

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.

FIRST TERMINAL EXAMINATION 2022-2023

SUBJECT: PHYSICAL EDUCATION

CLASS: X.

MARKS: 60.

TIME: 1.30HOURS.

DATE: 05/10/2021

SECTION A (30 MARKS)

Attempt **all** questions from this section.

Question 1

Choose the correct answers from the given options.

(Do not copy the questions. Write the correct answer only.) [10]

(i) During this stage, the one celled organism transforms into a human baby.

Which stage is this?

- a) Adolescence stage.
- b) Prenatal stage.
- c) Early childhood.
- d) Old age.

(ii) In which stage children are able to engage in difficult tasks, such as assembling a mechanical toy; unpacking the pieces, connecting the parts?

- a) Childhood stage.
- b) Infancy stage.
- c) Adolescence stage.
- d) Adulthood stage.

(iii) The is the ability to handle the physical demands of everyday life without becoming overly tired.

- a) Aerobic exercise.
- b) Anaerobic exercise.
- c) Psychological Exercise.
- d) Physical fitness.

(iv) Motor-skill related Physical fitness components are:

- a) Strength and flexibility
- b) Speed and coordination
- c) Stamina and Strength
- d) Flexibility and Cardiovascular Endurance.

(v) Meaning of sports training is:

- a) The process of preparation of sportsman, based on scientific and technical principles, for higher performance.
- b) The ability of a person to do daily work without fatigue.
- c) The ability to exert force upon an external object.
- d) The ability to perform movement at faster rate.

(vi) A principle of training dictating that overload should be increased gradually during the course of a physical fitness program is the:

- a) Overload principle.
- b) Specificity principle.
- c) Progression principle.
- d) Recuperation principle.

(vii) Periodization is:

- a) Planning of Psychological Training
- b) Systematic planning of athletic for physical training
- c) Planning of athletic training and not physical training
- d) Planning of physical training and not athletic training.

(viii) What is the full form of first aid?

- a) Fire Investigation Relief Symptom Treatment arrangement Immediately Disposal.
- b) First Investigation Refer Symptom Treatment arrangement Immediately Disposal.
- c) First Investigation Relief Symptom Treatment assignment Immediately Disposal.
- d) First Investigation Relief Symptom Treatment arrangement Immediately Disposal.

(ix) What is the most common cause of ACL injury?

- a) Suddenly slowing down and changing direction or stopping suddenly while running.
- b) Falling on the outside of the hip or banging the hip on any hard surface.
- c) Putting strain on calf muscle during repeated exercise or physical activity.
- d) Playing football without safety equipment's.

(x) What is cooling down exercise?

- a) It prepares the muscles for vigorous actions.
- b) To increase blood circulation and temperature of the muscle.
- c) It is lowering down the intensity of the work or bringing back the body to normal.
- d) To increase metabolism of the muscle and lessen your risk of injury.

Question 2

- a) State any 4 psychological development objectives of physical education. [2]
- b) What are the four typical traits of a Mesomorph body? [2]
- c) Describe the 'adolescence stage of growth and development'. [3]
- d) How does the principle of recovery benefits an athlete in sports training? [3]

Question 3

- a) What is agility? [2]
- b) Explain continuity as a principle of sports training. [2]
- c) What is MCL injury? State any four symptoms of MCL injuries. [3]
- d) What is Achilles tendonitis? State any four causes of Achilles tendonitis. [3]

SECTION B (30 Marks)

Attempt **two** questions from this section.

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

CRICKET

Question 4

- a) Explain the following terms in Cricket: [6]
- i) Declaration.
- ii) The popping crease.
- iii) Follow on in Four day's Test match.
- b)i) State any three occasions when the Main Umpire can change the ball in the Cricket match. [3]
- ii) Explain the Danger area on the Cricket pitch. [3]
- iii) What signal will the main Umpire give in the following cases? [3]
- 1) Wide ball.
- 2) A short run.
- 3) A power play.

Question 5

- a) Explain the following terms in Cricket: [6]
- i) A 30 yard circle.
- ii) The wicket keepers equipment's.
- iii) Position of Leg Umpire.
- b)i) State and explain any three intervals in Cricket. [3]
- ii) What is the length of the pitch? State any two conditions due to which the pitch may be changed? [3]

iii) What is the Umpire's decision in the following cases? [3]

- 1) When a batsman obstructs a fielder trying to catch the ball?
- 2) When the wicketkeeper catches the ball before wicket?
- 3) When batsman takes runs intentionally by playing with legs without offering a shot?

FOOTBALL

Question 6

a) Explain the following terms in Football: [6]

- i) A goal line.
- ii) An outer circle.
- iii) A dropped ball.

b) i) When is the ball considered in play and out of play? [3]

ii) State any three duties of referee during the match in progress. [3]

iii) Draw a diagram of goalpost with all its dimensions. [3]

Question 7

a) Explain the following terms in Football: [6]

- i) Penalty mark.
- ii) A goal area.
- iii) A flag post.

b) i) Name the tool kit carried by the referee to conduct a football match. [3]

ii) What is a kick-off? Explain the procedure of kick-off. [3]

iii) Differentiate between injury time and extra time in football match. [3]