

PHYSICAL EDUCATION

Maximum Marks: 100

Time allowed: Two hours

1. *Answers to this Paper must be written on the paper provided separately.*
 2. *You will **not** be allowed to write during the first 15 minutes.*
 3. *This time is to be spent in reading the question paper.*
 4. *The time given at the head of this Paper is the time allowed for writing the answers.*
-
5. *Attempt **all** questions from **Section A** and **two** questions from **Section B**.*
 6. *The intended marks for questions or parts of questions are given in brackets[].*

Instruction for the Supervising Examiner

Kindly read aloud the Instructions given above to all the candidates present in the Examination Hall.

This paper consists of 19 printed pages and 1 blank page.

T26 721

© Copyright reserved.

Turn Over

SECTION A (50 Marks)

(Attempt *all* questions from this *Section*.)

Question 1

[20]

Choose the correct answer to the questions from the given options.

(Do not copy the questions, write the correct answers only.)

- (i) Strength, endurance, reaction time and perceptual abilities are minimal in the stage of _____.
- (a) Infancy
 - (b) Childhood
 - (c) Adolescence
 - (d) Adulthood
- (ii) Identify the group of people shown in the picture given below:



- (a) Coaches
- (b) Officials
- (c) Managers
- (d) Commentators

- (iii) _____ is a primary source of energy.
- (a) Fibre
 - (b) Mineral
 - (c) Carbohydrate
 - (d) Vitamin
- (iv) A mesomorph has the following physical characteristic:
- (a) Pear-shaped body
 - (b) Muscular body
 - (c) Delicate body structure
 - (d) Thin legs and arms
- (v) According to the Principle of Periodization, a Macrocycle training programme lasts for _____.
- (a) 1-2 days
 - (b) 1-2 weeks
 - (c) 1-2 years
 - (d) 2-3 months
- (vi) **Assertion (A):** