

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.

PRELIMINARY EXAMINATION 2020 - 2021

SUBJECT: PHYSICAL EDUCATION

CLASS: X.

21/01/2021.

TIME: 2 HOURS.

MARKS: 80

SECTION A (40 MARKS)

Question 1

- a) What is warming up? [2]
- b) What is Achilles tendonitis? [2]
- c) What is a Tennis elbow injury? State any four causes of Tennis elbow injury. [3]
- d) What is runner's knee injury? What form of first aid would be given to a person suffering from runner's knee? [3]

Question 2

- a) Mention the full form of ACL and MCL. [2]
- b) Explain how safe facilities help in preventing injuries. [2]
- c) Assess self motivation as a factor affecting physical fitness. [3]
- d) Describe the principle of adaptation and recovery of sports training. [3]

Question 3

- a) What do you understand by the term growth? [2]
- b) Define the terms Physical fitness. [2]
- c) What is shin splints injury? State any four symptoms of shin splints injuries. [3]
- d) State any six psychological development objectives of physical education. [3]

Question 4

- a) What is flexibility? [2]
- b) Explain the term speed as a component of physical fitness. [2]
- c) Describe the adulthood stage of development. [3]
- d) State any six typical traits of an endomorph body. [3]

SECTION B (40 Marks)

Attempt **two** questions from this section.

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

CRICKET

Question 5

- a) Explain the following terms in Cricket: [8]
 - i) The pitch, ii) A short run, iii) A caught out, iv) LBW.
- b) i) Write down any six 'off side' fielding positions in Cricket.
 - ii) What do you mean by the term substitute? State the restrictions on the role of a substitute. [6]
- c) i) State six instances when the ball is considered a 'dead ball'. [6]

Question 6

- a) Explain the following terms in Cricket: [8]
i) Bowled, ii) A cover drive, iii) Top spin, iv) Golden duck.
- b) i) Explain the term 'Timed out' in Cricket. [6]
ii) State any three duties of Leg Umpire in Cricket. [6]
- c) i) Explain the terms bowling crease, popping crease and return crease in Cricket. [6]

FOOTBALL**Question 7**

- a) Explain the following terms in Football: [8]
i) A final pass, ii) A sliding tackle, iii) Heading, iv) Dribbling.
- b) i) State any three duties of a Reserve Assistant Referee. [6]
ii) What is the procedure of resuming the game from a corner kick? [6]
c) Draw a diagram of a Football field showing all the dimensions. [6]

Question 8

- a) Explain the following terms in Football: [8]
i) Extra time, ii) A goal line, iii) An Outer circle, iv) A dropped ball.
- b) i) Mention any three circumstances where the referee awards an indirect free kick against goalkeeper. [6]
ii) What is the shape, colour and circumference of the ball? [6]
- c) State any six types of fouls committed by a player that may invite a red card from the referee. [6]