

**GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.**

**PRELIMINARY EXAMINATION 2019-2020**

**SUBJECT : PHYSICAL EDUCATION**

**CLASS: X**

**TIME : 2 HOURS**

**MARKS: 100**

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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 [ ].

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**SECTION A (50 MARKS)**

Attempt **all** questions from this section.

**Question 1**

- a) Define the term development. [2]
- b) Explain the adolescence stage of growth and development. [2]
- c) How does nutrition influence growth and development? [3]
- d) Write down the typical traits of an ectomorph body (six points). [3]

**Question 2**

- a) What is the aim of physical education? [2]
- b) What do you understand by the term accuracy in physical fitness? [2]
- c) State six objectives of sports training. [3]
- d) Compare the individuality and specificity as a principle of sports training. [3]

**Question 3**

- a) What do you mean by muscular endurance? [2]
- b) Write the full form of ACL and MCL. [2]
- c) What is a sprained ankle injury?  
State any four causes of sprained ankle injury. [3]
- d) What is low back pain?  
State any four symptoms of low back pain. [3]

**Question 4**

- a) Name any four career options in physical education. [2]
- b) State any four benefits of cooling down exercises. [2]
- c) Write down the sources of fibres. State any four functions of fibres. [3]
- d) Explain in brief the role of sodium in human body. [3]

### Question 5

- a) State any four responsibilities of professional sportspersons. [2]
- b) State any four functions of fats. [2]
- c) What is health education? State the importance of health education. [3]
- d) Write down the energy expenditure for the following physical activities: [3]
  - i) Running (12 km/hr).
  - ii) Standing (1 hour).
  - iii) Tennis (1 hour).

### 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) A short pitched delivery.
  - ii) Doosara.
  - iii) A hook shot.
  - iv) A bump ball.
- (b) (i) Explain the term 'follow on' in Cricket. [3]
  - ii) What is 'declaration' in Cricket? [3]
  - iii) Name any six fielding positions on the offside of field of play. [3]
- (c) i) What is the difference between a bowling crease and a popping crease. [4]
  - ii) What is the umpires decision in the following cases: [4]
    - 1) The ball is played and hits the opposite wicket.
    - 2) When a batsman is run out on a no ball.
    - 3) The ball touches the arm of the batsman holding the bat a catch is taken.
    - 4) When a batsman obstructs a fielder trying to catch the ball.

#### Question 7

- (a) Explain the following terms in Cricket. [8]
  - (i) Scorers.
  - ii) A leg bye.
  - iii) Bowled.
  - iv) A hit wicket.
- (b) (i) State three instances under which the game can be suspended. [3]
  - ii) State any three ways by which runs are scored. [3]
  - iii) Draw a diagram of danger area of the pitch and show all measurements. [3]
- (c) (i) State any four instances when the ball is considered a dead ball. [4]
  - ii) State the following: [4]
    - 1) The weight of the ball.
    - 2) The length of the bat.
    - 3) The diameter of the stumps.
    - 4) The size of the bails.

### Question 11

- (a) Explain the following terms in Badminton. [8]
- (i) An interval.
  - ii) A back alley.
  - iii) A baseline.
  - iv) Footwork.
- (b) (i) Explain the 'drive serve' in Badminton. [3]
- ii) What do you mean by 'lobbing' in Badminton? [3]
- iii) Write the following: [3]
- 1) The length of the shuttlecock.
  - 2) The weight of the racket.
  - 3) The width of the Badminton court.
- (c) (i) Explain the scoring system in Badminton. [4]
- ii) Draw a neat and labelled diagram of the Badminton net with all its dimensions. [4]