

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

Std: X

Marks: 100

Date:- 06/01/2026

Time: 2 hours

SECTION A (50 MARKS)

Question 1

[20]

1) Growth is defined as:

- i) Change in size and length of the body
- ii) Organization of all the body parts
- iii) A continuous process
- iv) Improvement in functioning and behavior

2) The aim of Physical Education.....

- i) Physical, social and mental development of a person
- ii) Agility
- iii) To develop leadership
- iv) Camadeirie

3) Which body type can be characterized by a round body?

- i) Endomorph
- ii) Ectomorph
- iii) Mesomorph
- iv) Weak child

4) What is the name of the fitness test for power?

- i) 100 m run
- ii) Standing broad jump
- iii) Cooper Run test
- iv) Zig zag test

5) The stage from the age of 5 to 12 years is called:

- i) Infancy.
- ii) Adulthood.
- iii) Adolescence
- iv) Childhood Stage.

6) The process by which a child learns to interact with others around them is called as:

- i) Physical development
- ii) Psychological development
- iii) Emotional development
- iv) Social development

7) What physical traits are associated with an Ectomorph?

- i) They have small delicate frame and bone structure
- ii) They tend to have muscular body, with strong forearms and thighs
- iii) They have high body fat percentage level
- iv) Small Feet

8) The shuttle run test is most often used to test

- i) Accuracy
- ii) Flexibility
- iii) Co-ordination
- iv) Agility

9) In order to improve, athletes must continually work harder as their bodies adjust to existing workouts. This is called as:

- i) Principle of Recovery
- ii) Principle of Adaptation
- iii) Frequency
- iv) Principle of overload

10) Which is the most common cause of sprained ankle injury?

- i) Any repetitive motion of the wrist and arm
- ii) Landing awkwardly on foot after jumping or pivoting
- iii) Twisting the trunk in wrong way
- iv) During car crashes and bike accidents

- 11) Who provides the necessary energy to the body?
i) Proteins ii) Fats iii) Carbohydrates iv) Mineral

12) They work as team managers, athletics directors, sports agents and marketing with planning.
i) Sports management ii) Officials iii) Commentator iv) A player

13) For the effective training programme the athlete and the trainer must participate actively and willingly. This is a principle of:
i) Active participation ii) Principle of Individuality
iii) Principle of Progression iv) Intensity

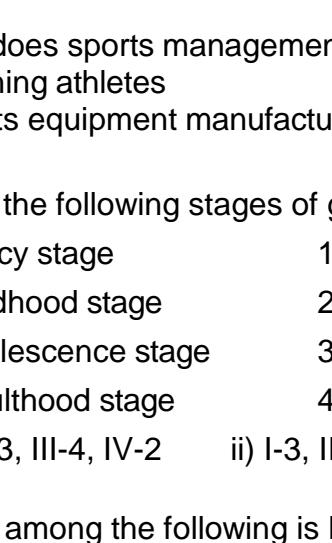
14) A brain injury that changes the way your brain normally works.
i) ABC ii) MRI iii) Concussion iv) BMI

15) Diet of a sportsperson should be.....
i) Low in calories ii) High in calories iii) Calorie deficit iv) Moderate in calories

16) What does sports management primarily involve?
i) Coaching athletes ii) Organizing sports events
iii) Sports equipment manufacturing iv) Athletic training

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
i) I-1, II-3, III-4, IV-2 ii) I-3, II-4, III-2, IV-1 iii) I-4, II-3, III-1, IV-2 iv) 1-2, II-3, III-4, IV-1

18) Which among the following is NOT the objective of physical education?
i) Physical development ii) Games iii) Social development. iv) Psychological development

19) Identify the following injury:

i) Concussion
ii) Achilles Tendonitis
iii) Torn ACL injury
iv) Low back pain

20) For a physical education teacher to advance to a higher level of teaching or administrative roles, which qualification might be pursued?
i) PG Diploma in Management ii) Bachelor's Degree in Business Administration
iii) PG in Educational Leadership iv) Masters Degree in Physical Education

Question 2

- a) Name the different stages of growth and development. [2]
- b) Name the four phases of the periodization. [2]
- c) State any three responsibilities of sports management. [3]
- d) Assess self-motivation as a factor affecting physical fitness. [3]

Question 3

- a) Explain the term social development. [2]
- b) What is the ACL injury? [2]
- c) State any three symptoms of runner's knee injury. [3]
- d) State any three typical traits of mesomorph body. [3]

Question 4

- a) Name any four factors affecting the physical fitness. [2]
- b) Define the term health education. [2]
- c) Explain reversibility as a principal of sports training. [3]
- d) How does the heredity influence growth and development? [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) Test matches
 - ii) Lower order
 - iii) Bump ball
 - iv) The danger area
- b) i) State any three variation of pace bowling. [9]
 - ii) Write any six fielding positions of on side in Cricket.
 - iii) What is meant by obstructing the field?
- c) i) Write any four decisions given by the leg umpire. [8]
 - ii) Explain the role of a third umpire in a match.

Question 6

- a) Explain the following terms in Cricket. [8]
 - i) The cricket kit
 - ii) Overthrow
 - iii) Direct hit
 - iv) A stumped out
- b) i) Under what circumstance a ball is said to be lost? How many runs are added to the score of the striker? [9]
 - ii) When is a striker out with hit wicket?
 - iii) Write a short not on the boundaries in cricket?

- c) Draw a diagram of cricket field and show any six both side fielding position. [8]

FOOTBALL

Question 7

Question 8

- a) Explain the following terms in Football: [8]

 - i) FIFA
 - ii) Dribbling
 - iii) Sole Trapping
 - iv) Final pass

b) i) When is a throw in awarded to a team? [9]

 - ii) Mention any six fundamental skills of playing Football.
 - iii) What is the circumference, weight and shape of a standard football?

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
