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## **PHYSICAL EDUCATION**

**(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.*

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**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) What are the various career options in Physical Education? [2]
- (b) What do you mean by Growth? [2]
- (c) State any three objectives of sports training. [3]
- (d) Enlist the six components of physical fitness. [3]

#### **Question 2**

- (a) Write the full form of ACL and MCL. [2]
- (b) What is flexibility? [2]
- (c) Write any three reasons to stress the importance of physical fitness. [3]
- (d) What are the preventive measures to avoid injuries in sports? [3]

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**This Paper consists of 10 printed pages.**

**Question 3**

- (a) What is a balanced diet? [2]
- (b) What is agility? [2]
- (c) Write any three differences between growth and development. [3]
- (d) What is sprained ankle? [3]

**Question 4**

- (a) What is the difference between Balance and Accuracy? [2]
- (b) Write any four objectives of Physical Education. [2]
- (c) State the importance of Health education. [3]
- (d) What do you mean by speed? [3]

**Question 5**

- (a) Enlist all the body types. [2]
- (b) Define the term nutrition. [2]
- (c) Explain the progression and overload as a principle of sports training. [3]
- (d) What is a tennis elbow injury? [3]

What form of first aid can be given to a person suffering from a tennis elbow injury?

## **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) Bump ball
  - (ii) Dead ball
  - (iii) Batting order
  - (iv) A night watchman
- (b) (i) Explain a ‘declaration’ in a test match. [9]
- (ii) State the duties of the Match referee.
  - (iii) Explain the term Danger area.
- (c) (i) Explain the terms boundary for four and boundary for six. [8]
- (ii) Mention any four instances when the umpire calls for a No ball.

#### **Question 7**

- (a) Briefly explain the following terms in Cricket: [8]
- (i) A tie match
  - (ii) A golden duck
  - (iii) A hook shot
  - (iv) A scorer

- (b) (i) State any three conditions when runs are added to the team's total score [9] and not to the batsman's total runs.
- (ii) Name the different types of matches played in cricket.
- (iii) Mention three situations when a team's innings is said to be complete.
- (c) (i) What is meant by the term 'Timed out'? [8]
- (ii) Name any two National tournaments in the game of Cricket.
- (iii) Explain the term 'run out'.
- (iv) Name any two international tournaments in the game of Cricket.

## **FOOTBALL**

### **Question 8**

- (a) Explain the following terms in Football: [8]
- (i) A chest trap
- (ii) A nutmeg
- (iii) Quarter circle
- (iv) Wall Pass
- (b) (i) Write down the rules related to kicks from the penalty mark. [9]
- (ii) Mention any three circumstances when time is lost or wasted during the course of play and that is added at the end of each playing session.
- (iii) What is a 'Technical area' in Football? State the importance of technical area.
- (c) Draw a diagram of a Football field and mark the following with measurements: [8]
- (i) A touch line
- (ii) A goal line
- (iii) A goal area
- (iv) A penalty area
- (v) A centre circle

- (vi) A corner arc
- (vii) A penalty mark and penalty arc
- (viii) Optional mark

### **Question 9**

- (a) Briefly explain the following terms in Football. [8]
  - (i) Added time
  - (ii) Attacker
  - (iii) Goal-line technology
  - (iv) Man to man.
- (b) (i) State the three methods of restarting a game in football. [9]
  - (ii) Name any three national tournaments in Football.
  - (iii) Explain the terms Cross and Chip.
- (c) (i) Explain the term ‘Step over’ in Football. [8]
  - (ii) Give the full form of AIFF and IFAB.
  - (iii) What is meant by the term ‘advantage’ in Football?
  - (iv) What are the basic skills of football?

## **HOCKEY**

### **Question 10**

- (a) Explain the following terms in Hockey: [8]
  - (i) A penalty spot
  - (ii) A reverse flick
  - (iii) A 16 yard hit
  - (iv) Tackle

- (b) (i) List any six basic equipment worn by a hockey goalkeeper. [9]
- (ii) What is meant by ‘centre pass’ in Hockey?
- (iii) Give three instances when the ball is declared out of play in a game of Hockey.
- (c) (i) State any four situations when a penalty corner is said to be complete. [8]
- (ii) Mention four situations when a penalty stroke is awarded.

