

GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.
PRELIMINARY EXAMINATION 2024 - 2025
SUBJECT: PHYSICAL EDUCATION (GR. III)

CLASS: X.
MARKS: 100

TIME: 2 HOURS.
DATE: 17/01/2024.

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) Which of the following best describes human growth?
- (a) The process of producing new cells to support reproduction in living organisms.
 - (b) The increase in size, number, and complexity of cells in an organism.
 - (c) The gradual reduction in metabolic activity as cells mature and develop.
 - (d) The process of gradual physiological changes that occur as organism's age and adapt.
- (ii) Which of the following is a common physical change during adolescence?
- (a) Onset of puberty and development of secondary sexual characteristics.
 - (b) Changes in skin texture and the onset of acne.
 - (c) Increase in body fat and changes in body shape.
 - (d) Heightened growth spurts and changes in bone density.
- (iii) Given below are the two statements labeled Assertion (A) and Reason (R).
Assertion: Development only occurs in early childhood and ceases in adulthood.
Reason: Development is a lifelong, continuous process.
- (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 the objective of physical development in Physical Education?
- (a) To develop positive thoughts, ideas, behavior, attitude, and conduct.
 - (b) To develop the ability to respect the attitudes and values of others.
 - (c) To guide a person to make his body strong, well-shaped and good looking.
 - (d) To develop the ability to control various emotions like fear, pleasure, anger.

- (v) What does body composition refers to?
- The ratio of muscle mass to total body weight.
 - Percentage of body fat.
 - The overall weight of an individual without considering fat.
 - The distribution of fat and muscle in specific body areas.
- (vi) What is the ability to manage daily physical demands without excessive fatigue?
- Physical fitness.
 - Mental fitness.
 - Anaerobic fitness.
 - Physical exercise.
- (vii) Which of the following best describes cardiorespiratory endurance?
- The ability of the body to maintain a high heart rate during exercise.
 - The strength of the heart muscle and its ability to pump blood efficiently.
 - The ability to perform high-intensity activities for a short duration.
 - The heart and lungs ability to supply oxygen to muscles during prolonged activity.
- (viii) Which physical fitness test is used to assess muscular endurance?
- Pacer Test.
 - Sit-ups test.
 - Push- ups test.
 - Sit and reach test.
- (ix) Which of the following nutrients is classified as a micronutrient?
- Fats.
 - Vitamins.
 - Proteins.
 - Carbohydrates.
- (x) Which principle of Sports Training, states that sports training should be relevant and appropriate to the sport for which the individual is training in order to produce the desired effect?
- Principle of Variance.
 - Principle of Individuality.
 - Principle of Reversibility.
 - Principle of Specificity.
- (xi) In order to improve, athletes must continually work harder as their bodies adjust to existing workouts. This is called as:
- Principle of overload.
 - Principle of Recovery.
 - Principle of Adaptation.
 - Frequency.
- (xii) Minor changes in training helps in sports performance. This is known as:
- Principle of Specificity.
 - Principle of recovery.

- (c) Principle of variance.
- (d) Exercise Intensity.

(xiii) Match the type of cycle with its duration:

- | | |
|-----------------------|---|
| (I) Macrocycle | 1) Several weeks to months. |
| (II) Mesocycle | 2) Several months to a year. |
| (III) Microcycle | 3) Short period after a competitive season. |
| (IV) Transition Cycle | 4) Several days to a week. |
- (a) I-2, II-1, III-3, IV-4.
 - (b) I-2, II-1, III-4, IV-3.
 - (c) I-1, II-2, III-4, IV-3.
 - (d) I-1, II-2, III-3, IV-4.

(xiv) What is the primary goal of First Aid for a bleeding wound?

- (a) To clean the wound thoroughly before attempting to stop the bleeding.
- (b) To elevate the wound without applying pressure or covering it.
- (c) To bandage the wound without applying any pressure to it.
- (d) To stop the bleeding by applying pressure and covering the wound.

(xv) How to heal muscle strain fast?

- (a) R.I.C.E. (Rest, Ice, Compression, Elevation).
- (b) H.E.A.T. (Hydration, Elevation, Application of Heat, Therapy).
- (c) I.C.E. (Immobilization, Cold, Elevation).
- (d) S.T.I.C. (Stretching, Therapy, Immobilization, Cold).

(xvi) Which of the following best describes a muscle strain injury?

- (a) A condition where muscles become inflamed due to improper stretching techniques.
- (b) A muscle injury that occurs only due to sudden impact or trauma.
- (c) An injury of muscles caused by the overstress of muscles or due to violent pull.
- (d) An injury of tendon caused only by repeated overuse over time.

(xviii) What is a linear fracture?

- (a) A fracture in the bone that runs parallel to its long axis.
- (b) A fracture where the bone is shattered into multiple fragments.
- (c) A fracture where the bone breaks and pierces through the skin.
- (d) A fracture that involves a spiral break around the bone.

(xvii) Medial tibial stress syndrome is related to which of the sports injuries?

- (a) Stress fracture.
- (b) Plantar fasciitis.
- (c) Sprained ankle.
- (d) Shin splints.

(xix) A fracture where the bone bends but does not completely break is known as

- (a) Comminuted fracture
- (b) Greenstick fracture
- (c) Compound fracture
- (d) Spiral fracture

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

Assertion: A coach should develop a strategic game plan for each match.

Reason: A strategic game plan is necessary only if the opposing team is stronger.

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.

