

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.

PRELIMINARY EXAMINATION 2018-2019

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 First aid. [2]
- b) What is a congenital disease? Give an example. [2]
- c) What is a cramp? What first aid must be administered to an athlete suffering from cramp? [3]
- d) What do you understand by the term Artificial respiration? Name any four methods of Artificial respiration. [3]

Question 2

- a) Define disease. [2]
- b) Write the full form of RICE. [2]
- c) Define posture. What is the correct posture while standing? [3]
- d) Give six precautions an athlete should take while exercising. [3]

Question 3

- a) What is Nutrition? [2]
- b) Mention two steps that may be taken to maintain Personal cleanliness. [2]
- c) What six points should be kept in mind in order to take care of our skin? [3]
- d) State the sleep requirement for the following age groups: [3]
 - i) Infant under one year.
 - ii) Child up to 15 years.
 - iii) Adults.

Question 4

- a) What do you understand by the term electric shock? [2]
- b) State any four symptoms of Rheumatic fever. [2]
- c) Name the pathogen which causes Tuberculosis. Mention any four causes of Tuberculosis. [3]
- d) Suggest six precautions that should be taken to avoid accidents caused by cooking gas. [3]

Question 5

- a) Define Antibiotics. [2]
- b) What do you understand by the term Drugs? [2]
- c) What is Obesity? State any four points to prevent Obesity. [3]
- d) Name the vaccines given for the following Diseases: [3]
 - i) Typhoid.
 - ii) Whooping cough.
 - iii) Tuberculosis.

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) Power play.
 - ii) Century.
 - iii) Lost ball.
 - iv) Wash out.
- (b) (i) List six different types of strokes played by the batsman in front of the wicket. [3]
- ii) Write any six duties of the Main umpire. [3]
- iii) Answer the following: [3]
 - I) The length of the bat.
 - II) The circumference of the ball.
 - III) The height of the stumps.
- (c) (i) What is the difference between a bye and a leg bye. [4]
- ii) Draw a neat diagram of a Danger area of the pitch with dimensions [4]

Question 7

- (a) Explain the following terms in Cricket. [8]
 - (i) Bowled.
 - ii) Timed out.
 - iii) Hit wicket.
 - iv) A tie match.

- (b) (i) State three instances when the ball is considered a "Dead ball" [3]
ii) State any three conditions when the runs are added to the team's total and not to the batsman's total. [3]
iii) Explain the term "Declaration" in a Cricket match. [3]
- (c) i) State any two conditions under which an umpire change the bat. [2]
ii) What does a quick single mean? [2]
iii) What do you understand by the term substitute? [2]
iv) Explain the importance of the 30 yard circle in Cricket. [2]

FOOTBALL

Question 8

- (a) Explain the following terms in Football. [8]
i) Optional mark.
ii) Goal lines.
iii) Full time.
iv) Dropped ball.
- (b) i) How is a goal scored in the game of Football? [3]
ii) What points should be kept in mind during receiving a ball in air? [3]
iii) Explain the procedure of taking a direct free kick. [3]
- (c) (i) State any four duties of the fourth official in Football. [4]
ii) State the position of the following during the execution of a penalty kick in a game of Football: [4]
I) The ball.
II) The defending goalkeeper.
III) The players other than kicker.
IV) The assistant referee.

Question 9

- (a) Explain the following terms in Football. [8]
(i) An expulsion.
ii) A substitute.
iii) Corner arc.
iv) Trapping.
- (b) (i) When is a corner kick awarded and from where is it taken? [3]
ii) What is the procedure of taking a throw in? [3]
iii) Mention any three instances for which the direct free kick is awarded. [3]
- (c) (i) What is advantage in Football? [2]
ii) Give any two situations when a kick off is applied. [2]
iii) Give the measurements of the Goal area in Football. [2]
iv) What is the circumference and weight of the standard football? [2]

VOLLEYBALL

Question 10

- (a) Explain the following terms in Volleyball. [8]
i) Back line.
ii) Front zone.
iii) Penalty area.
iv) Posts.
- (b) i) Explain the term "Four hits" in Volleyball. [3]
ii) What do you understand by the term hit?
State any two characteristics of hit. [3]
iii) How many legal interruptions are allowed in a game?
Who grants the legal interruptions? [3]
- (c) i) When and by whom was the game Volleyball invented? [2]
ii) What do you understand by the term side out? [2]
iii) List the equipments used by a Volleyball player. [2]
iv) What do you mean by expulsion? [2]

Question 11

- (a) Explain the following terms in Volleyball. [8]
i) Campfire.
ii) VFI.
iii) Double block.
iv) Top spin service.
- (b) i) List three service faults which leads to change in service. [3]
ii) Mention any three acts of breach which are punishable. [3]
iii) When is the ball considered "out"? [3]
- (c) Draw a neat diagram of a Volleyball court and mark the following with measurements:
i) Side line. ii) Service line. iii) Attack line. iv) Front zone.
v) Back zone. vi) positions. [8]