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GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.

PRELIMINARY EXAMINATION 2017-2018

SUBJECT : PHYSICAL EDUCATION

CLASS : X

TIME : 2 HOURS

MARKS: 100

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

- a) Define posture. [2]
- b) What do you mean by obesity? [2]
- c) State any three factors that influence the diet requirement of a person. [3]
- d) Define insomnia. Mention any four causes of insomnia. [3]

Question 2

- a) Why is hygiene is called the art of living? [2]
- b) Mention any four factors necessary to have healthy hair. [2]
- c) Give three precautions an athlete should take while exercising. [3]
- d) State any three ill effects of drugs. [3]

Question 3

- a) Define disease. [2]
- b) What is neo-plastic disease? [2]
- c) Give any three preventive steps to avoid a heart attack. [3]
- d) What is Bronchitis? State any four symptoms of Bronchitis. [3]

Question 4

- a) Define disinfectants. [2]
- b) What do you mean by immunity? [2]
- c) What is the full form of HIV? Mention any two symptoms of AIDS. [3]
- d) Name the casual agents for the following diseases:
 - I) Tuberculosis
 - II) Rubella
 - III) Scabies. [3]

Question 5

- a) What is meant by the term sprain? [2]
- b) What is a splint? When is it used? [2]
- c) What is meant by a cramp? State any two causes of cramp. [3]
- d) List any three safety measures to prevent poisonous substances being consumed by children. [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 6

(a) Explain the following terms in Cricket. [8]

i) Toss.

ii) Stance.

iii) Twelfth man.

iv) Hat-trick.

(b) (i) State any three duties of the main umpire. [3]

ii) Explain the term declaration in a test match.. [3]

iii) Explain any three instances when the ball can be declared a no ball. [3]

(c) Explain the following terms in Cricket. [8]

i) Boundary for four.

ii) Bowling crease.

iii) Dead ball.

iv) A quick single.

Question 7

(a) Explain the following terms in Cricket. [8]

(i) A pull shot.

ii) Full toss.

iii) Beamer.

iv) Arm ball.

- (b) (i) State any three conditions when the umpire can change the ends. [3]
- ii) When is a striker considered to be out LBW? [3]
- iii) What is meant by obstructing the field? [3]
- c) i) Explain the following terms in Cricket: [4]
- I) Timed out.
- II) Stumped.
- ii) What are the signals given by umpire in the following situations: [4]
- I) Leg bye.
- II) No ball.
- III) Boundary for four.
- IV) Cancel call.

FOOTBALL

Question 8

- (a) Explain the following terms in Football: [8]
- i) A direct free kick.
- ii) Full time.
- iii) Sudden death.
- iv) Substitute.
- (b) (i) When is a corner kick awarded and from where is it taken? [3]
- ii) When is a throw in awarded to a team? [3]
- iii) What colour warning cards are shown by a referee during the course of playing in a Football match?
What does the colour of a warning card indicate? [3]
- (c) (i) State any four duties of an Assistant referee. [4]
- ii) When is a ball considered in play and out of play? [4]

Question 9

(a) Explain the following terms in Football: [8]

(i) A goal kick.

ii) Final pass.

iii) Volley kick.

iv) Sliding tackle.

(b) (i) Explain the detail procedure followed during a Tie breaker in the game of Football. [3]

ii) Write a short note on a player's equipment. [3]

iii) What is the procedure of resuming the game from a penalty kick? [3]

(c) i) State any four fouls when a referee shows a yellow card to a player during the game. [4]

ii) State the following: [4]

I) Duration of an injury time.

II) Duration of extra time.

III) The weight of a football.

IV) The distance between the goalposts.

VOLLEYBALL

Question 10

(a) Explain the following terms in Volleyball: [8]

i) Attack hit.

ii) Ball "in".

iii) Double contact.

iv) Misconduct.

- (b) (i) When is a team compelled to substitute a player? [3]
- ii) List any six service faults. [3]
- iii) Write a short note on technical time out. [3]
- c) i) State any four duties of a scorer. [4]
- ii) How many legal interruptions are allowed in a game? Who grants the legal interruptions? [4]

Question 11

- (a) Explain the following terms in Volleyball: [8]
- (i) Single block.
- ii) One arm pass.
- iii) A substitution zone.
- iv) Boundary lines.
- (b) (i) State any three specific rules related to a libero player. [3]
- ii) Write a short note on team's starting lineup. [3]
- iii) State any three duties of the coach during the match. [3]
- c) i) List the various sanction cards used by the referee along with the offence for which they are used. [4]
- ii) Explain the procedure of a substitution during a play. [4]