

GREENLAWNS SCHOOL, WORLI
PRELIMINARY EXAMINATION: 2024-2025

PHYSICAL EDUCATION

Std: X
Date: /01/2025

Marks: 100
Time: 2 hours

SECTION A (50 MARKS)

Question 1 [20]

- 1) means increase in size, height, length or weight.
(a) Growth (b) Development (c) Body types (d) Obesity

- 2) What is the primary objective of psychological development in physical education?
(a) To prepare students for physical activity.
(b) To develop positive self-esteem and a healthy body image.
(c) To diagnose and treat psychological disorders.
(d) To develop speed and agility through physical exercises.

- 3) Endomorphs are often categorized as having a:
(a) Rectangular body shape (b) Hourglass body shape
(c) Pear-shaped body (d) Apple-shaped body

- 4) Which of the following activities primarily improves muscular endurance?
(a) Lifting heavy weights for low repetitions. (b) Running on a treadmill.
(c) Yoga and stretching exercises. (d) Gymnastics on balance beam.

- 5) What is the primary objective of sports training?
(a) To increase speed and agility, which 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, which can hinder performance.
(d) To improve decision-making skills, which helps athletes make better choices in competition.

- 6) The full form of PRICE is
(a) Provide, Rest, Infect, Compress, Elevate (b) Protect, Rest, Ice, Compress, Elevate
(c) Protect, Rest, Ice, Compact, Elevate (d) Provide, Rest, Ice, Compact, Elevate

- 7) 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

- 8) Which of the following activities primarily improves speed?
(a) Yoga (b) Swimming (c) Sprinting (d) Weightlifting

- 9) The changes that take place in human beings between conceptions to death are:
(a) Development (b) Growth (c) Evolution (d) Maturation.

- 10) A diet containing right amount of nutrients for efficient working of body is called:
 (a) Food (b) Diet (c) Stapled diet (d) Balanced diet
- 11) Which principle of sports training suggests that an individual should increase the load progressively to get better results?
 (a) Individuality. (b) Principle of progression
 (c) Periodization. (d) Principle of reversibility.
- 12) Match the following objectives of physical education with their descriptions:
 (I) Physical Development 1) Building self-confidence and managing stress
 (II) Psychological Development 2) Enhancing the ability to work effectively with others
 (III) Social Development 3) Developing strength, endurance, and flexibility
 (IV) Emotional Development 4) Promoting mental well-being and cognitive function
 (a) I-3, II-4, III-2, IV-1 (b) I-2, II-1, III-4, IV-3 (c) I-1, II-2, III-3, IV-4 (d) I-4, II-3, III-1, IV-2
- 13) The ability to control movements in a given direction is called as:
 (a) Accuracy. (b) Agility. (c) Muscular power. (d) Static strength.
- 14) Adulthood starts from this year onwards.
 (a) 17 (b) 18 (c) 19 (d) 20
- 15) The full form of M. C. L. is:
 (a) Medial Cruciate Ligament, (b) Medial collateral ligament,
 (c) Medial Common Ligament, (d) Medial Crossover Ligament
- 16) Ectomorphs may find it:
 (a) Easier to build muscle mass. (b) Harder to gain weight and muscle.
 (c) Equally easy to gain muscle and lose fat (d) No difference in muscle gain.
- 17) Match the following stages of growth and development:
 (I) Infancy stage 1) 19 to 65 years.
 (II) Childhood stage. 2) Birth to 5 years.
 (III) Adolescence stage. 3) 5 to 12 years.
 (IV) Adulthood stage. 4) 12 to 19 years.
 (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
- 18) For a physical education teacher to advance to a higher level of teaching or administrative roles, which qualification might be pursued?
 (a) PG Diploma in Management. (b) Bachelor's Degree in Business Administration
 (c) PG in Educational Leadership. (d) Masters Degree in Physical Education.
- 19) Which of the following is a rich source of calcium?
 (a) Red meat. (b) Apples. (c) Whole grains. (d) Milk and dairy products.
- 20) work as team managers, athletics directors, sports agents and marketing with planning.
 (a) Sports management. (b) Commentator. (c) Officials. (d) A player.

Question 2

- a) How does sports training improve the knowledge of their sports? [2]
- b) What are proteins? [2]
- c) State any three social development objectives of physical education. [3]
- d) Describe the 'childhood stage of development'. [3]

Question 3

- a) Explain the career options for becoming a physical education teacher. [2]
- b) What is a Shin splints injury? [2]
- c) Name any three components of physical fitness. [3]
- d) What is the principle of individuality? [3]

Question 4

- a) Define the term ectomorph body. [2]
- b) Give information about Muscular power. [2]
- c) State any three functions of fats. [3]
- d) Give any three causes of fracture injury. [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) The weight of the ball.
 - ii) The length of the bat.
 - iii) The height of the stumps with bails.
 - iv) The size of the bails.
- b) i) State any three duties of a main umpire. [9]
 - ii) State any three conditions under which umpire call time.
 - iii) What are the shape, circumference and weight of the ball?
- c) Explain the following terms in cricket: [8]
 - i) Protective equipment
 - ii) The ball
 - iii) A Tie match
 - iv) Run up

Question 6

- a) Explain the following terms in cricket: [8]
 - i) Beamer (Beam ball)
 - ii) Helicopter shot
 - iii) Stance
 - iv) Top order

- a) i) Give any three conditions when a pitch may be changed. [9]
 ii) What is meant by the term LBW?
 iii) When is a ball deemed 'lost' during play? What procedures are then adopted in case the ball is declared 'lost'?
- b) Draw a diagram of cricket field and show any six both side fielding position. [8]

FOOTBALL

Question 7

- a) Explain the following terms in football: [8]
 i) Breadth of football field
 ii) Radius of center circle
 iii) The penalty arc
 iv) The corner arc
- b) i) Mention any three duties of referee before the match. [9]
 ii) Give any three instances when kick off is initiated.
 iii) Under which three situations is a player not considered off-side?
- c) Explain the following terms in football: [8]
 i) Defenders
 ii) Dribbling
 iii) Tackling
 iv) Chest trap

Question 8

- a) Explain the following terms in football: [8]
 i) Full time
 ii) Kick-off
 iii) Draw match
 iv) Direct free kick
- b) i) What is kicking? State any two types of kicks used in football. [9]
 ii) Mention any three fundamental skills of playing football.
 iii) State any three offences committed by a player within his own penalty area which warrants the award of a penalty kick.
- 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
