. [9]
- (c) Explain the following terms : [8]
 (i) Catching (ii) Strike zone
 (iii) Interference (iv) An overthrow
19. (a) Explain the following terms : [8]
 (i) Leaping (ii) A suspended game
 (iii) A triple play (iv) A batter
- (b) (i) What is a foul tip ?
 (ii) List any six equipment used in the game of softball. [9]
- (c) (i) State any four duties of a plate umpire.
 (ii) List any four conditions when a batter becomes a batter runner. [8]

■ ■

SOLUTIONS

SECTION - A

(50 Marks)

1. (a) *Personal Hygiene* is the condition of applying hygiene in one's own self. Personal hygiene is very important. It promotes personal as well as community health. It prevents and controls communicable diseases. It promotes the social value of individual. It reduces total expenditure on health. It helps in developing personality of an individual. It removes low feelings and enhances self-confidence. It helps an individual to feel secure. It helps to lead a good professional life. 2
- (b) A *Cramp* is a sudden and uncontrolled contraction of muscles. 1
 The first-aid to be given to a person suffering from cramps includes :
 (i) Giving a soft massage to the affected area
 (ii) Drinking a lot of water
 (iii) Taking multi-vitamin pill or powder 1
- (c) **Three main causes of cramps are :**
 (i) Dehydration
 (ii) Lack of calcium, potassium and magnesium in blood
 (iii) Muscle fatigue (1 × 3 = 3)
- (d) Malaria is a protozoan disease. It is caused by *Plasmodium vivax* and transmitted by female *Anopheles* mosquito. 1 + 1 = 2
 Some of the symptoms of malaria include fever, shivering, headache, vomiting, jaundice, etc. $\frac{1}{2} + \frac{1}{2} = 1$
2. (a) First-aid is an immediate and temporary help and care given to a wounded person or victim of an accident before a doctor arrives. 2
- (b) **Some ways to maintain oral hygiene are :**
 (i) Using inter dental brush
 (ii) Daily flossing of teeth before sleeping
 (iii) Brushing teeth at least twice a day
 (iv) Gentle massaging of gums with brush
 (v) Cleaning the tongue regularly with tongue cleaner
 (vi) Gentle cleaning of tongue after meals (Any two points) (1 × 2 = 2)
- (c) **Some ways of maintaining personal cleanliness are :**
 (i) Keeping nails neat and clean
 (ii) Regular cleaning of nose and mucus
 (iii) Avoid nose picking
 (iv) Brushing teeth at least twice a day
 (v) Washing hands with soap and water, before and after meals and after using toilets (Any two points) ($\frac{1}{2} + \frac{1}{2} = 3$)
- (d) **Measures to avoid accidents caused by fire include :**
 (i) Keeping matches and lighters out of reach of children
 (ii) Not drying clothes near fire
 (iii) Keeping candles and portable heaters away from bed sheets and curtains (1 × 3 = 3)
3. (a) *Immunisation* is defined as a process by which the body induces immunity to a disease as a result of a vaccine. The vaccine may be injected into the blood or taken orally as the case may be. 2
- (b) *Posture* means the position of body in regard to the environment at any given instant. In medical terms, the posture means, an unconscious adjustment of tone in different muscles involved in active movement or a static position, for
 (i) Making the movement or position accurate
 (ii) For maintaining the line or point of gravity constant. 2
- (c) RICE stands for Rest, Ice, Compression and Elevation (for management of contusion). 3

