**GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.**

**FIRST TERMINAL EXAMINATION 2023 - 2024**

**SUBJECT:** PHYSICAL EDUCATION

**CLASS:** X. **MARKS:** 100.

**TIME:** TWO HOURS. **DATE:** 06/10/2023

**SECTION A** (50 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.) [20]

 **(i)** The cell multiplication which occurs in the body and leads to the quantitative changes in size, weight and shape is because of:

a) Development.

b) Growth.

c) Obesity.

d) Fitness.

**(ii)** The legal relationship between an individual person and a country is called as:

a) Heredity

b) Nutrition

c) Nationality.

d) Gender.

**(iii)** In order to improve, athletes must continually work harder as their bodies adjust to existing workouts. This is called as:

a) Principle of Recovery

b) Principle of Adaptation

c) Frequency

d) Principle of overload

**(iv)** Which among the following is the objective of physical development in Physical Education?

a) To guide a person to make his body strong, well-shaped and good looking.

b) To develop positive thoughts, ideas, behavior, attitude, conduct and responses.

c) To develop the ability to respect the attitudes and values of others.

d) To develop the ability to control various emotions like fear, hope, anger.

**(v)** The transmission of physical characteristics from parents to children through their genes is:

a) Gender.

b) Nationality.

c) Nutrition.

d) Heredity.

**(vi)** According to which principle of Sports Training people respond differently to the same training stimulus?

a) Principle of Individuality.

b) Principle of Adaptation.

c) Principle of Reversibility.

d) Principle of Variance.

**(vii)** Match the following:

(I) Infancy stage 1) 19 to 65 years.

(II) Childhood stage. 2) Birth to 5 years.

(III) Adolescence stage. 3) 5 to 12 years.

(IV) Adulthood stage. 4) 12 to 19 years.

(a) I-1. II-3, III-4, IV-2.

(b) I-3, II-4, III-2, IV-1.

(c) I-4, II-3, III-1, IV-2.

(d) I-2, II-3, III-4, IV-1.

**(viii)** Performance and physical adaptation can deteriorate if training stops. This is known as:

a) Active participation.

b) Frequency

c) Periodization.

d) Principle of Reversibility

**(ix)** Who come up with the theory for Somatotype?

a) William Gilbert.

b) Charles-Augustin de Coulomb.

c) William H. Sheldon.

d) Sheldon Lee Glashow.

**(x)** By providing knowledge of latest rules and regulation, techniques and tactics, the player:

a) Improves nutrition.

b) Builds motivation and concentration.

c) Improves knowledge about the sports.

d) Facilitates good circulation.

**(xi)** Motor-skill related Physical fitness components are:

a) Strength and flexibility

b) Speed and coordination

c) Stamina and Strength

d) Flexibility and Cardiovascular Endurance.

**(xii)** Which physical fitness test is used to assess cardiovascular endurance?

a) Push- ups test

b) Sit and reach test

c) Sit-ups test

d) Harvard step up test.

**(xiii)** 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

**(xiv)** The flexibility is ………

a) It is the ability of a muscle or group of muscles to sustain repeated contractions.

b) It is the ability of the heart to supply oxygen-rich blood to the working [muscle tissues.](https://en.wikipedia.org/wiki/Muscle)

c) It is the ability of muscles to overcome resistance and produce force.

d) It is the range of motion in a joint or group of joints or the ability to move joints effectively through a complete range of motion.

**(xv)** Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion: Sports training improves the physical fitness of all athletes.

Reason: Regular practice makes a sportsman perfect in his sports activity.

In the context of the above two statements, which one of the following is correct?

(a) Both (A) and (R) are true and (R) is the correct explanation of (A)

(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A)

(c) (A) is true, but (R) is false

(d) (A) is false, but (R) is true

**(xvi)** Match the following:

(I) Physical development 1) A child recognizing their parents.

(II) Psychological development 2) A child is rolling over.

(III) Social development 3) A child being afraid of the dark.

(IV) Emotional development 4) A child is learning to share a toy.

(a) I-1. II-3, III-4, IV-2.

(b) I-3, II-4, III-2, IV-1.

(c) I-4, II-3, III-1, IV-2.

(d) I-2, II-1, III-4, IV-3.

**(xvii)** Match the following:

 (I) Balance 1) Sit and reach test.

