GREENLAWNS SCHOOL, WORLI

TERMINAL EXAMINATION: 2019-20

PHYSICAL EDUCATION

Std: X Marks: 100

Date: 27/09/2019 Time: 2 hrs

You will not be allowed to write during the first 10 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 one question from each of Section B.

**SECTION A (50 MARKS)**
*Attempt all questions from this Section*

**Question 1**

1. Give any two characteristics of mesomorph body. [2]
2. Illustrate how training affects physical fitness. [2]
3. Describe the principle of continuity of sports training. [3]
4. What is Tennis elbow? Give any two symptoms of Tennis elbow injury. [3]

**Question 2**

1. Illustrate the significance of supervision of coach/teacher for injury prevention. [2]
2. State the two types of flexibility. [2]
3. How does gender influence growth and development? [3]
4. Write down the emotional development objectives of physical education. [3]

**Question 3**

1. What is agility? [2]
2. What is the first aid for Achilles tendonitis? [2]
3. How does sports training facilitate good circulation? [3]
4. What is Cooling Down? State any two benefits of Cooling Down exercise. [3]

**Question 4**

1. What is endomorph body? [2]
2. Write down the psychological development objectives of physical education. [2]
3. Mention any three causes of ACL. [3]
4. Assess self-motivation as a factor affecting physical fitness. [3]

**Question 5**

1. Justify the principle of variance of sports training. [2]
2. What is Runner’s knee? [2]
3. Give any three causes of Plantar fasciitis. [3]
4. What form of first aid would be given to a person suffering from concussion? [3]

**SECTION B (50 MARKS)**

*Attempt one question on each of the two games given below*

**CRICKET**

**Question 6**

1. Briefly Explain the following terms: [8]
1) One day International 3) Bump ball
2) Stance 4) Cover drive
2. i) Enumerate any three duties of a leg Umpire? [9]

ii) Write any six fielding position of “off side” in Cricket?

iii) What do you understand by the term substitute?

1. i) Differentiate between a Glance and Sweep shot. [8]

ii) Under what condition does the umpire change the ball?

**Question 7**

1. Briefly Explain the following terms: [8]
1) Scorers 3) Runner
2) Third umpire 4) Top spin
2. i) State any three Duties of main umpire before the game commences. [9]

ii) Under which condition can an umpire declare bad light?

iii) Draw a diagram of Cricket pitch and mark the following.
 The Bowling crease, Popping crease, Return crease

1. i) Answer the following? [8]
1) The length and width of the Bat. 2) The weight and circumference of the ball.

ii) Mention any eight fielding position on the “leg side” of the field?

**FOOTBALL**

**Question 8**

1. Briefly explain the following terms: [8]
1) An expulsion 3) Technical area
2) A warning 4) Equipment of referee

b) i) What is the producer of taking a Goal kick ? (Any three) [9]
ii) What is the producer of Throw in ? (Any three)
iii) What is the producer of Penalty kick ? (Any three)

c) Write the following. [8]
1) Length and breadth of the field.
2) Duration of the match and duration of extra time.
3) Distance between the pole and height of the goal post.
4) Radius of Centre circle and Corner arc.

**Question 9**

a) i) Write any four procedure of Kick off? [8]
 ii) Mention any four instance for a Direct free kick is awarded.

1. i) Mention any six fundamental skill of playing football. [9]
ii) How is a goal scored in the game of football?
iii) Under what three situation is a player not considered off-side?
2. i) Mention any four duties of the referee during the match? [8]
ii) What is the Shape & Material of the Ball? Circumference & Weight of the Ball?

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