- (d) **Symptoms of rheumatic fever include :**
- Painful joints
 - Swollen joints
 - Chest pain
 - Fatigue
 - Bumps beneath the skin
 - Fever
- (Any three points) (1 × 3 = 3)
4. (a) *Antibiotic* is a medicine that inhibits the growth of micro-organisms or destroys them completely. 2
- (b) **Two common causes of obesity are :**
- Consuming excessive junk food
 - Lack of exercise
- (1 × 2 = 2)
- (c) **Some harmful effects of consuming alcohol :**
- On muscular system :** Muscles become weak, reduction in force that can be applied by muscles, irregular extension and contraction of muscles, reduction in strength of cardiac muscles.
 - On excretory system :** Organs loose control and efficiency, wastes get deposited in body, kidney failure and liver damage.
 - On nervous system :** Weakening of brain, impulsive, less or no nerve control, increase in response time, decrease in concentration
 - On digestive system :** Low production of digestive juice, fattening of organ membranes, incomplete digestion of food and loss of appetite
 - Other effects :** Suicidal tendencies, decrease in decision making power
- (Any three points) (1 × 3 = 3)
- (d) **Some transmission modes of venereal diseases include :**
- Use of contaminated needles
 - From infected mother to infected child during pregnancy
 - Unsafe sex
- (Any two points) (1½ × 2 = 3)
5. (a) ABC stands for Airway Breathing and Circulation 1
CPR stands for Cardio-Pulmonary Resuscitation 1
- (b) Two viral diseases are diphtheria and typhoid (1 × 2 = 2)
- (c) **Some common causes of sports accidents are :**
- Absence of adequate sports gear or use of low quality gear
 - Extreme climatic conditions
 - Excessive fatigue
 - Over training
 - Inadequate cooling down
 - Inadequate warming up
 - Inadequate conditioning
- (Any three points) (1 × 3 = 3)
- (d) (i) 10 year old boy – 1,600 to 2,200 calories per day 1
10 year old girl – 1,400 to 2,000 calories per day 1
(ii) An adult female (50 kg) – 2,000 to 2,500 calories per day 1
(iii) An adult male with heavy sports activity – 2,500 to 2,800 calories per day 1

SECTION - B

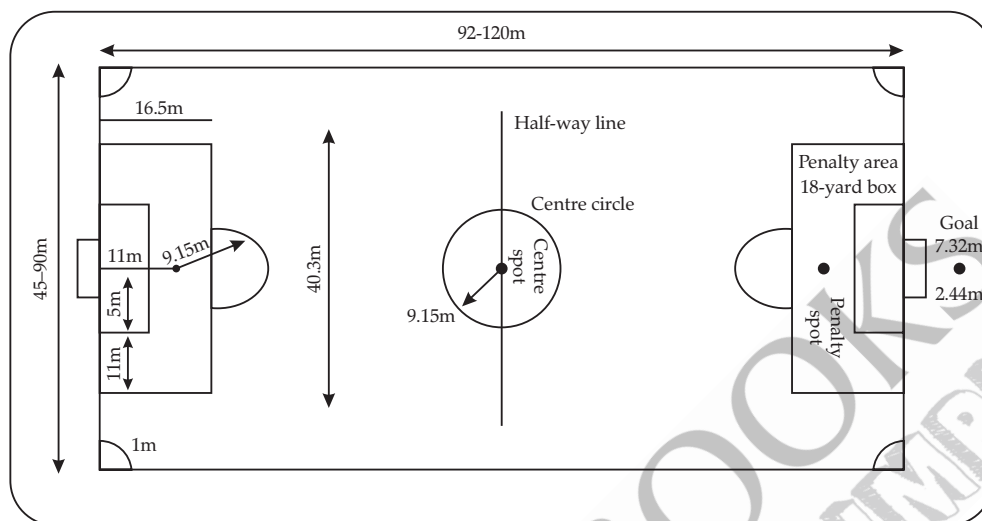
(50 Marks)

6. (a) (i) *Bouncer* is a pace ball which is short pitched and then bounces above the height of the bowler. 2
(ii) *Duck* is the score of zero by a batsman. 2
(iii) *Yorker* is a delivery that takes a bounce very close to the feet of the batsman. 2
(iv) *Century* is the score of hundred or more by a batsman. 2
- (b) (i) Overthrow is a situation when a fielder returns the ball to the fielders at the pitch but does not get collected there and crosses the pitch area). The runs scored by batsman on an overthrow are also counted in the score. 3
- (ii) **Duties of a leg-umpire include :**
- To take position from where he can easily see the match
 - Regular inspection of ball

