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FIRST PRELIMINARY EXAMINATION (2021 – 22)
SUBJECT: PHYSICAL EDUCATION

STD.: X
MARKS : 50

DATE: 12/02/2022
TIME: 1 ½ Hours

General Instructions:

Answers to this paper must be written on the paper provided separately.

You will not be allowed to write during the first 10 minutes

This time is to be spent reading the Question paper.

The time given at the head of the paper is the time allotted for writing the answers.

Answer questions from any two games you have studied.

Each game is divided into two Sections, SECTION A and SECTION B.

Attempt all questions from SECTION A and any two questions from SECTION B of the two games that you have studied.

The intended marks for questions or parts of questions are given in brackets [].

THIS QUESTION PAPER CONSISTS OF [7] PRINTED PAGES.

FOOTBALL

Section A

(Attempt all questions)

Q.1 Choose the correct answers to the questions from the given options. **[5]**
(Do not copy the question, Write the correct answer only.)

- (i) From where is the spot kick taken?
 - (a) The Center Spot
 - (b) The Penalty Spot
 - (c) The Ink Spot
 - (d) On The spot

- (ii) What is the length and breadth of the penalty area?
 - (a) 16.5 m by 35.5 m
 - (b) 16.5 m by 40.3 m
 - (c) 17 m by 40 m
 - (d) 15.5 m by 40.3 m

- (iii) What is the length of the football field?
 - (a) 100 - 130 yards
 - (b) 90 - 120 yards
 - (c) 45 - 90 yards
 - (d) 120 - 140 yards

- (iv) A match may not start or continue if either team has fewer than how many players?
(a) 5
(b) 7
(c) 8
(d) 6
- (v) How much time is allotted for each half during a football match?
(a) 50 minutes
(b) 40 minutes
(c) 45 minutes
(d) 35 minutes

Section B

(Attempt any two questions from this Section.)

- Q.2** (i) Explain the term sent off. [2]
- (ii) State any two fouls when the referee shows a yellow card to a player during the match. [2]
- (iii) List down any three duties of the assistant referee in football. [3]
- (iv) List three situations in which the off-side offence is not observed. [3]
- Q.3** (a) Explain the term penalty kick. [2]
- (b) What is a dropped ball? [2]
- (c) Write short note on referee's equipments. [3]
- (d) List any three skills used for playing football. [3]
- Q.4** (a) What do you understand by tie-breaker? [2]
- (b) What is the measurement of goal area in football? [2]
- (c) List down any three duties of the captain of the team. [3]
- (d) Explain the substitution procedure. [3]

BASKETBALL

Section A

(Attempt all questions)

Q.5

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

[5]

- (i) What is the length and breadth of the playing court?
 - (a) 30.62 yards by 16.40 yards
 - (b) 25 yards by 35.20 yards
 - (c) 32 yards by 15 yards
 - (d) 20 yards by 15 yards
- (ii) What is the width of all lines on the court?
 - (a) 5 cm
 - (b) 4 cm
 - (c) 5.5 cm
 - (d) 6 cm
- (iii) What is the radius of the no-charge semi-circle?
 - (a) 2.25 m
 - (b) 3.25 m
 - (c) 1.25 m
 - (d) 1.50 m
- (iv) What is the total number of players including the substitutes that are allowed in a basketball team?
 - (a) 7
 - (b) 5
 - (c) 11
 - (d) 12
- (v) Who invented the game of basketball?
 - (a) William Morgan
 - (b) Dr. James Naismith
 - (c) British Soldier
 - (d) Major Dhyan Chand

Section B

(Attempt any two questions from this Section.)

Q.6

- (i) Explain the dunk shot.

[2]

- (ii) State the 24 second rule.

