

**GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.**

**FIRST TERMINAL EXAMINATION 2019-2020**

**SUBJECT : PHYSICAL EDUCATION**

**CLASS: X**

**TIME: 2 HOURS**

**MARKS: 100**

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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 [ ].

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**SECTION A (50 MARKS)**

Attempt all questions from this section.

**Question 1**

- a) Define the term infancy. [2]
- b) What do you mean by the term development? [2]
- c) State any six characteristics of an endomorph body. [3]
- d) State any six social development objectives of physical education. [3]

**Question 2**

- a) Define the term under nutrition. [2]
- b) How does environment affect growth and development? [2]
- c) Compare recovery and reversibility as principles of sports training. [3]
- d) State any six objectives of sports training. [3]

**Question 3**

- a) What do you understand by the term calorie? [2]
- b) How does the heredity affect physical fitness? [2]
- c) State any six responsibilities of a physical education teacher. [3]
- d) Compare agility and accuracy as a component of physical fitness. [3]

**Question 4**

- a) What do you mean by the term physical fitness? [2]
- b) Explain the term coordination. [2]
- c) What is a shin splint injury? State any four causes of shin splint injury. [3]
- d) What is tennis elbow? State any four symptoms of tennis elbow injury. [3]

### Question 5

- a) How does sports training help in improving concentration? [2]
- b) Write down one disease each caused by the deficiency of the following vitamins:
- i) Vitamin A.
  - ii) Vitamin C. [2]
- c) What is a protein? State any two functions of proteins. [3]
- d) Illustrate the significance of supervision of a coach/teacher for injury prevention. [3]

### SECTION B (50 Marks)

Attempt **two** questions from this section.

You must attempt **one** question on each of the **two** games.

#### CRICKET

### Question 6

- (a) Explain the following terms in Cricket. [8]
- i) A toss.
  - ii) A direct hit.
  - iii) A bump ball.
  - iv) A lost ball.
- (b) (i) Differentiate between a hook shot and a pull shot in Cricket. [3]
- ii) List three different types of strokes played by the batsman on the off side of the field of play. [3]
- iii) State and explain three variations of pace bowling in Cricket. [3]
- (c) (i) What is the difference between the bowling crease and popping crease in Cricket. [4]
- ii) Mention any four instances when the umpire calls for a No ball. [4]

### Question 7

- (a) Explain the following terms in Cricket. [8]
- (i) A timed out.
  - ii) A caught out.
  - iii) Stumped.
  - iv) Hit wicket.
- (b) (i) State any three duties of the leg umpire in Cricket. [3]
- ii) State any three conditions under which the umpire can change the ball. [3]
- iii) State three instances when the ball is considered a 'dead ball'. [3]
- (c) i) Name any two international tournaments in Cricket. [2]
- ii) State the full form of ICC and BCCI. [2]
- iii) Explain the term 'Boundary for four' in Cricket. [2]
- iv) What is 'follow on' in Cricket? [2]

[2]

## FOOTBALL

### Question 8

- (a) Explain the following terms in Football. [8]
- i) A football pitch.
  - ii) A touch line.
  - iii) Outer circle.
  - iv) Quarter circle.
- (b) i) State any three duties of a captain in Football. [3]
- ii) Explain the term substitute. Give the proper procedure to replace a field player with a substitute player. [3]
- iii) What is the shape, circumference and weight of a standard football? [3]
- (c) (i) What is a kick-off? Explain the procedure of kick-off. [4]
- ii) Write any four instances where a 'direct free kick' is awarded. [4]

### Question 9

- (a) Explain the following terms in Football. [8]
- (i) A caution.
  - ii) A place kick.
  - iii) A sole trap.
  - iv) Dribbling.
- (b) (i) Explain the term offside. Mention two situations in which is a player not considered off-side? [3]
- ii) Explain in detail the procedure followed during a 'Tie breaker' in the game of Football. [3]
- iii) State any three duties of the Additional assistant referee in Football. [3]
- (c) (i) When is a goal kick awarded and from where is it taken? [2]
- ii) When is the corner kick awarded and from where is it taken? [2]
- iii) How is a goal scored in the game of Football? [2]
- iv) State any two conditions when the ball is called 'out of play'. [2]