

GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI.
PRELIMINARY EXAMINATION 2023 - 2024
SUBJECT: PHYSICAL EDUCATION (GR. III)

CLASS: X.
MARKS: 100

TIME: 2 HOURS.
DATE: 09 / 01 / 2024.

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

[20]

Choose the correct answers to the questions from the given options.
(Do not copy the question. Write the correct answer only.)

(i) The ability of an Infant to grasp an object is an example of:

- a) Growth.
- b) Recreation.
- c) Agility.
- d) Development.

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

- a) Nationality.
- b) Heredity
- c) Balanced diet.
- d) Gender.

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

Assertion: The growth refers to the increase in size, length and weight.

Reason: The growth continues throughout the life and is progressive.

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

(iv) Which among the following is not psychological development objective of Physical Education?

- a) To develop proper growth and development in the individual.
- b) To develop alertness of mind, deep concentration through various physical activities.
- c) To enable students to play safely and acquire an awareness of safety measures.
- d) To develop emotional maturity, by interacting with other children.

(v) What does an Endomorph refer to?

- a) They tend to have muscular body, with strong forearms and thighs.
- b) They have small delicate frame and bone structure.
- c) They have medium to fast metabolism.
- d) They are fat with heavy body build and have smooth and round shaped body.

(vi) The ability of a person to do daily work without fatigue is called:

- (a) Sports training.
- (b) Physical Fitness.
- (c) Balance.
- (d) Co-ordination.

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

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

(viii) Muscular strength can be tested through what activity?

- a) Standing long jump
- b) 50-meter sprint.
- c) The push up test.
- d) Stork balance test

(ix) Flexibility can be divided into two parts:

- a) Aerobic and anaerobic.
- b) Static and dynamic.
- c) Aerobic and anaerobic.
- d) Active and passive.

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

Assertion: The muscular power refers to a great force production over a short period of time.

Reason: The speed is the ability to move all body parts as quickly as possible.

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

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

- a) 400 m run.
- b) Long jump.
- c) A zig-zag run.
- d) Javelin throw.

(xii) 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.

(xiii) The amount of efforts or work that must be invested in a specific exercise workout is called as:

- (a) Exercise Frequency.
- (b) Exercise Specificity.
- (c) Exercise accuracy.
- (d) Exercise Intensity.

(xiv) An injury is:

- a) It is the change in the size, in proportion, disappearance of old features.
- b) It is damage to your body.
- c) It is the transmission of physical characteristics from parents to children
- d) It is the process by which an organism takes food.

(xv) What is the most common symptom of ACL injury?

- a) A loud "pop" or a "popping" sensation and loss of range of motion in the knee.
- b) Pain, swelling along the inner part of the leg which makes person feel tired and movements becomes difficult.
- c) Pain on the bottom of the foot near the heel.
- d) Instability in the ankle, twisting movement of ankle which make very difficult to walk for a person.

(xvi) A ligament that connects the femur to the tibia is

- a) Anterior Cruciate ligament
- b) Posterior Cruciate ligament
- c) Medial Collateral ligament
- d) Lateral Cruciate ligament

(xvii) How does a stress fracture occur?

- a) Sudden change in training.
- b) Concussion while playing Football game.
- c) It is caused by repetitive over-stretching of the plantar fascia ligament.
- d) Direct blows to the epicondyle where several muscles of the forearm begin their course.

(xviii) A calorie is

- a) It is the ability of a person to do daily work without fatigue
- b) It is a unit used to describe the energy content of foods.
- c) It is the ability to overcome resistance under fatigue condition.
- d) It is a diet contains all of the essential elements that the human body needs for proper growth and development.

(xix) Which of the following is NOT a macronutrient?

- a) Carbohydrate.
- b) Protein.
- c) Fats.
- d) Vitamins.

(xx) What is the importance of roughage in our diet?

- 1. It helps in retaining water in the body.
- 2. It is necessary for normal functioning of the liver.
- 3. It adds bulk to the food and prevents constipation.

- (a) 1 and 2
- (b) 2 and 3
- (c) 1 and 3
- (d) 3 only.

