

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.**FIRST TERMINAL EXAMINATION 2017-2018****SUBJECT : PHYSICAL EDUCATION****CLASS : X****TIME : 2 HOURS****MARKS: 100**

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

- a) What is a balanced diet? [2]
- b) Why is hygiene called “art of living”? [2]
- c) Define exercise. State any four advantages of exercise. [3]
- d) State any six steps that can be taken to prevent obesity. [3]

Question 2

- a) State any four preventive measures undertaken to protect our sense of hearing [2]
- b) State any four qualifications that good shoes must possess. [2]
- c) State any six harmful effects of alcohol. [3]
- d) What is Arthritis? State any four preventive measures for Arthritis. [3]

Question 3

- a) Define disease. [2]
- b) State any four causes of faulty posture. [2]
- c) What is Bronchitis? State any four preventive steps for bronchitis. [3]
- d) Name the pathogen which causes Pneumonia. Mention any four symptoms of Pneumonia. [3]

Question 4

- a) State any four postural defects. [2]
- b) List any two diseases caused by mites. [2]
- c) What is Ringworm? Mention any two causes of Ringworm. [3]
- d) What is Abrasion? State any two symptoms of Abrasions. [3]

Question 5

- a) What is the full form of WHO and UNICEF? [2]
- b) What is a splint? When is it used? [2]
- c) What is a strain? Explain the first aid and treatment steps for strain. [3]
- d) State any six preventive steps from receiving an electric shock. [3]

SECTION B (50 Marks)

Attempt **two** questions from this section.

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

CRICKET

Question 6

- (a) Explain the following terms in Cricket. [8]
- i) Stance.
 - ii) A night watchman.
 - iii) A flick shot.
 - iv) Carrom ball.
- (b) (i) State any six types of strokes played by a batsman behind his popping crease on Leg side of wickets. [3]
- ii) When is a batsman declared run out? [3]
- iii) Mention three exceptional circumstances under which the game can be suspended. [3]
- (c) (i) Draw a neat diagram of wickets and show all its measurements. [4]
- ii) Differentiate between a full toss and a beamer. [4]

Question 7

- (a) Explain the following terms in Cricket. [8]
- (i) The pitch.
 - ii) The bowling crease.
 - iii) An innings.
 - iv) Lost ball.
- (b) (i) State any six duties of the main umpire during the game. [3]
- ii) State the restrictions on the role of a substitute. [3]
- iii) Give any three conditions when a pitch may be changed. [3]

c) i) State any four instances when the ball is considered a 'dead ball'. [4]

ii) What signals will the umpire give in the following cases? [4]

I) A free hit.

II) To contact Third umpire.

III) To be declared out.

IV) Leg bye.

FOOTBALL

Question 8

(a) Explain the following terms in Football. [8]

i) AIFF.

ii) Goal lines.

iii) Flag posts.

iv) Corner arc.

(b) What is the procedure of resuming the game from: [9]

i) A goal kick.

ii) Direct free kick.

iii) Throw in.

I (i) What is dribbling? What are the main points to be kept in mind while dribbling? [4]

ii) As a Referee what decision would you take if the following instances occur during a match? [4]

I) A ball is improperly thrown in.

II) If the ball bursts or becomes defective while taking a penalty kick.

III) At a kick off the same player touches the ball a second time.

IV) A player intentionally pushes an opponent.

Question 9

- (a) Explain the following terms in Football. [8]
- (i) Full time.
 - ii) Added time.
 - iii) Corner kick.
 - iv) Walk over.
- (b) (i) What is the circumference and weight of the standard ball? State its minimum and maximum size. [3]
- ii) What is penalty arc? Why is it important? [3]
- iii) State any six duties of a Physiotherapist. [3]
- (c) (i) State any four instances when a direct free kick is awarded to the opponent team [4]
- ii) When is the ball considered 'in play' and 'out of play'? [4]

VOLLEYBALL

Question 10

- (a) Explain the following terms in Volleyball. [8]
- i) Centre line.
 - ii) Attack line.
 - iii) Libero replacement zone.
 - iv) Warm up area.
- (b) (i) What is the procedure adopted to start the game. [3]
- ii) State the basic compulsory equipments of a player. [3]
- iii) State any three ways in which a point is scored? [3]
- c) i) Explain how a set and a match is won by a team. [4]
- ii) How will the game be restarted after a prolonged interruption? [4]

Question 11

(a) Explain the following terms in Volleyball. [8]

(i) Technical time out.

ii) One arm pass.

iii) Tripple block.

iv) Free ball.

(b) (i) List any three faults of attack hit. [3]

ii) When is a service changed during a match? [3]

iii) State any three duties of a scorer during the match. [3]

c) i) Explain the legal and illegal substitution in a Volleyball match. [4]

ii) What signals shall the referee give in the following conditions: [4]

I) Team to serve.

II) Substitution.

III) Catch.

IV) Four hits.