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3. To consult the other Umpire on field or the Third Umpire in case of any doubt
4. If the doubt continues, decision is to be given in favour of batsman **(Any three points) (1 × 3 = 3)**
- (iii) Bad light can be declared when the umpires judge that the light is too poor to allow the game to continue in safety. Automatic light meters indicate when the light level is acceptable for play. A batsman can also appeal to the umpires if he feels that it is too dangerous to play on. **3**
- (c) (i) ICC – International Cricket Council **1**
 BCCI – Board of Control for Cricket in India **1**
- (ii) A batsman is considered to be *out bowled* when the ball touches the stumps behind the batsman and dislodges at least one of the bails. **2**
- (iii) *Hat-trick* is a situation in which three batsmen are dismissed in three consecutive deliveries by a single bowler. **2**
- (iv) During *power play*, only two fielders are allowed to be outside the 30-yard circle. **2**
7. (a) (i) **Intentional disturbance in cricket can be of two types :**
 1. **Handling the ball :** It is a situation when a batsman intentionally uses his hand to prevent the ball from hitting the stumps **2**
 2. **Obstructing the field :** It is a situation when the batsman intentionally gets in way of the fielder. **2**
- (ii) *Timed-out* is a situation when the next batsman does not come to the ground within 3 minutes of dismissal of the previous batsman. **2**
- (iii) *A stance* is the position in which a batsman stands to have the ball bowled to him. **2**
- (iv) *Maiden over* is an over in which no runs are scored. **2**
- (b) (i) *Follow-on* is a situation in which the team batting first and leading by more than 200 runs in a test-match can ask the other team to continue their second inning after the first. **3**
- (ii) Some ways by which runs are scored include:
 1. A manual run is completed when both the batsmen exchange sides and cross the crease either by their bats or by their bodies before the ball is returned to the fielder.
 2. A boundary adds four runs to the score
 3. A six adds six runs to the score.
 4. No-ball and wide-ball, each add one run to the score without the ball being counted as a valid delivery.
 5. Runs can also be taken on overthrow. **(Any three points) (1 × 3 = 3)**
- (iii) Some fielding positions of on-side in cricket are Short leg, Square leg, Mid-on, Silly mid-on, Long-on, *Mid-wicket*, etc. **(Any three points) (1 × 3 = 3)**
- (c) (i) A *bye* is a run scored by the batting team when the ball has not been hit by the batsman and the ball has not hit the batsman's body. **2**
- (ii) On the other hand, a *leg bye* is a run scored by the batting team if the batsman has not hit the ball with the bat, but the ball has hit the batsman's body or protective gear. **2**
 1. Length of Bat – 38" **1**
 2. Weight of Ball – 156 g **1**
 3. Size of the bails – 4.37" each **1**
 4. Height of stumps from ground – 28"
8. (a) (i) A *free kick* is an action used in football to restart play with the kicking of a ball into the field of play. **2**
- (ii) *Heading* is the technique of hitting the ball with the head. **2**
- (iii) *Passing* is the technique to keep possession of a ball by players of a team by maneuvering it on the ground between different players with the objective of advancing it up the playing field. **2**
- (iv) Weight of football – 14 - 16 ounces (396 g - 454 g) **1**
 Circumference of football – 27" - 28" (68.5 cm - 71 cm) **1**
- (b) (i) A player is said to be in *off-side* if the player is in the half of his opponent or near the goal line of the opponent with less than two of the opponent team members in front of him. **3**
- (ii) In a football match, each team can make three substitutions. To substitute a player, the new player needs to report to the match official when the game stops. After satisfaction, the match official gives permission to enter the play field. The player enters the play field along the centre line. The replaced player then comes out of the play field. **3**
- (iii) A *direct free kick* is awarded to the opposing team, when a player is guilty of kicking, tripping, pushing, jumping at or spitting at the player of the other team. It is also awarded to the opposing team, when any of the players (other than the goal keeper) intentionally touches the ball with his hands. **3**

(c)



Football Field

8

9. (a) (i) Kick-off is the kicking of the football from the centre point of the play field at the time of start of match or after a goal has been scored. 2
- (ii) Dropped Ball is a situation in which the match is restarted after being stopped for reasons not defined in the laws of the game. 2
- (iii) Injury time is the increment in the total time of game play of 90 minutes on account of delay in play due to an injury to the player. 2
- (iv) If each team scores equal number of goals, then extra time of 15-15 minutes is given to both the teams during which the match is resumed. In this situation, the team scoring more goals in the original play along with those scored in extra time is declared a winner. 2
- (b) (i) A goal is declared when the football crosses the goal line between the goal posts. 3
- (ii) Kick-off is applied;
- At the start of each half of the play
 - At the start of each extra-time
 - After a goal has been scored. (1 × 3 = 3)
- (iii) A player is not said to be in off-side if the player gets the ball due to throw-in, corner kick or goal kick. (1 × 3 = 3)
- (c) (i) A player substitute or substituted player is sent off if he commits any of these offences:
- Serious foul play
 - Violent conduct
 - Spitting at an opponent or any other person
 - Denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area).
 - Denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by offences punishable by a free kick or a penalty kick.
 - Using offensive, insulting or abusive language and/or gesture
 - Receiving a second caution in the same match (Any four points) (1 × 4 = 4)
- (ii) Goal kick is awarded when the football crosses the goal line outside the goal posts after being kicked by any player of the attacking team. When a goal kick is awarded, the ball is kicked from the goal area of the defending team. All the players of the attacking team are required to be outside the penalty area of the defending team. 2
- Corner kick is awarded when the football crosses the goal line outside the goal posts after being kicked by any player of the defending team. When a corner kick is awarded, the ball is kicked from the nearest corner flag post. All the players of the defending team are required to be at a distance of at least 10 yards from the concerned corner flag post. 2
10. (a) (i) Free throw line or 9-m line is a broken line, drawn 3-m outside the goal area line. This line should be parallel to the goal line. 2
- (ii) Fast-break is a situation when the defence gains possession of the ball because of blocked shot, interception or rule violations, and the team is at that moment in a position to begin a fast break. 2
- (iii) Screen means the players of the serving team preventing their opponents from seeing the ball. 2

