

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.
PRELIMINARY EXAMINATION 2020-2021

SUBJECT: PHYSICAL EDUCATION
TIME : 2 HOURS

CLASS: X
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) What do you mean by physical education? [2]
- b) Describe the adulthood stage of development. [2]
- c) How does nationality influence the growth and development? [3]
- d) State any three differences between growth and development. [3]

Question 2

- a) What do you mean by sports training? [2]
- b) When and by whom was the concept of the body types introduced? [2]
- c) How does environment affects physical fitness? [3]
- d) What is exercise intensity? Explain intensity as a principle of sports training. [3]

Question 3

- a) What do you mean by muscular endurance? [2]
- b) What is muscle strain injury? [2]
- c) Explain the periodization principle of sports training. [3]
- d) State any six social development objectives of physical education. [3]

Question 4

- a) What is a plantar fasciitis injury? [2]
- b) What do you mean by the term warming up exercise? [2]
- c) What is MCL injury? State any four causes of MCL injuries. [3]
- d) What is a sprained ankle injury? State any four symptoms of sprained ankle injury. [3]

Question 5

- a) What is a concussion injury? [2]
- b) Explain how safe facilities help in preventing injuries. [2]
- c) What is Achilles tendonitis? State any four causes of Achilles tendonitis. [3]
- d) What form of first aid would be given to a person suffering from fracture? [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) A stance. ii) A power play. iii) A bump ball. iv) A Timed out.
- (b) i) What is 'declaration' in Cricket.
ii) Explain the term 'follow on' in Cricket.
iii) What is the shape, colour and circumference of the ball? [9]
- (c) i) State four instances when the ball is considered a 'dead ball'.
ii) What is the difference between a bye and a leg bye? [8]

Question 7

- (a) Explain the following terms in Cricket. [8]
(i) A straight drive. ii) A beamer. iii) A batsman's retirement. iv) An innings.
- (b) (i) What do you understand by the term "Protected area" in Cricket?
ii) What do you mean by ball tampering?
iii) When is a batsman considered to be out stumped? [9]
- (c) (i) Give any four instances when the umpire call signal a 'no ball'.
ii) Draw a diagram of a Cricket Pitch and mark the following with measurements:
1)The Bowling Crease, 2) The Popping Crease, 3)The Return Crease. [8]

FOOTBALL

Question 8

- (a) Explain the following terms in Football. [8]
i) A nutmeg. ii) The step over. iii) A final pass. iv) A caution.
- (b) (i) What is the procedure of resuming a game from a throw in?
ii) When is a corner kick awarded and from where it is taken?
iii) What is trapping? State any four ways of trapping the ball. [9]
- (c) (i) What is meant by offside? Under what circumstances is a player not declared offside even though he is standing in the offside position?
ii) List any four offences for which a Red Card is shown to a player. [8]

Question 9

- (a) Explain the following terms in Football. [8]
(i) A goal line. ii) A quarter circle. iii) A technical area. iv) A full time.
- (b) (i) What is heading? What is the purpose of heading the ball?
ii) Name the tool kit carried by the referee to conduct a football match.
iii) Mention three circumstances when time is lost or wasted during the course of play and that is added at the end of each playing session. [9]
- (c) (i) Mention any four fouls of a Goalkeeper that result in an indirect free kick being awarded.
ii) State the following:
1) The length of the football field.
2) The distance between the goal posts.
3) The circumference of the ball.
4) The period of extra time. [8]