

GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.

PRELIMINARY EXAMINATION 2025 - 2026

SUBJECT: PHYSICAL EDUCATION (GR. III)

CLASS: X.
MARKS: 100

TIME: 2 HOURS.
DATE: 16/01/2026.

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 defines growth in human beings?
- (a) It is the ability of a person to perform physical activities with increasing efficiency.
 - (b) It is gradual enhancement in physical, mental, social, or emotional development.
 - (c) It is the overall change in body structure, including height and weight.
 - (d) It is a series of physical changes from conception to maturity.
- (ii) A 49-year-old teacher is able to perform his daily tasks such as walking to school, teaching for long hours, and returning home without feeling tired or exhausted. This ability to carry out daily work efficiently without fatigue is known as:
- (a) Endurance
 - (b) Strength
 - (c) Physical Fitness
 - (d) Flexibility
- (iii) Which among the following is motor skill related component of Physical Fitness?
- (a) Strength.
 - (b) Speed.
 - (c) Flexibility.
 - (d) Cardiovascular Endurance.

(iv) Aarav's coach wants to check how strong his arm and chest muscles are, so he asks him to perform an exercise where he repeatedly lifts his body using his arms while keeping his back straight. Which test is being conducted to assess his muscle strength?

- (a) Push up test.
- (b) Cooper test.
- (c) Harvard step up test.
- (d) Zig-zag test.

(v) The ability to perform a task or move from one point to other in the shortest period of time is called:

- (a) Power.
- (b) Balance.
- (c) Agility.
- (d) Speed.

(vi) The process of preparation of a sportsperson, based on scientific and technical principles, for higher performance is called:

- (a) Athlete training.
- (c) Physical conditioning.
- (c) Sports training.
- (d) Physical fitness.

(vii) Why is the Principle of Individuality important in sports training?

- (a) It emphasizes that athletes should respond identically to similar training sessions.
- (b) It recognizes that each athlete responds differently to the same training stimulus.
- (c) It ensures that every athlete adapts to training in same manner to achieve uniform results.
- (d) It ensures that training programs are effective by reducing focus on individual responses.

(viii) An athlete must continually work harder to improve, as their bodies adjust to existing workouts. This is called:

- (a) Principle of overload.
- (b) Principle of recovery.
- (c) Principle of specificity.
- (d) Principle of frequency.

(ix) The body cannot repair itself without rest and

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

(x) Rian has been following the same training routine for several weeks and has started to feel bored and less motivated. His coach decides to introduce small changes in his training plan, such as changing running routes, modifying workout drills, and including fun activities to maintain interest and improve performance. This situation best represents which training principle?

- (a) Principle of Specificity.
- (b) Principle of recovery.
- (c) Principle of Intensity.
- (d) Principle of variance.

(xi) What is it called when performance declines due to stopping training?

- (a) Principle of Reversibility.
- (b) Principle of Active participation.
- (c) Principle of Frequency
- (d) Principle of Periodization.

(xii) During a football match, a player twists his ankle while changing direction quickly. The doctor examines him and finds that the ligament around the joint has been overstretched, causing pain and swelling. What type of injury has the player most likely suffered?

- (a) Fracture.
- (b) Concussion.
- (c) Sprain.
- (d) Shin Splint.

(xiii) What is the full form of ACL?

- (a) Anterior Collateral Ligament.
- (b) Anterior Cruciate Ligament.
- (c) Achilles Cruciate Ligament.
- (d) Anterior Cartilage Ligament.

(xiv) What is a torn MCL injury?

- (a) A tear in the ligament that stabilizes the outer side of the knee.
- (b) A rupture of the ligament that connects the thigh bone to the shin bone.
- (c) A tear in the tendon that attaches muscle to the knee joint.
- (d) A tear in the ligament that stabilizes the inner side of the knee.

(xv) What is stress fracture?

- (a) It is a fatigue induced a tiny crack or a small sliver in a bone.
- (b) It is a fracture that occurs when a bone is subjected to sudden force.
- (c) It occurs when the ligaments that support the ankle are stretched.
- (d) It is a small, gradual fracture in a bone due to prolonged pressure.

(xvi) A sports committee is shortlisting candidates for the post of a basketball coach at a national training camp. They must ensure that the selected person meets the essential professional qualification required in India. Based on this criterion, which candidate should they select?

- (a) B.P.Ed.
- (b) M.Phil.
- (c) NIS Diploma.
- (d) Ph.D.

(xvii) Which is a primary objective of physical development in physical education?

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

(xviii) 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-3, II-4, III-2, IV-1.
 - (b) I-2, II-3, III-4, IV-1.
 - (c) I-4, II-3, III-1, IV-2.
 - (d) I-2, II-3, III-1, IV-4.

