

PHYSICAL EDUCATION

Maximum Marks: 100

Time allowed: Two hours

Answers to this Paper must be written on the paper provided separately.

*You will **not** be allowed to write during the first 15 minutes.*

This time is to be spent in reading the question paper.

The time given at the head of this Paper is the time allowed for writing the answers.

*Attempt **all** questions from **Section A** and **two** questions from **Section B**.*

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

SECTION A (50 Marks)

*(Attempt **all** questions from this **Section**.)*

Question 1

[20]

Choose the correct answers to the questions from the given options.

(Do not copy the questions, write the correct answers only.)

- (i) The stage from the age of 5 to 12 years is called _____.
- (a) Infancy
 - (b) Adolescence
 - (c) Adulthood
 - (d) Childhood

This paper consists of 15 printed pages and 1 blank page.

- (ii) What is full form of MCL?
- (a) Medial Cruciate Ligament
 - (b) Medial Cramp Ligament
 - (c) Medial Crucial Ligament
 - (d) Medial Collateral Ligament
- (iii) An education which develops harmonious growth and development of a child:
- (a) Physical Fitness
 - (b) Health Education
 - (c) Physical Education
 - (d) Sports Training
- (iv) Exercise helps in increasing _____ to the brain.
- (a) Ideas
 - (b) Oxygen flow
 - (c) Energy
 - (d) Rest
- (v) What is the minimum qualification to become a basketball coach in India?
- (a) NIS Diploma
 - (b) B.P.Ed
 - (c) M.Phil
 - (d) Ph.D
- (vi) _____ is used for growth and repair of all the cells in the body.
- (a) Protein
 - (b) Vitamin
 - (c) Carbohydrate
 - (d) Sodium

- (vii) The body cannot repair itself without rest and _____.
- (a) continuity
 - (b) adaptation
 - (c) recovery
 - (d) frequency
- (viii) The ability of a person to do daily work without fatigue is called _____.
- (a) Progression
 - (b) Physical Fitness
 - (c) Balance
 - (d) Obesity
- (ix) The ability to perform movement/actions at a faster rate is called _____.
- (a) Endurance
 - (b) Power
 - (c) Stamina
 - (d) Speed
- (x) **Assertion (A):** The growth refers to the increase in size, length and weight.
Reason (R): The growth can be felt only through estimate and inspection.
- In the context of the above two statements, which one of the following is correct?
- (a) (A) is true, but (R) is false
 - (b) (A) is false, but (R) is true
 - (c) Both (A) and (R) are true and (R) is the correct explanation of (A)
 - (d) Both (A) and (R) are true, but (R) is not the correct explanation of (A)

(xi) A good level of physical fitness is helpful in preventing _____.

- (a) Agility
- (b) Speed
- (c) Injuries
- (d) Performance

(xii) Match the following:

- | | |
|-------------------------------|---|
| I. Physical development | 1. A child recognizes his parents well. |
| II. Psychological development | 2. A child learns to roll over. |
| III. Social development | 3. A child is afraid of the dark in night. |
| IV. Emotional development | 4. A child learns to share a toy with a friend. |

- (a) I-1, II-3, III-4, IV-2
- (b) I-3, II-4, III-2, IV-1
- (c) I-4, II-3, III-1, IV-2
- (d) I-2, II-1, III-4, IV-3

(xiii) Cartwheel in gymnastics is an example of _____.

- (a) Dynamic Balance
- (b) Static Balance
- (c) Active Balance
- (d) Passive Balance

(xiv) The unit used to describe the energy content of food is called as _____.

- (a) Litre
- (b) Kilogram
- (c) Calorie
- (d) Meter

- (xv) Which is the longest stage of human growth and development?
- (a) Adulthood
 - (b) Childhood
 - (c) Infancy
 - (d) Adolescence
- (xvi) _____ is an important element which makes up for almost 70% of our body weight.
- (a) Fibers
 - (b) Minerals
 - (c) Fat
 - (d) Water
- (xvii) What is the most common symptom of Achilles Tendonitis injury?
- (a) Patients may experience knee instability
 - (b) Tenderness on the outside of the elbow
 - (c) Pain above the heel, especially when stretching the ankle
 - (d) Repeated vomiting or nausea
- (xviii) According to the Principle of Progression, the overload should not be _____.
- (a) Increased Rapidly
 - (b) Increased Normally
 - (c) Increased Specifically
 - (d) Increased Regularly
- (xix) _____ is essential for the healthy development of a child.
- (a) Recreation
 - (b) Proper nutrition
 - (c) Meditation
 - (d) Exertion

