

PHYSICAL EDUCATION

Maximum Marks: 100

Time allowed: Two hours

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 questions, write the correct answers only.)

(i) Adulthood starts from _____ years onwards.

- (a) 17
- (b) 18
- (c) 19
- (d) 20

(ii) What is the full form of ACL?

- (a) Anatomy Cruciate Ligament
- (b) Anterior Cramp Ligament
- (c) Anatomy Collateral Ligament
- (d) Anterior Cruciate Ligament

This paper consists of 15 printed pages and 1 blank page.

(iii) The passing of traits from parents to their offspring is known as _____.

- (a) Puberty
- (b) Infancy
- (c) Childhood
- (d) Heredity

(iv) The ability to stay upright in control of body movement:

- (a) Balance
- (b) Strength
- (c) Power
- (d) Agility

(v) To develop the ability to respect the attitudes and values of others is _____.

- (a) Emotional development
- (b) Physical development
- (c) Social development
- (d) Psychological development

(vi) Which body type can be characterised by a round body?

- (a) Endomorph
- (b) Ectomorph
- (c) Mesomorph
- (d) None of these

(vii) The ability to cover the maximum distance in minimum time is:

- (a) Endurance
- (b) Speed
- (c) Strength
- (d) Flexibility

- (viii) Which option is not a prevention of an injury?
- (a) Warming up and cooling down to be done.
 - (b) Fitness of the participant.
 - (c) Proper Training of skills.
 - (d) Not resting between workout, using faulty skills and equipment.
- (ix) A diet containing right amount of nutrients for efficient working of body is called:
- (a) Food
 - (b) Diet
 - (c) Stapled diet
 - (d) Balanced diet
- (x) Which of the following statements correctly defines strength?
- (a) The power that helps to lift and carry objects.
 - (b) The capacity to move a body part or whole body at a faster rate.
 - (c) The ability to resist fatigue.
 - (d) The ability to stretch muscles using external help.
- (xi) _____ is an important element which makes-up for almost 70% of our body weight.
- (a) Water
 - (b) Fiber
 - (c) Minerals
 - (d) Fats

(xii) Training at an appropriate intensity and gradually increasing the amount of stress placed on the body is known as:

- (a) Progressive Overload
- (b) Intensity
- (c) Adaptation
- (d) Specificity

(xiii) _____ is not a factor which affects our diet.

- (a) Age
- (b) Gender
- (c) Body weight
- (d) Personality

(xiv) The body cannot repair itself without rest and _____.

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

(xv) The full form of PRICE is:

- (a) Provide, Rest, Infect, Compress, Elevate
- (b) Protect, Rest, Ice, Compress, Elevate
- (c) Protect, Rest, Ice, Compact, Elevate
- (d) Provide, Rest, Ice, Compact, Elevate

(xvi) The ability of the body to change direction quickly:

- (a) Agility
- (b) Co-ordination
- (c) Flexibility
- (d) Speed

(xvii) _____ means increase in size, height, length or weight.

- (a) Growth
- (b) Development
- (c) Body types
- (d) Obesity

(xviii) Periodization means:

- (a) The regular training of sports and games.
- (b) The irregular workout during sports and games.
- (c) The specific process of training and work load every day.
- (d) The systematic planning of athletic or physical training.

(xix) The physical strength decreases in _____ stage.

- (a) Adolescence
- (b) Infancy
- (c) Old age
- (d) Adulthood

(xx) Overstretching of ligament causes:

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

Question 2

- (i) State *any two* differences between growth and development. [2]
- (ii) What is first aid? [2]
- (iii) List *any three* main objectives of physical education. [3]
- (iv) State *any three* characteristics of Mesomorph body. [3]

Question 3

- (i) What is flexibility? [2]
- (ii) Explain the term sports training. [2]
- (iii) State *any three* preventive measures to be taken in order to avoid Sports Injuries. [3]
- (iv) Mention *any three* points on the importance of health education. [3]

Question 4

- (i) Explain the term Physical Fitness. [2]
- (ii) Define the term balanced diet. [2]
- (iii) State *any three* responsibilities of a coach in physical education. [3]
- (iv) List *any three* components of physical fitness. [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 5

- (i) Explain the following terms: [8]
- (a) Maiden Over
 - (b) Reverse sweep
 - (c) Substitute
 - (d) Declaration
- (ii) (a) Give *any three* instances when the umpire can call and signal a ‘Dead Ball’. [9]
- (b) Explain the *three* types of formats played in cricket.
 - (c) State *any three* variations of pace bowling.
- (iii) Explain the following terms in cricket: [8]
- (a) Hat trick
 - (b) Bump ball
 - (c) Yorker
 - (d) Nick

Question 6

- (i) Explain the following terms in cricket: [8]
- (a) Bouncer
 - (b) Golden duck
 - (c) Overthrow
 - (d) Dead Rubber
- (ii) (a) State the full form of ICC, BCCI, LBW. [9]
- (b) Write the following:
1. Weight of the Cricket ball.
 2. Length of the Cricket pitch.
 3. Height of the stumps.
- (c) What is the inner circle on the cricket field called? What is its significance?
- (iii) (a) List *any four* compulsory equipment used by the batsman in cricket. [8]
- (b) Explain the term Dot ball in cricket.
- (c) Give *any four* instances when an umpire can declare a batsman out.
- (d) Explain the term Bodyline Bowling in cricket.