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- (iv) *Safety zone* is the area surrounding the playing court, with a width of at least 1m along the side lines and 2m behind the goal lines. 2
- (b) (i) The time-keeper has the main responsibility for keeping track of the playing time, the time-outs, and the suspension time of suspended players. Only the time-keeper should interrupt the game when it becomes necessary. (Any three points) ($1 \times 3 = 3$)
- (ii) A 7-m throw or penalty throw is a throw awarded when there is an infringement in any part of the court and spoils a clear chance of scoring. 3
- (iii) The substitution line is the place from where the player substitution takes place and the line for each team extends from the centre line to a point at a distance of 45m from the centre line. 3
- (c) (i) Overtime is played, following a 5-minute break, if a game is tied at the end of the regular playing time and a winner has to be determined. The overtime period consists of two halves of 5 minutes, with a 1-minute half-time break. If the game is again tied after a first overtime period, a second period is played after a 5-minute break. This overtime period also has two halves of 5 minutes, with a 1-minute half-time break. If the game is still tied, the winner will be determined in accordance with the rules for the particular competition. 2
- (ii) It is permitted to throw, catch, stop, push or hit the ball, by using hands (open or closed), arms, head, torso, thighs and knees. 2
- (iii) *Passive play* is to keep the ball in a team's possession without making a recognisable attempt to attack and to try to score. It is illegal for a team to stall and free-throw is awarded to the other team. 2
- (iv) A *throw-in* is awarded when ball goes out of bounds on the sideline or when the ball is last touched by a defensive player (excluding the goal line) and goes out of bounds over the endline. The throw-in is taken from the spot where the ball crossed the sideline, or if it crossed the endline, from the nearest corner. The thrower must place one foot on the sideline to execute the throw. All opposing players must stay 3 m away from the ball. 2
11. (a) (i) *Shuffling* is a drill used by the players in which players follow step-slide movement in a defensive stance quickly walking in each direction. 2
- (ii) *Goal area* is the area including the goal area line. It can only be entered by the goalkeeper. If any part of the body of court player touches the goal area, it is considered to be entered. 2
- (iii) A *throw-off* is used to start play at the beginning of each half or after a goal has been scored. 2
- (iv) *Exclusion* is the equivalent to three 2-minute suspensions. An excluded player must leave court and bench, but the team can replace player after the 2-minute suspension expires. 2
- (b) (i) Some fundamental skills of handball are Holding and Catching the ball, Throwing, Passing, Dodging, Dribbling, Shooting, etc. (Any three points) ($1 \times 3 = 3$)
- (ii) A team is entitled to three time-outs to take in a match. Its duration is 1 minute, for each time-out. $1\frac{1}{2} + 1\frac{1}{2} = 3$
- (iii) If a player moves more than three steps while holding the ball in his hand, he is called for *running*. 3
- (c) (i) **Duties of referee in handball :**
1. Conduct the toss.
 2. Check play area.
 3. Check ball.
 4. Control play time.
 5. Keep score.
 6. Show warning cards/suspensions. (Any four points) ($1 \times 4 = 4$)
- (ii) **Four situations when a referee gives a 2-minute suspension to a player are :**
1. For unethical conduct during the game.
 2. Upon disqualification.
 3. For committing progressive fouls.
 4. Man-handles the player(s) of the opposite team (1 × 4 = 4)
12. (a) (i) A *long corner* is awarded if the foul is committed by a player of the attacking team. 2
- (ii) *Raised ball* is a ball which bounces into the circle as a result of a lofted stroke. 2
- (iii) *Astro turf* is an artificial surface made up of synthetic fibre. The synthetic fibre used gives the surface an appearance of the natural grass. This type of surface has a base of water. This makes the surface equivalent to the natural hockey field. The water level increases the low side resistance (LSR) and shock absorbance of the surface. This makes the surface excellent and safe for the players. This surface also remains soft as compared to the natural field. 2
- (iv) If a hockey match is tied after the end of regulation time then an extra time of two 7.5 minute periods is played. During this period, the team which scores the first goal is declared winner. It means 'the game ends as soon as one team scores'. 2

