

STD X

Date: 12/02/22

ARYA VIDYA MANDIR GROUP OF SCHOOLS

PRELIMINARY REVIEW - FEBRUARY 2022

PHYSICAL EDUCATION

Marks - 50

Time: 1.30 hrs

Answer to this paper must be written on the paper provided separately

You will **not** allowed to write during 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 allotted for writing the answers.

This paper consist of **three** printed pages

Attempt all questions from Section A and any two questions from section B

The intended marks for questions or parts of questions are given in the bracket

Football

Section A

(Attempt **all** questions)

Question 1

Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.)

- i) How many assistant referees are appointed on the playing football field?(Law no.6) [1]
- (a) 1
(b) 2
(c) 3
(d) 4
- ii) Total duration of a Football Match is _____. [1]
- (a) 45 Minutes
(b) 60 Minutes
(c) 70 Minutes
(d) 90 Minutes
- iii) Radius of quarter circles in the football field is _____. [1]
- (a) 0.50 cm
(b) 0.90 cm
(c) 1.00 mtr
(d) 1.10 mtrs

- iv) The two longer boundary lines of the football field are called _____. [1]
 (a) Touch line
 (b) Centre line
 (c) Goal line
 (d) Centre circle
- v) What is the width and length of the football penalty area? [1]
 (a) 16.5 m by 40.32 m
 (b) 15.5 m by 18.32 m.
 (c) 15.0 m by 30 m.
 (d) 16.5 m by 40.5 m.

SECTION B

(Attempt any **two** questions from this Section.)

Question 2

- a) Explain optional marks. [2]
 b) Minimum and maximum to start the football match. (number of players) [2]
 c) Write any three duties of Referee. [3]
 d) Write any three situations where a player is not considered offside. [3]

Question 3

- a) Write weight and air pressure of football. [2]
 b) Mention all the equipment of the goalkeeper. [2]
 c) Give the full form of FIFA and AIFF and explain. [3]
 d) Write a procedure for the goal kick. [3]

Question 4

- a) Explain in short Subroto Cup. [2]
 b) Explain Throw in. [2]
 c) Write any three fundamental skills. Explain any one. [3]
 d) Write any procedure for a kick off. [3]

Volleyball

Section A

(Attempt **all** questions)

Question 5

- • Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.)

- i) What is the height of the net for women in volleyball? [1]

- a) 2.24m
- b) 1.90 m
- c) 3.00 m
- d) 1.00 m

ii) Shape of the ball in Volleyball sport.

[1]

- a) Circle
- b) Oval
- c) Spherical
- d) Triangle

iii) What is the height of Antenna?

[1]

- a) 2.00m
- b) 1.80m
- c) 2.50m
- d) 1.50m

iv) How many libero players are there in each volleyball team?

[1]

- a) One or two
- b) Three or four
- c) Zero
- d) Five to six

v) What is the dimension of the warm up area in volleyball?

[1]

- a) 1 x 1 m
- b) 2 x 2 m
- c) 3 x 3 m
- d) 4 x 4 m

SECTION B

(Attempt any **two** questions from this Section.)

Question 6

- i) Explain the attack line.
- ii) Explain the rotational fault
- iii) Write the types of substitution in Volleyball
- iv) What are the rules related to libero players?

[2]

[2]

[3]

[3]

Question 7

- i) State the Location of the First referee. [2]
- ii) Explain the term Technical Time out. [2]
- iii) Write the types of blocking. [3]
- iv) Explain any two National Tournaments of Volleyball. [3]

Question 8

- i) What is Service? [2]
- ii) Write the dimension of the volleyball court. [2]
- iii) Explain Prolonged interruption. [3]
- iv) Write any three duties of a scorer. [3]

*****The End*****