

GREENLAWNS SCHOOL, WORLI
PRELIMINARY EXAMINATION: 2023-2024

PHYSICAL EDUCATION

Std: X
Date: 16/01/2024

Marks: 100
Time: 2 hours

SECTION A (50 MARKS)

Question 1

[20]

1) What does an Endomorph refer to?

- i) They are fat with heavy body build and have smooth and round shaped body.
- ii) They have little body fat percentage level
- iii) They have small delicate frame and bone structure
- iv) Generally they are tall

2) What is physical fitness?

- i) The ability of a person to do daily work without fatigue
- ii) It is about eating a healthy and balanced diet.
- iii) It is the state of being an individual
- iv) It does not help the athletes

3) Training refers to acquisition of knowledge through....

- i) Vocational skills
- ii) Practical skills
- iii) Both vocational and practical skills
- iv) None of the above

4) The is direct and visible.

- i) Development.
- ii) Growth
- iii) Obesity
- iv) Fitness

5) What is the full form of first aid?

- i) Fire Investigation Relief Symptom Treatment arrangement Immediately Disposal
- ii) First Investigation Relief Symptom Treatment arrangement Immediately Disposal
- iii) First Investigation Refer Symptom Treatment arrangement Immediately Disposal
- iv) First Investigation Relief Symptom Treatment assignment Immediately Disposal

6) What is MCL injury?

- i) It is the inflammation of the plantar fascia ligament
- ii) It is a tear or sprain of the anterior cruciate ligament
- iii) It is a tear or sprain of the Medial Collateral ligament
- iv) It is a pain along inside edge of the shin bone

7) The ability to recognize, express and manage feelings at different stages of life and to have empathy for the feelings of others is called as:

- i) Emotional development
- ii) Mental development
- iii) Social development
- iv) Physical development

8) You change the training so that you don't get bored and continue to enjoy your training. This is:

- i) Adaptation
- ii) Specificity
- iii) Reversibility
- iv) Variation

- 9) Most people have a combination of how many body types?
 i) One ii) Two iii) Three iv) Four
- 10) What is the age group of Adolescence?
 i) 0 to 5 years ii) 6 to 12 years iii) 12 to 19 years iv) 19 to 45 years
- 11) The ability to cover the maximum distance in minimum time:
 i) Power ii) Agility
 iii) Speed iv) Balance
- 12) What provides the necessary energy to the body?
 i) Proteins ii) Fat iii) Carbohydrates iv) Mineral
- 13) What is a fracture?
 i) It is the inflammation of the plantar fascia ligament.
 ii) It is a partial or complete break in the continuity of the bone.
 iii) It is an inflammation of the tendon that joins the muscle of the forearm to the outside of the elbow.
 iv) It is the common term used to describe any one of several conditions that cause pain around the kneecap.
- 14) B.P.Ed stands for-
 i) Bachelor of Physical Education ii) Bachelor of Physical development
 ii) Bachelor of Physics education iv) Bachelor of psychology education
- 15) The legal relationship between an individual person and a country is called as:
 i) Heredity ii) Nutrition iii) Nationality iv) Gender
- 16) Amount of effort or work that must be invested in a specific exercise workout is called as:
 i) Exercise Frequency ii) Exercise Intensity
 iii) Exercise Specificity iv) Exercise Variability
- 17) The right amount of training and proper method can help in the development of:
 i) Social development ii) Physical fitness
 iii) Obesity iv) Exercise
- 18) Which among the following is not a career option in physical education?
 i) Coach ii) Physical education teacher
 iii) Commentator iv) Spectator
- 19) Which among the following is not a psychological development objective of physical education?
 i) To develop alertness of mind, deep concentration through various physical activities.
 ii) To inculcate values and skills in order to promote self-control, peace.
 iii) To develop muscle strength, power, endurance, flexibility and agility.
 iv) To develop social qualities such as courtesy, sportsmanship, co-operation, teamwork, managing one's emotion and expressing it in a socially acceptable ways.
- 20) Which of following is not a component of food?
 i) Fat ii) Fibre iii) Water iv) Exercise

Question 2

- a) What are vitamins? [2]
- b) Write information about accuracy. [2]
- c) State any three emotional development objectives of physical education. [3]
- d) What is periodization? [3]

Question 3

- a) Define the term mesomorph body. [2]
- b) What is a Tennis elbow injury? [2]
- c) State any three functions of carbohydrates. [3]
- d) State any three causes of concussion injury. [3]

Question 4

- a) How does sports training improve concentration? [2]
- b) Describe career option as a coach. [2]
- c) Describe the 'adolescence stage of development'. [3]
- d) Name any three components of physical fitness. [3]

SECTION B (50 MARKS)

(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) Importance of 30 yard circle
 - ii) Runner
 - iii) Scorers
 - iv) Boundary for six
- b) i) State any three duties of a Captain. [9]
 - ii) Enumerate any three duties of a Leg umpire.
 - iii) Under what condition does the umpire change the ball?
- c) Explain the following terms in cricket: [8]
 - i) An over
 - ii) Leg byes
 - iii) Hit wicket
 - iv) Yorker

Question 6

- a) Explain the following terms in cricket: [8]
 - i) The weight of the ball.
 - ii) The length of the bat.
 - iii) The height of the stumps.
 - iv) The size of the bails.

- b) i) Mention any three instances when umpire calls for a No ball. [9]
 ii) What is meant by the term LBW?
 iii) When is a ball deemed 'lost' during play? What procedures are then adopted in case the ball is declared 'lost'?
- c) Draw a diagram of cricket field and show any six both side fielding position. [8]

FOOTBALL

Question 7

- a) Explain the following terms in football: [8]
 i) Back pass
 ii) Dead ball
 iii) Final Pass
 iv) Goal line technology
- b) i) What is the procedure of resuming the game from the corner kick? [9]
 ii) Under which three situations can a referee show a red card to a player?
 iii) Mention any three circumstances where the referee awards an indirect free kick against the goalkeeper.
- c) Explain the following terms in football: [8]
 i) Defenders
 ii) Dribbling
 iii) Tackling
 iv) Chest trap

Question 8

- a) Explain the following terms in football: [8]
 i) Extra time
 ii) Radius of Centre circle and Corner arc
 iii) Weight & circumference of the ball
 iv) Any 4 fundamental skills of Football.
- b) i) Mention any three instances for a direct free kick is awarded. [9]
 ii) Give any three situations when a Kick-off is applied?
 iii) State any three offences committed by a player within his own penalty area which warrants the award of a penalty kick.
- c) Draw a diagram of a football field showing its entire dimension. [8]
 ii) Touch lines, ii) Goal lines, iii) The goal area, iv) The penalty area, v) The penalty mark, vi) The penalty arc, vii) The centre circle, viii) The corner arc, ix) Optional mark, x) Optional flag