FOOTBALL

Question 7

- (i) Write short note on: [8]
- (a) Zonal marking
 - (b) Technical area
 - (c) Advantage
 - (d) Wall pass

- (ii) (a) Name *any three* fundamental skills of football. [9]
- (b) Write *any three* occasions when the ball is said to be out of play in the game of football.
- (c) When is a goal kick awarded and from where is it taken?
- (iii) Write the following: [8]
- (a) Height of the corner flag.
- (b) Height and width of the goal post.
- (c) Weight and circumference of the football.
- (d) Minimum and maximum number of players required to start a football match.

Question 8

- (i) Explain the following terms in football: [8]
- (a) Offside
- (b) Throw-In
- (c) Indirect Free kick
- (d) Additional time
- (ii) (a) How many substitutes are allowed in a football match? Write down the procedure of substitution during the game. [9]
- (b) State *any three* ways of restarting the play.
- (c) State *any three* fouls for which the referee can show a Red Card to the player.

- (iii) Draw a neat and labelled diagram of a football field showing the following [8] measurements:
- (a) Length and breadth
 - (b) Penalty area
 - (c) Goal area
 - (d) Penalty mark
 - (e) Penalty arc
 - (f) Centre circle
 - (g) Corner arc

HOCKEY

Question 9

- (i) Explain the following terms: [8]
- (a) Push pass
 - (b) Flick
 - (c) Reverse stick
 - (d) Tackle
- (ii) (a) What do you mean by Penalty corner in hockey? [9]
- (b) Mention *any three* duties of the referee.
- (c) Explain shooting circle along with its importance in the game of hockey.
- (iii) (a) Write the full form of FIH and IHF. [8]
- (b) Explain *any two* situations when a free hit is awarded to the opponent.
- (c) Explain the term Centre pass.
- (d) List *any four* equipment that a goalkeeper should wear during the game.

Question 10

- (i) Explain the following terms in hockey: [8]
- (a) Scoop
 - (b) Long corner
 - (c) 16-yard hit
 - (d) Obstruction
- (ii) (a) When is the ball out of play in the game of hockey? [9]
- (b) Write *any three* duties of a captain in hockey.
 - (c) What is the method of scoring a goal in hockey?
- (iii) (a) Explain how substitution is done in hockey. [8]
- (b) What do you mean by Indian dribbling?
 - (c) Explain the term Give-and-Go in hockey.
 - (d) Explain the term Rebound.

BASKETBALL

Question 11

- (i) Explain the following terms: [8]
- (a) Fast break
 - (b) Held ball
 - (c) Man to man marking
 - (d) Fake
- (ii) (a) Explain the ‘8’ second rule in basketball. [9]
- (b) Give *any three* jump ball situations in basketball.
 - (c) State *three* occasions when the ball becomes dead during play.
- (iii) Explain the following terms: [8]

- (a) Double dribble
- (b) Box out
- (c) Twenty-four second rule
- (d) Triple threat

Question 12

- (i) (a) What happens when the match ends in a draw? [8]
(b) Name the types of Screening in basketball.
(c) When is time-out given? What is the duration of a time-out?
(d) Explain the term Zone defense.
- (ii) (a) List *any three* technical equipment required for conducting a basketball match. [9]
(b) Name *any three* types of shots taken in basketball.
(c) Mention *any three* rules of throw in related to basketball.
- (iii) Draw a neat and labelled diagram of the basketball field with the following measurements: [8]
 - (a) Length
 - (b) Breadth
 - (c) Centre circle
 - (d) Free throw line
 - (e) Restricted area
 - (f) Neutral zone
 - (g) No charge zone

VOLLEYBALL

Question 13

- (i) Explain the following terms in volleyball: [8]
- (a) Block assist
 - (b) Floater
 - (c) Attack zone
 - (d) Quick set
- (ii) Enumerate *any three* duties of: [9]
- (a) First referee
 - (b) Assistant referee
 - (c) Captain
- (iii) Explain the following terms: [8]
- (a) Ball down
 - (b) Net violation
 - (c) Joust
 - (d) Jump float

Question 14

- (i) Explain the following terms in volleyball: [8]
- (a) Extension roll
 - (b) Free ball
 - (c) Closing the block
 - (d) Trap set
- (ii) (a) Mention *any three* fundamental skills of volleyball. [9]
- (b) Name *any three* important tournaments of volleyball.
- (c) List *any three* faults in the game of volleyball.

- (iii) (a) What is the difference between time out and technical time out? [8]
- (b) State *any two* types of delays in the game of volleyball.
- (c) State the number of Libero players a team can include in the team list.
- (d) Explain the term ‘four hits’.

BADMINTON

Question 15

- (i) Explain the following terms: [8]
- (a) Follow through
- (b) Wood shot
- (c) An alley
- (d) Mid court
- (ii) (a) Write *any three* fundamental skills of badminton. [9]
- (b) When is a shuttle not in play?
- (c) Enlist the types of serve in badminton.
- (iii) Explain the following: [8]
- (a) Net lift
- (b) Tumbling net shot
- (c) Full smash
- (d) Set

Question 16

- (i) Explain the following terms: [8]
- (a) Bird
- (b) Half smash
- (c) Wide serve
- (d) Drop shot

- (ii) (a) Mention *any three* duties of service judge in badminton. [9]
- (b) Mention the difference between long service and short service.
- (c) Explain the scoring system in badminton.
- (iii) (a) Name *any four* tournaments of Badminton. [8]
- (b) Explain the term Hairpin net shot.
- (c) What is a rally?
- (d) Explain the term Baseline smash.