- (xx) Overstretching of ligament causes _____.
- (a) Contusion
 - (b) Concussion
 - (c) Strain
 - (d) Dislocation

Question 2

(i) Define Physical Education. [2]

(ii) Explain the term Co-ordination. [2]

(iii) Kiaan, a 15-year-old student, is an active participant in various sports activities at school. He excels in activities that require endurance and agility, such as long distance running and soccer. Kiaan's body structure is lean with long limbs. [3]

Reshma, a 16-year-old student, has a tendency to gain weight easily. She finds it challenging to engage in high-intensity activities due to her body's natural inclination towards storing fat. However, she enjoys activities like Yoga and Pilates.

Kagesha, a 16-year-old student, is passionate about weightlifting and power lifting. She consistently participates in strength training programs and competitions. Kagesha has a muscular and compact physique with well-defined muscles.

(a) Identify Kiaan's body type.

(b) Identify Reshma's body type.

(c) Identify Kagesha's body type.

(iv) Mention *any three* factors that influence the growth and development of an individual. [3]

Question 3

- (i) What is sprained ankle? [2]
- (ii) Identify the injury in the given picture and write *any two* symptoms of the injury. [2]



- (iii) List *any six* components of physical fitness. [3]
- (iv) State *any three* importance of physical fitness. [3]

Question 4

- (i) What do you mean by balanced diet? [2]
- (ii) Explain the term stress fracture. [2]
- (iii) What is cardiovascular endurance? [3]
- (iv) Explain in detail the principle of recovery in sports training. [3]

SECTION B (50 Marks)

(Attempt two questions from this Section.)

(You must attempt one question on each of the two games of your choice.)

CRICKET

Question 5

- (i) Explain the following terms: [8]
- (a) An appeal
 - (b) Body line bowling
 - (c) Night watchman
 - (d) Leg before wicket

- (ii) (a) Mention *any six* fielding positions on “off side” of the field of play. [9]
- (b) State *any three* duties of a captain during the match.
- (c) What are the signals of the main umpire for the following?
1. Leg bye
 2. Dead ball
 3. Free hit
- (iii) Explain the following terms in Cricket: [8]
- (a) A duck
 - (b) A century
 - (c) Danger Area
 - (d) A Pull shot

Question 6

- (i) Explain the following terms in Cricket: [8]
- (a) Sight screen
 - (b) Upper cut
 - (c) Tail ender
 - (d) Flick shot
- (ii) (a) Mention the essential wicket keeping skills in Cricket. [9]
- (b) State *any six* ways of a batsman getting out in Cricket.
- (c) What is the importance of 30 yard circle in the game of Cricket?
- (iii) Explain the following terms in Cricket: [8]
- (a) Short run
 - (b) Power play
 - (c) Bye
 - (d) Free hit

FOOTBALL

Question 7

- (i) Explain the following terms in Football: [8]
- (a) Goal line technology
 - (b) Quarter circle
 - (c) Touch line
 - (d) Heading
- (ii) (a) What is kick off and when is it conducted in the game of Football? [9]
- (b) Explain the procedure of penalty kick during the game.
- (c) When is an indirect free kick awarded?
- (iii) (a) Explain the term Nutmeg. [8]
- (b) Write the full form of AIFF and IFAB.
- (c) What do you understand by the term 'man to man marking' in Football?
- (d) Explain the term Attacker.

Question 8

- (i) Explain the following terms in Football: [8]
- (a) Zonal marking
 - (b) Overlap
 - (c) Technical area
 - (d) Optional mark

- (ii) (a) Mention *any three* instances for which a direct free kick is awarded. [9]
(b) Explain Allowance for time lost in Football. (*Any three*)
(c) Explain the importance of red card and yellow card in Football.
- (iii) (a) Mention *any four* duties of the referee in Football. [8]
(b) Differentiate between goal kick and corner kick.

