

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.

FIRST TERMINAL EXAMINATION 2020 - 2021

SUBJECT: PHYSICAL EDUCATION

CLASS: X.

TIME : 2 HOURS.

DATE: 21/09/2020

MARKS: 60.

SECTION A (30 MARKS)

Attempt all questions from this section.

Question 1

- a) What do you understand by the term development? [2]
- b) Describe the adolescence stage of development. [2]
- c) What is heredity? How does heredity influence growth and development? [3]
- d) Differentiate between nationality and environment as a factors influence human growth and development. [3]

Question 2

- a) What do you mean by muscular endurance? [2]
- b) What do you mean by agility? [2]
- c) State any six social development objectives of physical education. [3]
- d) State any six typical traits of mesomorph body. [3]

Question 3

- a) What is the principle of progression of sports training? [2]
- b) What is periodization principle? [2]
- c) Describe the principle of reversibility of sports training. [3]
- d) Differentiate between muscular strength and flexibility as a components of physical fitness. [3]

SECTION B (30 Marks)

Attempt all questions from this section.

CRICKET

Question 4

- a) Explain the following terms in Cricket:
 - i) A straight drive. [2]
 - iii) A long barrier. [2]
- b) i) What is a 30 yard circle? What is the importance of the 30 yard circle? [3]
- ii) Write down any six 'off side' fielding positions in Cricket. [3]
- c) i) Explain the role of the Third Umpire in a match. [2]
- ii) Differentiate between a short pitched delivery and a good length delivery. [3]

FOOTBALL

Question 5

- a) Explain the following terms in Football:
 - i) A goal line. [2]
 - ii) A Fourth official. [2]
- b) i) State any six duties of a linesman. [3]
- ii) What is the shape, circumference and weight of the football? [3]
- c) i) Explain the term offside in Football. [2]
- ii) What is dropped ball? Explain the procedure of dropped ball in Football. [3]