- (b) (i) *Corner push* is a technique of attack within the hockey field, when the ball is pushed involving the penalty corners. 3
- (ii) **Three situations when a penalty stroke is awarded are :**
1. Intentional offence by a defender within the circle when the opponent is in possession of the ball.
 2. Crossing over of defenders over the back line without permission of the referee for taking penalty corner.
 3. Intentional offence by a defender within the circle to prevent the opponent from scoring a goal. (1 × 3 = 3)
- (iii) **Some basic compulsory equipments required by a player are :**
1. Helmet
 2. Neck guard
 3. Shoulder pad
 4. Elbow pad
 5. Hockey stick 3
- (c) (i) A *corner* is awarded on the 5m mark from the corner of the field. 4
- (ii) The four playing positions in hockey are :
1. Forward
 2. Half-back
 3. Full-back and
 4. Goalkeeper. (1 × 4 = 4)
13. (a) (i) Side line hit or Scooping occurs when a stationary or slow moving ball is raised off the ground with a slow movement of the stick, after the head of the stick is placed slightly under the ball. 2
- (ii) *Rolling substitution* is the continuous replacement of one player from another throughout the game, as long as each side has only 11 players on the field at once. 2
- (iii) A *corner* is awarded when the ball goes outside the play area over the back line. A *short corner* is awarded if the foul is committed by a player of the defending team. A *long corner* is awarded if the foul is committed by a player of the attacking team. 2
- (iv) A back-line is the shorter (55 meters) perimeter line. The back-line between the goalposts is called the *goal line*. 2
- (b) (i) The *shooting circle* is in the shape of D. The goals can be scored only when the ball is shot from within the D. If any player of defending team commits an offence inside the D, a penalty stroke is awarded to the attacking team. 3
- (ii) *Dribbling* is running with the ball while shifting it right and left and keeping it in perfect control so as to pass it at any time or change its direction to beat a player. 3
- (iii) **The duties of a captain can be listed as :**
1. Wear an arm band or an article on the upper arm to get distinguished from remaining players of the team.
 2. Responsible for overall behaviour of the players of the team.
 3. Ensures that game is played with a healthy competition and in fair manner.
 4. Ensures that the substitution of players is in accordance with the rules.
 5. Replacement captain (pointed when a captain is suspended from a match) has same duties as that of a captain. (Any three points) (1 × 3 = 3)
- (c) (i) *Ball out of play* is a situation when a ball crosses over the back-line or side-line. The match is restarted by the team other than the team whose player has touched the ball before the ball was out of play. 2
- (ii) An *advantage* is a penalty stroke awarded when a player/ team has been disadvantaged by the play/ activity of the opposite team/player. 2
- (iii) *Yellow Card* is a card shown by the umpire to a player suspended from the match for more than 5 minutes but can be called back at the discretion of the umpire. 2
- (iv) *Flick* occurs when the ball is pushed and is consequently raised off the ground. It is used to pass the ball to a teammate or place the ball into the goal. 2
14. (a) (i) A substitute player only can request to be substituted. The substitute contacts the scorer and expresses his wish to be substituted. As soon as the ball becomes dead, the scorer signals to the officials that request had been received for substitution. Till that time the substitute remains outside the boundary line of the play court. The officials then blow a whistle and ask the substitute to enter the play court. The game resumes when the replaced player goes outside the play court. 2