[2]

- (iii) List down any six equipments used for the conduct of a basketball match. [3]
- (iv) State any three situations when the ball becomes live. [3]
- Q.7**
- (i) Explain the front court. [2]
- (ii) What is a pivot foot? [2]
- (iii) State any three situations of jump ball. [3]
- (iv) Explain how the ball is played during game. [3]
- Q.8**
- (i) Explain the concept of player out of bound. [2]
- (ii) What do you understand by the term double dribble? [2]
- (iii) Write in detail about the time period for a basketball match. [3]
- (iv) List down officials required to conduct basketball match. [3]

VOLLEYBALL

Section A

(Attempt all questions)

- Q.9** Choose the correct answers to the questions from the given options. (Do not copy the question, Write the correct answer only.) [5]
- (i) In which year was the game of volleyball invented?
- (a) 1985
- (b) 1895
- (c) 1886
- (d) 1958
- (ii) What is the minimum height of the free playing space from the playing surface?
- (a) 8 m
- (b) 5 m
- (c) 7 m
- (d) 6 m
- (iii) What is the dimension of the side bands?
- (a) 5.5cm wide and 1m long
- (b) 5cm wide and 1.5m long
- (c) 4cm wide and 1.5m long
- (d) 5cm wide and 1m long

- (iv) How many points is the 5th set played in a volleyball match?
 (a) 21
 (b) 25
 (c) 15
 (d) 11
- (v) What is the national governing body of volleyball in India called as?
 (a) Indian Volleyball Organization
 (b) Volleyball Federation of India
 (c) Volleyball Foundation of India
 (d) Indian Volleyball Federation

Section B

(Attempt any two questions from this Section.)

- Q.10** (i) What is the height of the net from men and women? [2]
 (ii) What do you mean by disqualification of a player? [2]
 (iii) List down three duties of the coach during the match. [3]
 (iv) State the rules related to the Libero. [3]
- Q.11** (i) What is a smash? [2]
 (ii) What is technical timeout? [2]
 (iii) Explain the different types of blocks. [3]
 (iv) What is service? How is the first service in a set decided? [3]
- Q.12** (i) Explain the joust. [2]
 (ii) Explain exceptional substitution. [2]
 (iii) State any three faults committed by the player at the time of playing the ball. [3]
 (iv) Explain the team composition. [3]

BADMINTON

Section A

(Attempt all questions)

Q.13

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

[5]

- (i) What is the weight of a shuttle?
 - (a) 4.00 to 5.50 grams
 - (b) 4.74 to 5.00 grams
 - (c) 4.74 to 5.50 grams
 - (d) 4.70 to 5.00 grams
- (ii) What is the breadth of the badminton court for singles?
 - (a) 5.18 m
 - (b) 6.10 m
 - (c) 8.15 m
 - (d) 5.20 m
- (iii) What is the weight of the racket?
 - (a) 2 ounces
 - (b) 3 ounces
 - (c) 1 ounce
 - (d) 2.5 ounces
- (iv) Which body governs the badminton game in India?
 - (a) Indian Badminton Federation
 - (b) Badminton Association of India
 - (c) Federation of Badminton in India
 - (d) Indian Badminton Association
- (v) What is the height of the net from the center of the court?
 - (a) 1.525 metres
 - (b) 1.524 metres
 - (c) 1.254 metres
 - (d) 1.425 metres

Section B

(Attempt any two questions from this Section.)

- Q.14** (i) Explain the change of ends.

[2]

- (ii) What is a deuce?

[2]

- (iii) Enumerate three situations when a lets is called. [2]
- (iv) State any three faults a player commits at the time of service [3]
- Q.15 (i) Explain the term 'Rubber'. [2]
- (ii) What is a steep smash? [2]
- (iii) Explain the scoring system used in badminton. [3]
- (iv) What are the any situations when a fault is called? [3]
- Q.16 (i) Name the national and international governing bodies of badminton. [2]
- (ii) Explain any two types of service. [2]
- (iii) List down any three duties of the service judge. [3]
- (iv) When is a play suspended? [3]