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

Assertion: The endomorphs have pear shaped body.

Reason: The endomorphs have long arms and legs.

In the context of 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.

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

Assertion: The primary goal of a balanced diet is to ensure maximum calorie intake.

Reason: A balanced diet provides a variety of nutrients and energy necessary for optimal health.

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 that affect the physical fitness of an individual. [2]
- (b) What is periodization? [2]
- (c) State any three typical traits of an endomorph body. [3]
- (d) State any three responsibilities of sports management. [3]

Question 3

- (a) What do you mean by co-ordination? [2]
- (b) Explain individuality as a principle of sports training. [2]
- (c) What is balance? Explain it as a component of physical fitness. [3]
- (d) What is a concussion injury? State any four causes of concussion injury. [3]

Question 4

- (a) What is hip bursitis? [2]
- (b) What do you mean by a shin splints injury? [2]
- (c) What is roughage? State any four sources of roughage. [3]
- (d) Aagaam, a student in class 10, actively participates in various physical education activities such as team games, yoga sessions and inter-school competitions. Over time, his teacher notices that he has become more confident, better at handling success and failure and shows greater respect for his teammates and opponents. He also remains calm under pressure and displays a positive attitude during challenging situations. Based on the above case, state any three emotional development objectives of physical education. [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: [8]
 - (a) An inning
 - (b) An over.
 - (c) A hit wicket.
 - (d) A square cut.
- (ii) (a) State any three circumstances under which the game can be suspended..
- (b) What do you understand by the term appeal? Explain its importance in cricket.
- (c) State any three instances when the ball is considered a 'dead ball'. [9]

(iii) (a) During a cricket match, the umpire noticed that the bowler repeatedly stepped into the central rectangular part of the pitch after bowling. The team was warned for damaging the area meant to protect the pitch surface. Based on this case study, draw a neat and labelled diagram of the protected area and show all the dimensions. [4]

(b) What will be the main umpire's decision in the following situations?

(I) If a batter touches the ball with his hands?

(II) If a player is discovered lifting the seam of the ball?

(III) The bowler is incapacitated or suspended from playing during an over?

(IV) When the wicketkeeper catches the ball before wicket? [4]

Question 6

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

(a) A 30 yard circle

(b) A Sight screen.

(c) A Leg glance.

(d) A Power play.

(ii) (a) Explain the term Hook shot in cricket.

(b) Explain the term follow on in Cricket.

(c) What is meant by 'extra runs'? Give two examples of extra runs. [9]

(iii) (a) Explain the terms bowling crease and popping crease in Cricket? [4]

(b) During an inter-school cricket tournament, the coach asks the students to check whether the cricket equipment's being used follows the official laws of the game. The students are required to measure the stumps, bails, bat, and ball to ensure they meet the standard dimensions. Based on this situation, state the following official measurements in cricket:

(I) The height of the stumps.

(II) The size of the bails.

(III) The length of the bat.

(IV) The circumference of the ball [4]

FOOTBALL (25 Marks)

Question 7

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

(a) An Advantage.

(b) Dribbling.

(c) A Substitute.

(d) A lob pass.

- (ii) (a) What is Heading? State any two points kept in mind during heading the ball.
(b) What is the procedure of resuming the game from a Goal kick?
(c) During a school cricket practice session, the coach found that one of the balls being used was larger and heavier than the standard size. He explained to the players that for an official match, the ball must meet specific shape, circumference, and weight requirements as per the rules of cricket. Based on the above case, state the shape, circumference, and weight of a cricket ball as per official standards. [9]

(iii) Draw a neat and labelled diagram of a football field showing the following with proper measurements:

- | | |
|----------------------------------|--------------------|
| (a) Length and breadth of field. | (b) Penalty area. |
| (c) Goal area. | (d) Corner arc. |
| (e) Penalty arc. | (f) Centre circle. |
- [8]

Question 8

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

- (a) A Goal scored
- (b) A chest trap.
- (c) A place kick.
- (d) Final pass.

- (ii) (a) Under which three situations is a player not considered off-side?
(b) Mention any three instances for a direct free kick is awarded.
(c) In a knockout tournament if the match ends in a draw, what will be the procedures followed to determine the winner of the match? [9]

(iii) (a) Write the full form of AIFF and IFAB.

(b) What do you understand by the term 'man to man marking' in Football?

(c) Name any two international tournaments in football.

(d) During a football match, play was stopped due to an injury to one of the players.

After the player received treatment and left the field, the referee prepared to resume the game according to the rules. Later in the same match, the ball went out of play and the referee signaled for another method to restart the play.

Based on the above case, state any two ways of restarting the play in football. [8]