- (ii) *Chest pass* is a pass in which a ball is held in front of the chest, the elbows are close to the body, the arms are relaxed; the knees are bent, the weight of the body is on the heels and not the toes, and at the time of passing, both the arms and the legs get fully extended. 2
- (iii) A *Held-ball* is a situation when both the opponent players hold the basketball and neither of them can get possession of basketball from the other. In this case, referee throws up the basketball in air between the two players. 2
- (iv) A *Jump-ball* is a situation to toss the basketball between the opponent players at the time of starting and restarting the game. 2
- (b) (i) *Low dribble* is a technique used when the offensive in the ball is being guarded closely. This is a controlled dribble. The ball is protected while putting the body between ball and defensive player. 3
- (ii) Man-to-man marking is a defensive tactic in which each player is guarded by an opponent so that they can check the marked player in full court. 3
- (iii) **Duties of scorer in a basketball match :**
1. Keeps record of number and names of the players of each team
 2. Keeps a record of points scored
 3. Keeps a record of free throws
 4. Keeps a record of fouls by each player
 5. Keeps a record of time-out and duration of rests and interval
 6. Keeps records of substitutes
 7. Makes signals only during the interval when the ball becomes dead and then becomes live again.
- (Any three points) (1 × 3 = 3)
- (c) (i) The ball is called *dead* when;
1. Free throw has been made
 2. Whistle is blown by an official
 3. At a signal of official clock of the game
 4. At the signal of 24-second device
- (1 × 4 = 4)
- (ii)
- | | | | |
|--|---|-----------------|---|
| 1. The Length of the basketball court | — | 24 m | 1 |
| 2. The Breadth of the basketball court | — | 15 m | 1 |
| 3. The Radius of the centre circle | — | 1.80 m | 1 |
| 4. The Diameter of the ring | — | 450 mm - 457 mm | 1 |
15. (a) (i) *Direct shot* is the most frequently used shot in basketball. It is made while jumping in the air. The basic technique involves a leap in the air, upward arm stretch and release of the ball in the mid-air. This shot can be made from anywhere on the court. 2
- (ii) *Charging* is a foul in which the opponent is pushed or moved into by illegal contact. 2
- (iii) *Technical foul* is a foul in which there is no personal contact between the players but the game rules are not followed by the players individually or team as a whole or coach of the team. 2
- (iv) A *team foul* is one in which four personal fouls have been done. It is marked in red colour. 2
- (b) (i) The *time-rule fouls* are 24-second violation, 8-second violation, 5-second violation and three in the key. (1 × 3 = 3)
- (ii) Fouls involving personal contact with the opponent are Elbowing, Flagrant foul, Hand check, Offensive foul, Reaching in and Tripping. (1 × 3 = 3)
- (iii) Violations done without obstructing the opponent are Double dribble, Floor violation, Goal tending, Lane violation and Travelling. (1 × 3 = 3)
- (c) (i) *Intentional Foul* is committed by the defence team's player on purpose to stop the clock. In a game, the team which was fouled gets the advantage of two free throws and also the possession of the ball. 4
- (ii) The official tosses the basketball between the opponent players at the time of start of the game. The game starts as soon as the ball is touched by the player of the team winning the toss. 4
16. (a) (i) The free zone is the area surrounding the playing court, in which the ball can be played. The main goal of the free zone is to provide a safe area for players to play the ball – stands for spectators, equipments and so forth should not be in this area except for the volleyball net stands, the referee stand, etc. 2
- (ii) Back-line is the line going left to right. It is also known as second 10-foot line. 2
- (iii) *Antennae* are on the top of the net directly above the sidelines to assist with defining the crossing space of the volleyball over the net. 2
- (iv) Catching the ball is a situation when the ball is not rebound from the hit and it stays for some time with the player. 2

