

GREENLAWNS SCHOOL, WORLI
TERMINAL EXAMINATION: 2025-2026
PHYSICAL EDUCATION

Std:- X

Date:- 23/09/2025

Marks: 100

Time: 2 hour

SECTION A (50 MARKS)

Question 1

Choose the correct answer and write the correct option.

[20]

1) What is the correct sequence of stages in human growth and development?

- (a) Infancy, Adolescence, Childhood, Adulthood.
- (b) Childhood, Infancy, Adolescence, Adulthood.
- (c) Infancy, Childhood, Adolescence, Adulthood.
- (d) Adolescence, Infancy, Childhood, Adulthood.

2) Which of the following is an objective of emotional development in physical education?

- (a) Improving cardiovascular fitness of an athlete.
- (b) Enhancing self-confidence and self-esteem.
- (c) Learning new motor skills and activities.
- (d) Increasing flexibility and endurance..

3) What are the 3 primary body types identified by the somatotype classification system?

- (a) Ectomorph, Mesomorph, Endomorph.
- (b) Hypermobile, Rigid, and Balanced.
- (c) Athletic, Non-athletic, Mixed.
- (d) Light, Medium, Heavy.

4) Match the factors in Column A with their corresponding descriptions in Column B.

Column A

Column B

- | | |
|-------------------------------------|--|
| (I) Heredity | 1) Social interactions, cultural norms, and environmental influences |
| (II) Environment | 2) The passing of genetic traits from parents to offspring |
| (III) Nutrition | 3) Socially defined expectations based on sex |
| (IV) Gender | 4) The consumption of food for growth and development |
| (a) I – 1, II – 3, III – 4, IV – 2. | (b) I – 2, II – 1, III – 4, IV – 3. |
| (c) I – 4, II – 3, III – 1, IV – 2. | (d) I – 3, II – 4, III – 2, IV – 1. |

5) Which is the primary objective of physical development in physical education?

- (a) To prepare students for professional sports careers.
- (b) To develop a healthy and active lifestyle for life.
- (c) To develop specialized skills for professional sports.
- (d) To learn the nature of activity to enhance fitness.

6) Which type of exercise is beneficial for endomorphs to enhance metabolism and burn calories?

- (a) Strength training exercises like plank, squats.
- (b) High-intensity interval training.
- (c) Aerobic exercises like running or cycling.
- (d) Flexibility and stretching exercises.

7) Adulthood starts from years onwards.

- (a) 17. (b) 18. (c) 19. (d) 20.

8) Match the following objectives of physical education with their descriptions:

- | | |
|--------------------------|---|
| (I) Physical Development | 1) Learning to cope with competition and setbacks |
|--------------------------|---|

- | | |
|--------------------------------|---|
| (II) Psychological Development | 2) Developing agility, flexibility, and strength |
| (III) Social Development | 3) Improving concentration and decision-making skills |
| (IV) Emotional Development | 4) Promoting fair play and teamwork |
| (a) I-4, II-1, III-3, IV-2 | (b) 1-2, II-3, III-4, IV-1 |
| (c) 1-3, II-2, III-1, IV-4 | (d) I-1, II-4, III-2, IV-3 |

9) What body characteristics are typical of mesomorphs?

- (a) Short and stocky with high body fat percentage
- (b) Lean and lanky with difficulty gaining muscle
- (c) Athletic build with well-defined muscles.
- (d) Hourglass figure with wide hips and narrow shoulders.

10) Physical fitness is.....

- (a) The ability of a person to do daily work without fatigue.
- (b) It is a state of well-being where individuals can cope with life's challenges.
- (c) It is the ability to interact effectively with others, build strong relationships.
- (d) It is the ability of fitness standards set by an organization.

11) What is the primary objective of sports training?

- (a) To increase speed and agility, this allows for quicker reactions and movements.
- (b) To improve physical fitness, skills, and overall performance in sports.
- (c) To reduce anxiety and fear of failure, this can hinder performance.
- (d) To improve decision-making skills helps athletes make better choices in competition.

12) What is the full form of first aid?

- (a) Fire Investigation Relief Symptom Treatment arrangement Immediately Disposal.
- (b) First Investigation Refer Symptom Treatment arrangement Immediately Disposal.
- (c) First Investigation Relief Symptom Treatment assignment Immediately Disposal.
- (d) First Investigation Relief Symptom Treatment arrangement Immediately Disposal.

13) What is agility in the context of physical fitness?

- (a) The ability to sustain physical activity over a long period.
- (b) The ability to change direction quickly and effectively.
- (c) The capacity to exert maximum force in a single effort.
- (d) The ability to maintain a stable position while moving.

14) The body cannot repair itself without rest and.....

- (a) Continuity
- (b) Adaptation
- (c) Recovery
- (d) Frequency

15) The full form of RICE is.....

- | | |
|--|--|
| (a) Rest, Isolation, Collaboration, Elevation. | (b) Rest, Ice, Compression, Elevation. |
| (c) Rice, Ice, Compression, Elevation. | (d) Rest, Isolate, Collaboration, Elevation. |

16) Which exercise can help improve accuracy in hand-eye coordination?

- (a) Plank holds.
- (b) Medicine ball throws at a target.
- (c) Lunges.
- (d) Squats.

17) The training by an athlete should be followed without any brake. Which principle does it refer to?

- | | |
|-----------------------------|------------------------------|
| (a) Principal of continuity | (b) Principal of Adaptation |
| (c) Principal of overload | (d) Principal of progression |

18) What is a shin splint injury?

- (a) It is a traumatic injury to the brain that alters mental status.
- (b) It is a partial or complete break in the continuity of the bone.
- (c) Pain in the lower region of the leg between the knee and ankle.
- (d) It is a tear or sprain of the anterior cruciate ligament.

19) How can good posture benefit physical fitness?

- (a) It decreases muscle flexibility and endurance.
- (b) It limits range of motion in the joint.
- (c) It directly increases muscle mass and strength
- (d) It reduces strain on muscles, and enhances overall performance.

20) Where do you feel pain in the runner's knee?

- (a) Front of the knee. (b) Side of the knee. (c) Back of the knee. (d) Inside the knee joint.

Question 2

- a) What do you understand by the term development? [2]
- b) What is the aim of Physical Education? [2]
- c) How does heredity affects physical fitness? [3]
- d) Explain reversibility as a principle of sports training. [3]

Question 3

- a) Define the term endomorph body. [2]
- b) Write down the importance of physical fitness. [2]
- c) How does nationality influence the growth and development? [3]
- d) What is a shin splints injury? State any two causes of shin splints injuries. [3]

Question 4

- a) How does sport training improves skill levels? [2]
- b) State any four causes of ACL injuries. [2]
- c) State any three social development objective of physical education. [3]
- d) State any three typical traits of a mesomorph body. [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) Size of sightscreen
 - ii) On Side (Leg side)
 - iii) One day international
 - iv) The boundaries in Cricket
- b) i) State any three duties of main umpire during a match? [9]
 - ii) When umpire changing the end?
 - 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) Weight of the ball ii) The bowling crease
 iii) The height of stumps with bails 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 main Umpire.
 iii) State any three ways by which runs are scored?
- c) i) State any four different ways of better getting out. [8]
 ii) What are the signals for the following?
 1) Bye 2) Wide ball 3) No ball 4) Power play

FOOTBALL

Question 7

- a) Explain the following terms in football: [8]
 - i) Goal line
 - ii) Centre circle
 - iii) Optional mark
 - iv) The weight and circumference of the ball
- b) i) Mention any three duties of referee before 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 in play
 - iii) Extra time
 - iv) The kick-off
- 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?
