GREENLAWNS SCHOOL, WORLI TERMINAL EXAMINATION: 2020-2021 PHYSICAL EDUCATION

No	Exam	Marks
1	Class Assessment 10+10	20
2	Project Work	20
3	Terminal Exam	60
		Total- 100

Class Assessment (10 Marks)

- 1) Describe the adolescence stage of development. (2)
- 2) Describe the adulthood stage of development. (2)
- 3) How does heredity influence growth and development? (2)
- 4) How does gender influence growth and development? (2)
- 5) How does environment influence growth and development? (2)

Class Assessment (10 Marks)

- 1) What do you mean by physical education? (2)
- 2) State any two physical development objectives of physical education. (2)
- 3) State any two psychological development objectives of physical education. (2)
- 4) State any two social development objectives of physical education. (2)
- 5) State any two emotional development objectives of physical education. (2)

Project Work (20 Marks)

Introduction of Cricket.

Draw a diagram ground measurement fielding positions.

Name of the player and personal information.

Career and achievement in cricket.

Performance of national and international

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Std: X Marks: 60 Date: 21/09/2020 Time: 2 hrs **SECTION A (30 MARKS)** Attempt all questions from this Section **Question 1** a) What is Muscle strain injury? Give one example. [2] b) How does gender influence growth and development? [2] c) What is Tennis elbow injury? [3] d) Give any three symptoms of fracture. [3] **Question 2** a) Define the term endomorph body. [2] b) What do you mean by physical education? [2] c) Explain warming up. [3] d) Give any three causes of Low back pain. [3] **Question 3** a) What is infancy? [2] b) Give any two characteristics of mesomorph body. [2] c) Describe the adolescence stage of development. [3] d) What is Cooling Down? State any two benefits of Cooling Down exercise. [3] **SECTION B (30 MARKS)** Attempt one question on each of the two games given below **CRICKET Question 4** a) Explain the following terms in cricket: [6] 1) Sweep 2) Yorker 3) Chinaman b) i) What is meant by the term bad light? [9] ii) Write any three duties of the umpire. iii) State any three conditions when runs are added to the team's total and not to the batsman's total runs.

Question 5						
a)	a) Explain the following terms in cricket:					
	1) The wicket keeping	2) Twelfth man	3) Googly			
b)	i) State any three duty of captain in cricket?ii) List any three Protective Equipment's used by the batsman?iii) State any three ways by which runs are scored.			[9		
	<u>FOOTBALL</u>					
Ques	tion 6					
a)	Explain the following terms in foo	tball:		[6		
	1) Long Pass	2) Centre circle	3) Extra time			
b)	 b) i) State three procedures that will be followed during a kick off. ii) What is a penalty arc and why is it important? iii) Explain the procedure in detail for the Tie-breaker in the game of Football. 					
Ques	tion 7					
a)	Explain the following terms in foo 1) Kicking	otball: 2) Sudden death	3) Through pass	[6]		
b)	i) List any three duties to be performii) Mention any three duties of refiii) State any three duties of the form	eree before the match?	team.	[9]		