- (b) (i) Three contacts are permitted in returning the ball over the net. However, the ball must not be contacted by the same player consecutively. 3
- (ii) *Libero* is a special player of the team who can defend but not smash from the attacking area, and wears a different coloured dresses from the other players. 3
- (iii) A team member who is sanctioned by *expulsion* shall not play for the rest of the set and must remain seated in the penalty area with no other consequences. 3
- (c) (i) When substitution is done by following the respective rules defined for the game of volleyball. This type of substitution is called *legal substitution*.
When a player gets injured or feels sick during the game, the team requires another player to be substituted in his place while informing the officials.
The player who is replaced by a substitute cannot play the match again. In a set, at the most six players can be changed. 4
- (ii) **Some duties of First Referee are :**
1. Stands on a platform at one end of the net to have a clear view of the game
 2. Blows the whistle to start and end the match
 3. Over-rules decision of other officials in case of ball is in play, dead, scored, or happening of double foul, side out and other penalties.
 4. Stops play on requests of time-out
 5. Final authority for interpretation of rules
- (Any four points) (1 × 4 = 4)
17. (a) (i) *Collective block* is a block carried out by 2-3 front line players placed close to each other. 2
- (ii) *Assisted hit* is a hit made by player after taking any support either from other teammates or of any object within the playing court. 2
- (iii) *Dead ball* is a ball that is out of bounds or stopped and out of play or declared to be out of play. 2
- (iv) Time out is the time allowed to each team to stop play during any set for two intervals of 30 seconds each. 2
- (b) (i) Ball is said to be in-play as soon as the server starts with hitting of the service. 3
- (ii) Screening is obstructing or blocking of player of an opponent / or defending team to free the teammate from the actions of that defender. The person acting as screen generally stands, beside or behind the defender forcing him to move around and loose some steps. 3
- (iii) Faults while playing the ball can be double touch, holding and foot fault. (1 × 3 = 3)
- (c) (i) Side-out is a type of scoring system in which, if the serving team wins the rally, points are awarded to the winner serving team and continues to serve also. If the receiving team wins the rally, they get the chance to serve but the points are not awarded to the team. 2
- (ii) *Penalty* is a situation when a player commits a foul intentionally and the referee shows a yellow card to the player committing the foul and service to the opponent team. 2
- (iii) *Carrying the ball* is a situation when the ball is not rebound from the hit and it stays for some time with the player. 2
- (iv) A player may penetrate below the net in opponent's area if it does not interfere with the play of the other team. If it interferes with the play of the other team, the penetration fault is said to be committed by the player. 2
18. (a) (i) A *fly ball* is one that is caught in the field and holds the runner on base. Runners advancing on fly ball can be thrown out returning to base. 2
- (ii) *Dug Out* is a designated area for coaches, players, substitutes and other officials. 2
- (iii) *Pivot foot* is the front foot of the pitcher that remains stationary while pitching. 2
- (iv) *Innings* consists of two halves, in each half, one team bats until three outs are made with the other defense team. 2
- (b) (i) Chopped ball is an illegal shot in which the ball is deliberately hit hard downwards so that it bounces into the air in an attempt to avoid being caught. 3
- (ii) A pitcher shall be charged with loss when his team is left behind in score and thereafter fails to tie the score. 3
- (iii) Double play is a play used by the defence in which two offensive players are legally put out as a result of continuous action. 3
- (c) (i) In soft ball, a catch occurs when a fielder gains secure possession of a batted ball in flight, and maintains possession until he voluntarily releases the ball. The process of gaining possession of ball in this manner is called *catching*. 2

- (ii) *Strike Zone* is the official area over home plate, the upper limit of which is horizontal line and lower level is a line at the hollow beneath the knee cap. 2
- (iii) *Interference* is a situation in which a person illegally changes the course of the play from what is expected. 2
- (iv) An *overthrow* is a situation when a fielder returns the ball to the fielders at the pitch but does not get collected there and crosses the pitch area. 2
19. (a) (i) *Leaping* is an illegal act that results in the pitcher becoming air-borne on the initial push-off from the pitcher plate. 2
- (ii) *Suspended game* is one in which the plate umpire leaves his position to brush the plate or to perform other duties not directly connected with the calling of plays. 2
- (iii) A *triple play* is a continuous action play by the defence on which three offensive players are put out. 2
- (iv) *Batter* is a player on base to face the delivery bowled by the pitcher. 2
- (b) (i) *Foul tip* is a batted ball which goes directly from the bat to the catcher's hand or goes not higher than the catcher's head and is legally caught by the catcher. 3
- (ii) Some equipment used in the game of softball is bat, ball, gloves, mitts, shoes, mask, body protector, shin guards and helmet. (Any six points) (1 × 6 = 6)
- (c) (i) **Four duties of Plate Umpire are :**
1. Calls all balls and strikes.
 2. Determines and declares whether a batter bunts or chops a ball.
 3. Determines when a game is forfeited.
 4. Assumes all duties when assigned as a single umpire. (1 × 4 = 4)
- (ii) **The four conditions when a batter becomes a better runner includes :**
1. As soon as he hits a fair ball.
 2. When the catcher interferes with or prevents line from striking at a pitched ball.
 3. When four balls have been called by the umpire.
 4. When a fair ball strikes the person, attached equipments or clothing of umpire or a runner. (1 × 4 = 4)
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