

**GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.**  
**FIRST TERMINAL EXAMINATION 2024 - 2025**  
**SUBJECT: PHYSICAL EDUCATION**

**CLASS: X.**  
**TIME: TWO HOURS.**

**MARKS: 100.**  
**DATE: 27/09/2024**

**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) Prenatal environment is the environment of .....

- (a) The environment where the person live.
- (b) The child during birth.
- (c) The child after birth.
- (d) The environment inside the uterus, where the unborn child is developing.

(ii) Which of the following physical developments is commonly observed during childhood?

- (a) Onset of puberty.
- (b) Rapid brain growth and increased coordination.
- (c) Development of fine motor skills like writing and drawing.
- (d) Decline in muscle mass.

(iii) The chronic diseases like Diabetes, Arthritis can be seen in which stage?

- (a) Infancy stage.
- (b) Old age.
- (c) Youth Stage.
- (d) Prenatal stage.

(iv) Mr. Macky notices that his son, like himself at a young age, has a natural aptitude for mathematics and problem-solving. Despite not having much formal training yet, his son excels in these areas, suggesting an innate ability. What factor is likely influencing Mr. Macky's son's growth and development in this case?

- (a) Gender.
- (b) Nationality.
- (c) Nutrition.
- (d) Heredity.

(v) Physical education is crucial for which of the following reasons?

- (a) It helps in understanding complex scientific theories
- (b) It promotes a healthy lifestyle and lifelong fitness habits.
- (c) It develops advanced technological skills
- (d) It enhances proficiency in foreign languages

(vi) Given below are the two statements labeled Assertion (A) and Reason (R):  
Assertion (A): Physical education does not contribute to academic achievement.  
Reason (R): Regular physical activity improve cognitive functions such as concentration and memory, which can positively impact academic performance.  
Which one of the following statements 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.

(vii) Who came up with the theory for Somatotype?

- (a) William Gilbert.
- (b) Charles-Augustin de Coulomb.
- (c) William H. Sheldon.
- (d) Sheldon Lee Glashow.

(viii) What does Ectomorph refer to?

- (a) They are slender, lean and best suited to endurance activities.
- (b) They tend to have muscular body, with strong forearms and thighs.
- (c) They are stocky with large round body or pear shaped body.
- (d) They have short and thick neck.

(ix) Ectomorphs typically have a:

- (a) Slow metabolism
- (b) Fast metabolism
- (c) Erratic metabolism
- (d) Metabolism dependent on weather

(x) The physical fitness is .....

- (a) It is about eating a healthy and balanced diet.
- (b) It is the state of being an individual.
- (c) The ability of a person to do daily work without fatigue.
- (d) It is the ability to get proper sleep.

(xi) Health related physical fitness components are:

- (a) Cardio-vascular endurance and flexibility.
- (b) Agility and speed.
- (c) Balance and coordination.
- (d) Power and speed.

(xii) Which physical fitness test is used to assess balance?

- (a) Push- ups test
- (b) Sit and reach test
- (c) Sit-ups test
- (d) Standing stork test.

(xiii) The power is the .....

- (a) The ability to exert force in the shortest period of time.
- (b) It is the ability to change the momentum in sports training.
- (c) It is the ability to carry out a series of movements or motor tasks smoothly.
- (d) It is the ability to change direction rapidly without a significant loss of speed.

(xiv) It is the ability to carry out a series of movements or motor tasks smoothly and efficiently.

- (a) Agility
- (b) Co-ordination
- (c) Balance
- (d) Accuracy

(xv) Match the following:

- |                              |                             |
|------------------------------|-----------------------------|
| (I) Cardiovascular endurance | 1) Sit and reach test.      |
| (II) Muscular endurance.     | 2) The ball toss test.      |
| (III) Flexibility.           | 3) Push up test.            |
| (IV) Co-ordination.          | 4) The cooper run 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. |

(xvi) During a yoga class, participants are asked to perform the tree pose, where they must stand on one leg while placing the sole of the other foot on their inner thigh. Many struggle to hold the pose and sway side to side.

- (a) Agility
- (b) Co-ordination.
- (c) Strength
- (d) Balance.

(xvii) Which principle of sports training suggest that an individual should increase the load progressively to get better result?

- (a) Individuality.
- (b) Principle of progression
- (c) Periodization.
- (d) Principle of reversibility.

(xviii) During an intense 400-meter sprint, an athlete starts to feel a burning sensation in their leg muscles. This sensation becomes more pronounced as they push through the last 100 meters, and they slow down due to fatigue.

What is the most likely cause of the burning sensation in the athlete's muscles?

- (a) Dehydration.
- (b) Muscle spasm.
- (c) Lack of oxygen.
- (d) Lactic acid build up.

(xix) 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.

(xx) A high school soccer player trains consistently every week, gradually increasing the intensity and duration of their workouts. Over time, they notice improvements in their endurance, strength, and overall performance on the field.

- (a) Principle of Periodization.
- (b) Principle of overload.
- (c) Principle of Continuity.
- (d) Principle of Individuality.