Question 2

- (a) Name any four factors influencing human growth and development. [2]
- (b) State any four typical traits of an ectomorph body. [2]
- (c) Explain 'Exercise Intensity' as a principle of sports training. [3]
- (d) State any six social development objectives of physical education. [3]

Question 3

- (a) Explain the term balance. [2]
- (b) Assess self-motivation as a factor affecting physical fitness. [2]
- (c) What is concussion? State any four symptoms of concussion. [3]
- (d) What is Achilles tendonitis? State any four causes of Achilles tendonitis. [3]

Question 4

- (a) Explain the principle of Active participation in sports training. [2]
- (b) What is plantar fasciitis injury? [2]
- (c) Mention any three points on the importance of health education. [3]

(d) Mr. Jerom, a physical education teacher at a high school, notices that many students in his class are unaware of the importance of fitness in maintaining overall health. He decides to introduce a new module that focuses on educating students about fitness components such as cardiovascular endurance, muscular strength, flexibility, agility, and body composition. He teaches them how these components contribute to a healthy lifestyle and demonstrates various exercises and routines that they can incorporate into their daily lives. He even organizes a unit on basic first aid. He believes that teaching students to manage minor injuries is an essential life skill. During the unit, he covers topics like handling sprains, minor cuts, and understanding symptoms of common sports injuries like concussions. He also decides to create a supportive environment by dividing the class into mixed-ability groups, assigning beginner-friendly activities, and emphasizing teamwork over individual performance. Over time, he observes an improvement in student participation and confidence levels. Additionally, he regularly conducts assessments to track each student's progress and adjusts the activities accordingly to ensure all students feel included and challenged. Based on this case study state any three duties of Physical Education Teacher at High School level. [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

(i) Explain the following terms in Cricket:

(a) A follow on in four days test match.

(b) An innings defeat.

(c) A tie match.

(d) A dead ball.

[8]

(ii) (a) State any three duties of a captain during the match.

(b) Explain the term popping crease in Cricket.

(c) In a tense Test match between Team A and Team B, Team A's spinner has been generating substantial turn, making it challenging for Team B's batter to score. Team A's captain, noticing the rough patches outside the right-hander's off-stump, places a short-leg fielder close to the bat. However, one of Team B's batter repeatedly steps into the protected area while playing forward defensive shots. After being warned twice by the umpire, the batter accidentally steps into the protected area again while taking a quick single. With this case study in mind, what is the "protected area" on a cricket pitch, and why is it important in the game of cricket?

[9]

(iii) (a) State any four instances when the ball is considered a 'dead ball'.

(b) What is the difference between a bye and a leg bye?

[8]

Question 6

(i) Explain the following terms in Cricket:

(a) A straight drive.

(b) A leg cutter.

(c) A night watchman.

(d) A bump ball.

[8]

(ii) (a) Explain the term LBW in cricket.

(b) When is a batter considered to be out stumped?

(c) What is meant by 'extra runs'? Give two examples of extra runs.

[9]

(iii) (a) Explain the term "Pull shot" in Cricket.

(b) Identify the colour of the Cricket ball used in test and one day matches.

(c) What do you mean by a 'Ball tampering' in Cricket?

(d) In an intense final match of a T20 tournament, Team A's star opener, known for his explosive batting, comes to the crease with high expectations. On his very first delivery, he faces a swinging yorker from Team B's bowler. Despite his best attempt to defend, the ball sneaks through his bat-pad gap, shattering his stumps. The crowd is stunned as the opener walks off, having been dismissed. With this case study in mind, what is the term used when a batter gets out on the first ball he faces?

[8]

FOOTBALL (25 Marks)

Question 7

(i) Explain the following terms in Football:

[8]

- (a) A dropped ball.
- (b) An optional mark.
- (c) A Technical area.
- (d) Compulsory equipment's of Referee.

(ii) (a) Mention any three instances for an indirect free kick is awarded.

(b) What is the procedure of resuming the game from a Kick-off?

(c) What decision will the referee give in the following cases?

(I) When the goal is scored unintentionally by the center referee?

(II) At a kick off the same player touches the ball a second time?

(III) A defense player intentionally handles the ball in the penalty area?

[9]

(iii) Write the following:

(a) Length and breadth of the field.

(b) Duration of the match and duration of extra time.

(c) Breadth and Height of the Goal Post.

(d) Radius of Centre circle and Corner arc.

[8]

Question 8

(i) Explain the following terms in Football:

[8]

- (a) A short pass.
- (b) A volley kick.
- (c) An inside trap.
- (d) An overlapping.

(ii) (a) Give three offences for which a yellow card is shown to a player?

(b) Under which three situations is a player not considered off-side?

(c) State any three offences committed by a player within his own penalty area, which warrants the award of a penalty kick.

[9]

(iii) (a) Explain the term man to man marking in football.

(b) Explain the term 'Set piece' in Football.

(c) In the closing minutes of a tightly contested match, Team A is trailing by one goal. Their midfielder gains possession and spots the forward making a run behind Team B's defense. With precision, the midfielder threads the ball between two defenders, placing it perfectly for the forward to finish with a shot on goal. This crucial pass helps Team A equalize just before the final whistle. With this case study explain the term 'Final pass.'

(d) In a Champions League match, Team A's star winger is known for his agility and skill moves. As he approaches Team B's defender in a one-on-one situation, he performs a series of step overs to confuse his opponent before quickly changing direction and sprinting past the defender. This unexpected move allows him to create space for a cross into the penalty box, resulting in a goal for his team. With this case study explain the term 'Step over' in Football.

[8]