### **Question 11**

- (a) Briefly explain the following terms in Hockey. [8]
- (i) Trapping
  - (ii) Under cutting
  - (iii) High stick
  - (iv) Through Pass
- (b) (i) State any three qualities of a goalkeeper in the game of Hockey. [9]
- (ii) State the three responsibilities of an umpire in a game of hockey.
- (iii) Mention six important positions of a player on the field.
- (c) (i) What signals are given by the umpire for the following situations? [8]
- 1. A goal scored
  - 2. A free hit
  - 3. A stick obstruction
  - 4. A foot fault
- (ii) Write the full form of FIH and IHF.

## **BASKETBALL**

### **Question 12**

- (a) Explain the following terms in Basketball: [8]
- (i) A back court
  - (ii) Airball
  - (iii) One hand push pass
  - (iv) A fake
- (b) (i) What is understood by the term ‘Dunk shot’ in Basketball? [9]
- (ii) State the *three* different points that can be scored after a basket.  
What are the conditions for each of these points?
- (iii) What is unsportsmanlike foul? What is the penalty for it?
- (c) (i) Explain the term charge. [8]
- (ii) Write the full form of FIBA and BFI.
- (iii) What is a free throw?
- (iv) Write the weight and circumference of the basketball.

### **Question 13**

- (a) Briefly explain the following terms in Basketball: [8]
- (i) A double dribble
  - (ii) A post player
  - (iii) A rebounding.
  - (iv) A fast break.
- (b) (i) When is the clock stopped during a game of basketball? [9]
- (ii) Explain the procedure of jump ball in Basketball.
- (iii) Write any three duties of the Time keeper in Basketball.

- (c) Explain the following terms: [8]
- (i) Dribbling
  - (ii) Board – shot
  - (iii) Blocking
  - (iv) Time out

## **VOLLEYBALL**

### **Question 14**

- (a) Explain the following terms in Volleyball: [8]
- (i) A serving zone
  - (ii) A ball “in”
  - (iii) A joust
  - (iv) A libero
- (b) (i) Is *hand passing* over the net a fault? Explain. [9]
- (ii) List any three blocking faults in Volleyball.
- (iii) List any three faults that a player is likely to commit while playing the ball.
- (c) (i) State any four duties of the second referee. [8]
- (ii) Write the full form of FIVB and VFI.
- (iii) List the officials appointed to conduct a Volleyball match.

### **Question 15**

- (a) Briefly explain the following terms in Volleyball: [8]
- (i) Cross court attack
  - (ii) Two set
  - (iii) Trap set
  - (iv) Over lapping

- (b) Enumerate the duties of: [9]
- (i) A First referee
  - (ii) Assistant referee.
  - (iii) A Captain on the court.
- (c) (i) Explain how a set and a match is won by a team. [8]
- (ii) Explain the following rules in Volleyball:
1. The ball in the net (Other than a service ball).
  2. The ball sent into the opponent's court.

## BADMINTON

### Question 16

- (a) Explain the following terms in Badminton: [8]
- (i) A carry
  - (ii) A deuce
  - (iii) Rubber
  - (iv) A centre line
- (b) (i) Mention any three skills of a badminton player. [9]
- (ii) When is a shuttle not in play?
- (iii) What are the types of games in badminton?
- (c) (i) Explain the term short serve in Badminton. [8]
- (ii) Explain the back hand grip in Badminton.
- (iii) Write the full form of BWF and BAI.
- (iv) Explain the term 'lobbing' in Badminton.

**Question 17**

- (a) Briefly explain the following terms in Badminton: [8]
- (i) A half smash
  - (ii) A net kill
  - (iii) A clear lob
  - (iv) A lunge
- (b) (i) State any three duties of the referee in Badminton. [9]
- (ii) What is forecourt and backcourt in Badminton?
  - (iii) When do the players change the court in a Badminton game?
- (c) Explain the following terms: [8]
- (i) Fallow throng
  - (ii) Service order
  - (iii) Alley
  - (iv) Flick