GREENLAWNS SCHOOL, WORLI

PRELIMINARY EXAMINATION: 2019-20

PHYSICAL EDUCATION

Std: X Marks: 100

Date: 17/01/2019 Time: 2 Hours

Answers to this paper must be written on the paper provided separately.You will not be allowed to write during the first 10 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 twoquestions fromSection 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) How does sports training help in improving concentration? [2]

b) What do you understand by the term calorie? [2]

c) State any six social development objectives of physical education. [3]

d) State any six characteristics of endomorph body. [3]

**Question 2**

a) What do you mean by the term physical fitness? [2]

b) What do you mean by the term development? [2]

c) Compare the recovery and reversibility as a principle of sports training. [3]

d) State any three objectives of sports training. [3]

**Question 3**

a) Define the term infancy. [2]

b) How does environment affects growth and development? [2]

c) State any three responsibilities of a physical education teacher. [3]

d) Compare agility and accuracy as a component of physical fitness. [3]

**Question 4**

a) Explain the term coordination. [2]

b) Define the term under nutrition. [2]

c) What is a fracture injury? State any four causes of fracture injury. [3]

d) What is planter fasciitis? State any four symptoms of planter fasciitis. [3]

**Question 5**

a) Explain any two responsibilities of a coach. [2]

b) How does heredity affects the physical fitness? [2]

c) State any four sources and two functions of proteins. [3]

d) Illustrate the significance of supervision of a coach/teacher for injury [3] prevention.

**SECTION B (50 MARKS)**

*Attempt two questions from this section.*

*You must attempt one question on each of the two games.*

**CRICKET**

**Question 6**

1. Explain the following terms in Cricket [8]  
   i) Test matches iii) Bump ball  
   ii) Lower order iv) The danger area
2. i) State any three variation of pace bowling. [9]

ii) Writeany six fielding positions of on side in Cricket.

iii) What is meant by obstructing the field?

1. i) Write any four decisions given by the leg umpire. [8]  
   ii) Explain the role of a third umpire in a match.

**Question 7**

1. Explain the following terms in Cricket. [8]  
   i) The cricket kit iii) Direct hit  
   ii) Overthrow iv) A stumped out
2. i) Under what circumstance a ball is said to be lost? How many runs are added to the score of the striker? [9]

ii) When is a striker out with hit wicket?

iii) Write a short not on the boundaries in cricket?

1. i) State any four conditions when runs are added to the team’s total and not to the [8]batsman’s total runs.  
   ii) State four instances when the ball is considered a ‘dead ball’.

**FOOTBALL**

**Question 8**

1. Explain the following terms in Football. [8]  
   i) Centre circle iii) Heading  
   ii) Tackling iv) The optional mark

b) i) State any three duties of a coach. [9]  
ii) Give any three situations when a kick-off is applied.   
iii) Give the proper procedure to replace a player with a substitute player?

c) i) What is a Direct free kick? Give any three instances when a direct free kick is [8]  
awarded.   
ii)When is a goal kick awarded? Explain the Procedure of goal kick.

**Question 9**

1. Explain the following termsin Football: [8]  
   i) FIFA iii) Sole Trapping  
   ii) Dribbling iv) Final pass
2. i) When is a throw in awarded to a team? [9]  
   ii) Mention any six fundamental skills of playing Football.  
   iii) What is the circumference, weight and shape of a standard football?
3. i) Write four situations when a player is not considered offside when he receives [8]  
   the ball.  
   ii)Write four offences for which a yellow card is shown to a player?

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