(II) Muscular endurance. 2) The ball toss test.

(III) Flexibility. 3) Push up test.

(IV) Co-ordination. 4) Standing stork test.

(a) I-1, II-3, III-4, IV-2.

(b) I-3, II-4, III-2, IV-1

(c) I-4, II-3, III-1, IV-2.

(d) I-2, II-3, III-4, IV-1.

**(xviii)** The ability to control the body's position, either stationary or while moving:

a) Agility

b) Coordination.

c) Flexibility

d) Balance.

**(xix)** Given below are the two statements labeled Assertion (A) and Reason (R).
Assertion (A): Agility is an essential component of motor fitness.
Reason (R): Agility is determined by neuromuscular coordination.
In context of the above two statements, which one of the following is correct?
(a) (A) is right, but (R) is wrong.
(b) (A) is wrong, but (R) is right.
(c) Both (A) and (R) are right.
(d) Both (A) and (R) are wrong.

**(xx)** Which among the following sports training exercises improves agility:

a) Zig-zag run.

b) 100 m run.

c) Long jump.

d) Shot put.

**Question 2**

a) What is the aim of physical education? [2]

 b) How does illness affects physical fitness? [2]

c) Explain 'Exercise Intensity' as a principle of sports training. [3]

d) State any six objectives of sports training. [3]

**Question 3**

 a) What do you understand by the term development? [2]

b) Describe the ‘Prenatal stage of growth and development’ [2]

c) Explain ‘Cardiovascular endurance’ as a component of physical fitness. [3]

 d). How does environment influence growth and development? [3]

**Question 4**

a)What do you mean by co-ordination?[2]

b)What do you mean by sports training? [2]

c) State any six social development objectives of physical education. [3]

d). Identify the following body type.

State any four characteristics of this body type. [3]



**SECTION B** (50 Marks)

Attempt **two** questions from this section.

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

**CRICKET** (25 Marks)

**Question 5**

**a)** Explain the following terms in Cricket: [8]

i) A 30 yard circle.

ii) A tie match.

iii) Boundary for six.

iv) Dead ball.

**b)** i) State and explain any three ways by which runs are scored in Cricket. [3]

ii) When is a follow on implemented during the course of a test match? [3]

iii) Draw a neat diagram of Cricket pitch and mark bowling crease, popping

crease and return crease with measurements. [3]

**c)** i) What is the length and width of the bat? [2]

ii) Write the width of a wicket and diameter of the stumps. [2]

iii) State any four batting equipment’s used by a batter. [2]

iv) Write down any four ‘Off side’ fielding positions in Cricket. [2]

**Question 6**

**a)** Explain the following terms in Cricket: [8]

i) An innings.

ii) A win in test match.

iii) An over.

iv) Leg byes.

**b)** i) State any three duties of Vice-captain during the match 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) Mention any three occasions when the umpire will change the ball in

a Cricket match [3]

**c)** i) State any four occasions when the umpire calls a ‘No ball’ in a

Cricket game. [4]

ii) What are the Umpires signals for the following? [4]

1) Out, 2) Byes, 3) Short run, 4) Power play.

**FOOTBALL** (25 Marks)

**Question 7**

**a)** Explain the following terms in Football: [8]

i) A Touch line.

ii) A center circle.

iii) A penalty mark.

iv) Optional flag post.

**b)** i) What is the shape, circumference and weight of the ball? [3]

ii) Mention any three duties of a Referee during the match in progress. [3]

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. [3]

**c)** i) Explain the term ‘added time’ in Football. [2]

ii) Give any two instances when Kick-off is initiated in a match. [2]

iii) What is a penalty arc and why is it important? [2]

iv) Write the maximum and minimum number of players required to begin a Football match. [2]

**Question 8**

**a)** Explain the following terms in Football: [8]

i) Draw match.

ii) Dropped ball.

iii) Extra time.

iv) Technical area.

**b)** i) What is the procedure of resuming the game from kick-off? [3]

ii) Under which three situations is a player not considered off-side? [3]

iii) How many substitutes are allowed in a football match? Write down the procedure of substitution during the game. [3]

**c)** Draw a neat and labelled diagram of a football field showing the following measurements: [8]

(1) Length and breadth, (2) Penalty area, (3) Goal area, (4) Penalty mark,

(5) Penalty arc, (6) Centre circle, (7) Corner arc.