Question 2

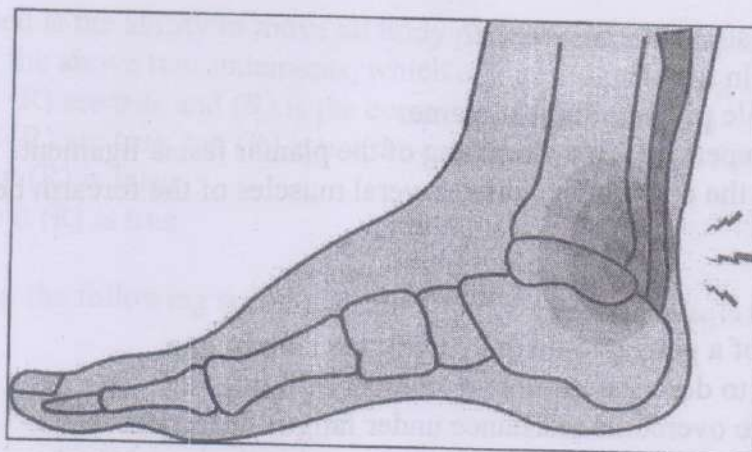
- (a) What do you understand by the term growth? [2]
- (b) State any four physical development objectives of physical education. [2]
- (c) How does heredity influence growth and development? [3]
- (d) State any six typical traits of mesomorph body. [3]

Question 3

- (a) Define the term balance. [2]
- (b) State any four objectives of sports training. [2]
- (c) Explain reversibility as a principle of sports training. [3]
- (d) State any six responsibilities of sports commentators. [3]

Question 4

- (a) What is cooling down? [2]
- (b) State any four functions of carbohydrates. [2]
- (c) What is under nutrition? State any four symptoms of under nutrition. [3]
- (d) Identify the following injury. State any four causes of the following injury. [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 6

- (a) Explain the following terms in Cricket: [8]
- (i) A test match.
 - (ii) The danger area.
 - (iii) A tie match.
 - (iv) Batter's retirement.
- (b) (i) State and explain any three national tournaments in cricket.
- (ii) Explain the term appeal in Cricket. State the importance of appeal in Cricket.
- (iii) Explain the term 'Obstructing the field' in Cricket. [9]
- (c) (i) State any two instances when the ball is considered a 'dead ball". [2]
- (ii) When is a ball deemed 'lost' during the play? [2]
- (iii) Explain the term 'Follow on in a four day's test match' in Cricket. [2]
- (iv) What do you mean by the term 'Bowled' in Cricket? [2]

Question 7

- (a) Explain the following terms in Cricket: [8]
- (i) A long barrier.
 - (ii) A Hit wicket.
 - (iii) A short pitched delivery.
 - (iv) A bump ball.
- (b) (i) Mention any three duties of the Main umpire.
- (ii) Mention any six fielding positions on the offside of the field.
- (iii) What is meant by 'extra runs'? Give two examples of extra runs. [9]
- (c) (i) Explain the term "The pitch" in Cricket. [2]
- (ii) Identify the colour of the Cricket ball used in test and one day matches. [2]
- (iii) What do you mean by a 'Partnership' in Cricket? [2]
- (iv) Explain the term 'Doosara' in Cricket. [2]

FOOTBALL (25 Marks)

Question 8

- (a) Explain the following terms in Football: [8]
- (i) A Penalty mark.
 - (ii) An Extra time.
 - (iii) A Long pass.
 - (iv) A Final pass.
- (b) (i) What is dribbling? State any two points to be kept in mind during dribbling.
(ii) What is the procedure of resuming a game from a goal kick?
(iii) Mention any three instances for an indirect free kick is awarded. [9]
- (c) (i) Explain the term 'Place kick' in Football. [2]
(ii) Write the full form of FIFA and AIFF. [2]
(iii) Explain the term 'One on one' in Football. [2]
(iv) What is meant by the term 'Caution' in Football? [2]

Question 9

- (a) Explain the following terms in Football: [8]
- (i) A corner arc.
 - (ii) A direct free kick.
 - (iii) A banana kick.
 - (iv) A step trap.
- (b) (i) State any three duties of the referee during a match in progress.
(ii) Give any three instances when kick off is initiated.
(iii) Write the following: [9]
- I) The distance between the goalposts.
 - II) The height of the crossbar from the ground.
 - III) The width of the goalposts and crossbar.
- (c) (i) When is the ball called 'Out of play' in football? [2]
(ii) Explain the term 'Chip pass' in Football. [2]
(iii) What do you mean by a 'Nutmeg' in Football? [2]
(iv) Explain the term 'Over lap' in Football. [2]