HOCKEY

Question 9

- (i) Explain the following terms in Hockey: [8]
(a) Rebound
(b) Through pass
(c) Rusher
(d) Forehand
- (ii) (a) State *any three* occasions when the umpire blows the whistle in the game. [9]
(b) List *any three* “Do nots” that players are to avoid during a game.
(c) Explain the procedure of Centre pass in Hockey.
- (iii) Answer the following: [8]
(a) Length and breadth of the hockey play field.
(b) The duration of the game for men and women.
(c) The width and height of the goal post.
(d) Weight and Circumference of the hockey ball.

Question 10

- (i) Explain the following terms in Hockey: [8]
- (a) Undercutting
 - (b) Loose dribble
 - (c) A temporary suspension
 - (d) Long corner
- (ii) (a) Write down the *six* fundamental skills involved in the game of Hockey. [9]
- (b) Name *any three* national tournaments in Hockey.
- (c) List *three* offences of defenders penalized with a penalty corner.
- (iii) Explain the following terms in Hockey: [8]
- (a) Sideline hit
 - (b) Back stick
 - (c) Man to man marking
 - (d) Manufactured foul

BASKETBALL

Question 11

- (i) Explain the following terms in Basketball: [8]
- (a) Loose ball
 - (b) Double foul
 - (c) Jump ball
 - (iv) Fake

- (ii) (a) State *any three* duties of timekeeper in Basketball. [9]
- (b) Mention *any three* violations that may occur during the course of the game.
- (c) When does a team forfeit its right to play?
- (iii) (a) Explain the term charging in Basketball. [8]
- (b) What is the weight and circumference of the ball?
- (c) What is a game clock in Basketball?
- (d) What is the length and breadth of the Basketball court?

Question 12

- (i) Explain the following terms in Basketball: [8]
- (a) Dead ball
- (b) Triple threat
- (c) Fast break
- (d) Box out
- (ii) (a) Name *any three* Time-rule violations in Basketball. [9]
- (b) Name *any three* international tournaments in Basketball.
- (c) State *any three* technical equipment of the table officials in Basketball.
- (iii) (a) Explain the term Free throw. [8]
- (b) What is screening in Basketball?
- (c) Explain the term Drive in Basketball.
- (d) Explain the term Carry in Basketball.

VOLLEYBALL

Question 13

- (i) Explain the following terms in Volleyball: [8]
- (a) Free ball
 - (b) Foot fault
 - (c) Spike or smash
 - (d) Positional fault
- (ii) (a) Explain the term Incomplete team. [9]
- (b) Explain the procedure of substitution during play.
 - (c) Mention *any three* duties of Line judges in Volleyball.
- (iii) (a) Explain the term Double contact in Volleyball. [8]
- (b) When is the ball considered “out”?
 - (c) When and by whom was Volleyball invented?
 - (d) What is ‘Quick hit’ in Volleyball?

Question 14

- (i) (a) What is meant by Service area? [8]
- (b) What are Side bands?
 - (c) Who requests the referee for a substitution?
 - (d) When is the service changed during a match?
- (ii) (a) Name *any three* international tournaments in Volleyball. [9]
- (ii) List *any three* blocking faults of Volleyball player.
 - (iii) State *any three* ways a team can score a point in a game of Volleyball.

- (iii) Explain the following terms in Volleyball: [8]
- (a) Four hits
 - (b) Double block
 - (c) Prolonged interruption
 - (d) A misconduct

BADMINTON

Question 15

- (i) Explain the following terms in Badminton: [8]
- (a) Short serve
 - (b) Clear lob
 - (c) Alley
 - (d) Lunge
- (ii) (a) Mention *any three* fundamental skills of a player in Badminton. [9]
- (b) Name *any three* international tournaments in Badminton.
- (c) When is a '*Let*' awarded in Badminton?
- (iii) Write short notes on: [8]
- (a) All
 - (b) Service judge
 - (c) Types of grips
 - (d) A carry

Question 16

- (i) Explain the following: [8]
- (a) Rear court
 - (b) Rally
 - (c) Wood shot
 - (d) Bird
- (ii) (a) Explain the scoring system in Badminton. [9]
- (b) Names the types of games in Badminton.
- (c) State *any three* duties of the umpire in Badminton.
- (iii) Explain the following terms in Badminton: [8]
- (a) Drop shot
 - (b) Smash
 - (c) Follow through
 - (d) Service order