## QUESTION 2

- (a) A pediatrician is conducting a routine check-up for a six-month-old baby. The doctor observes that the baby can sit with support, reaches out for toys, and responds to familiar voices with smiles and babbling sounds.  
Which stage of growth and development is this baby likely in? [2]
- (b) Define the term flexibility. [2]
- (c) How does nationality influence the growth and development? [3]
- (d) State any three differences between growth and development. [3]

## QUESTION 3

- (a) What do you understand by the term muscular endurance? [2]
- (b) State any four objectives of sports training. [2]
- (c) State any six typical traits of an endomorph body. [3]
- (d) Assess emotional stability as a factor affecting physical fitness. [3]

## QUESTION 4

- (a) What is periodization? [2]
- (b) In a physical education class, students engage in various physical activities that challenge their strength, flexibility, co-ordination, balance and endurance. Over time, they notice significant improvements in their physical health and performance in other physical tasks.  
What is the aim of physical education being highlighted in this scenario? [2]
- (c) Explain reversibility as a principle of sports training. [3]
- (d). Describe the principle of frequency of sports training. [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)

(You must attempt **one** question on Cricket).

## QUESTION 5

- (i) Explain the following terms in Cricket: [8]
- (a) An innings. (b) A boundary for four.  
(c) An over. (d) Scorers.
- (ii) a) What is the shape, weight and circumference of the ball?  
(b) Explain the term declaration in a test match in Cricket.  
(c) Differentiate between a draw match and an innings defeat in a test match. [9]
- (iii) (a) State any two conditions under which umpire call time.

- (b) Explain the rule of covering the pitch in Cricket.
- (c) A cricket coach is setting up a practice pitch for a youth team. One of the young players asks how far apart the wickets should be placed. The coach needs to ensure the correct distance is used according to standard cricket regulations. What distance should the coach measure between the wickets to adhere to official cricket rules?
- (d) During a cricket match, a player notices that the stumps used on the pitch seem taller than usual. The player raises a concern with the umpire, questioning whether the stumps meet the official regulations. What is the official height of the stumps in cricket that the umpire should verify? [8]

### **QUESTION 6**

- (i) Explain the following terms in Cricket: [8]
- (a) A danger area. (b) The bowling crease.  
(c) A boundary for six. (d) Sight screen.
- (ii) a) Mention three situations when a team's innings is said to be complete.  
b) Mention any six fielding positions on off side of field of play in Cricket.  
c) In a limited-overs match, your team is defending a modest total. The opposing team starts their innings aggressively, scoring quickly and putting your bowlers under pressure. The fielders seem to be losing their concentration, resulting in missed opportunities. State any three duties of captain based on this case study. [9]
- (iii) (a) State the position of leg umpire in field of play.  
(b) Define the term leg side in cricket.  
(c) Explain the term return crease in Cricket.  
(d) During a cricket match, a bowler runs up to deliver the ball but accidentally drops it before it reaches the batsman. The ball rolls harmlessly along the ground without reaching the batsman. What should the umpire call in this situation? [8]

## **FOOTBALL (25 MARKS)**

(You must attempt **one** question on Football).

### **QUESTION 7**

- (i) Explain the following terms in Football: [8]
- (a) A goal line. (b) A corner flag post.  
(c) A penalty mark. (d) A center circle.
- (ii) (a) What is the shape, circumference and weight of the ball?  
(b) 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.  
(c) A bustling football stadium filled with anticipation as the teams prepare for a crucial match. The green pitch is immaculate, and the stands are starting to fill with excited fans, waving flags and chanting for their teams. The sun is shining brightly,

casting a golden hue over the stadium. Mention any three duties of a Referee before the match begins for a fair and exciting game of Football. [9]

**(iii)** (a) Explain the term ‘Additional Assistant Referee’ in Football.

(b) Explain the term penalty area in Football field

(c) A groundskeeper at a football stadium is setting up the goals before a professional match. They notice that the goalposts seem to be slightly closer together than usual. Concerned about adhering to official regulations, the groundskeeper decides to measure the distance between the posts.

What is the correct distance between the inner edges of the goalposts that the groundskeeper should verify?

(d) During the pre-match inspection, the referee notices that a player is wearing jewelry, including a necklace and a bracelet. The player insists that these items are important for personal reasons and refuses to remove them. Based on this case study mention any four compulsory equipment’s of a player. [8]

### **Question 8**

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

(a) A substitute . (b) Half time.

(c) Kick-off. (d) VAR

**ii)** (a) State any three duties of Assistant Referee during the match.

(b) Explain the term Tie break in football.

(c) It's the 75th minute of a tightly contested football match between Team A and Team B. The score is 1-1. Team A is on the attack, and their midfielder, Player A1, is dribbling towards Team B's penalty area when the referee notices an injury to Player B2 from the opposing team, who is lying on the ground. The referee decides to stop play to allow medical assistance. Explain the procedure applied to start the match in this case [9]

**iii)** (a) When is the ball considered in play and out of play in football.

(b) As a Referee what decision would you take if the following incidents occurs during a football match?

1) A player commits two infringement of a different nature at the same time.

2) He finds that a player is deliberately wasting time.

3) A defending player intentionally handles the ball in the penalty area.

4) At the kick-off the same player touches the ball second time. [8]