

GREENLAWNS SCHOOL, WORLI  
TERMINAL EXAMINATION: 2024-2025  
PHYSICAL EDUCATION

Std: X  
Date: 08/10/2024

Marks: 100  
Time: 2 hour

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SECTION A (50 MARKS)

Question 1

Choose the correct answer and write the correct option.

[20]

1) What is the age group of Infancy?

- i) 0 to 5 years.      ii) 6 to 12 years.      iii) 12 to 19 years.      iv) 19 to 45 years.

2) The aim of Physical Education?

- i) Physical, social and mental development of a person.      ii) Agility.  
iii) To develop leadership.      iv) Camadeirie.

3) Most of the people have a combination of how many body types?

- i) One      ii) Two      iii) Three      iv) Four

4) What is physical fitness?

- i) The ability of a person to do daily work without fatigue.      ii) It is the ability to get proper sleep.  
iii) It is about eating a healthy and balanced diet.      iv) It is the state of being an individual.

5) The transmission of physical characteristics from parents to children through their genes is:

- i) Gender.      ii) Nationality.      iii) Nutrition.      iv) Heredity.

6) The process by which a child learns to interact with others around them is called as:

- i) Physical development.      ii) Psychological development.  
iii) Emotional development.      iv) Social development.

7) What does an Endomorph refer to?

- i) They gain weight easily, lose weight slowly.      ii) They gain and lose weight easily.  
iii) It is hard to gain weight.      iv) They do not gain weight and height.

8) Health related physical fitness components are:

- i) Cardio respiratory endurance and flexibility.      ii) Agility and speed.  
iii) Balance and coordination.      iv) Power and speed.

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

- i) Heredity      ii) Nutrition      iii) Nationality      iv) Gender

10) Which among the following is the correct meaning of Emotional development?

- i) The ability to recognize, express and manage feelings at different stages of life.  
ii) The process that starts from infancy and continues into late adolescent.  
iii) The development of physical and social capabilities.  
iv) The process by which a child learns to interact with others around them.

11) Endomorph tends to have ..... metabolism.

- i) Slow      ii) Fast      iii) Medium      iv) High

12) Flexibility can be divided into two parts:

- i) Aerobic and anaerobic    ii) Static and dynamic    iii) Active and passive    iv) None of above

13) Which is the main characteristic of development?

- i) It is comprised of quantitative changes.    ii) It can be easily observed and measured.  
iii) It is a continuous process.    iv) Both (i) and (ii)

14) Physical Education comes through.....

- i) Reading and writing    ii) Playing video games  
iii) Activity of big muscles    iv) Watching sports matches

15) What physical traits are associated with an Ectomorph?

- i) They have small delicate frame and bone structure.    ii) They tend to have muscular body.  
iii) They have high body fat percentage level.    iv) Small Feet.

16) Speed can be tested through what activity?

- i) Standing long jump    ii) 50-meter sprint.    iii) 1000 m run.    iv) Stork balance test

17) Which among the following is NOT the principle of Sports Training?

- i) Principle of Individuality.    ii) Principle of Specificity.  
iii) Principle of Overload.    iv) Principle of Non variance.

18) The load has to be increased depending upon adaptation of previous workout. This is the:

- i) Principle of Adaptation.    ii) Principle of Reversibility.  
iii) Principle of Variance.    iv) Principle of Progression.

19) Changing the training you do so that you don't get bored and continue to enjoy your training is:

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

20) Which of the following involves agility of the higher order?

1. Gymnastics    2. Diving    3. Kho-Kho  
i) Only 1    ii) 1, 2, 3    iii) 1 and 2    iv) 2 and 3

### Question 2

- a) What do you understand by the term growth? [2]  
b) What do you mean by Physical Education? [2]  
c) How does gender influence growth and development? [3]  
d) State any three emotional development objective of physical education. [3]

### Question 3

- a) Define the term ectomorph of body. [2]  
b) Write down the importance of physical fitness. [2]  
c) State any three typical traits of an endomorph body. [3]  
d) Explain recovery as a principle of sports training. [3]

#### Question 4

- a) What is the aim of sports training? [2]
- b) Explain individuality as a principle of sports training. [2]
- c) Assess self-motivation as a factor affecting physical fitness. [3]
- d) Name any three factors influencing human growth and development. [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) Twenty 20 international (T20)
  - ii) On Side (Leg side)
  - iii) Protective equipment's
  - iv) The boundaries in Cricket
- b) i) State any three duties of a captain. [9]
  - ii) Explain a 'declaration' in a cricket match.
  - iii) State any three conditions when runs are added to the team's total and not to the batsman's total runs.
- c) Draw a diagram of a Cricket Pitch and mark the following: [8]  
(Outer and inner circle, Umpire position, Fielding position Leg side 6 and offside 6)

#### Question 6

- a) Explain the following terms in cricket: [8]
  - i) Number of players in a cricket team with extra
  - ii) Colour of sight screen and which ball used in ODI and Test matches
  - iii) Hit wicket
  - iv) Offside fielding position any four
- b) i) State three instance when the ball is considered a 'Dead ball'. [9]
  - ii) State any three duties of the main umpire.
  - iii) State any three ways by which runs are scored?
- c) i) State four instance when the ball is considered a 'No ball'. [8]
  - ii) What are the signals for the following?
    - 1) Leg bye    2) Out    3) No ball    4) T.V. replay

## FOOTBALL

### Question 7

- a) Explain the following terms in football: [8]
- i) Length of football field
  - ii) The shape & material of the ball
  - iii) Substitute
  - iv) The ball in play
- b) i) Mention any three duties of referee during the match. [9]
- ii) When can we take Kick-off in football?
  - iii) What is the procedure adopted to restart a match when there is a situation of a dropped ball?
- c) Draw a diagram of a football field showing its entire dimension. [8]
- i) 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

### Question 8

- a) Explain the following terms in football: [8]
- i) Technical Area
  - ii) The ball out of play
  - iii) Penalty arc (Outer circle)
  - iv) The goal kick
- b) i) Explain the procedure in detail for the Tie-breaker in the game of Football. [9]
- ii) Give the proper procedure of penalty kick.
  - iii) Mention any three circumstances where the referee awards an indirect free kick against goalkeeper.
- c) i) What is the procedure adopted to restart the game from a corner kick? [8]
- ii) Under which four situations can a referee show a red card to a player?

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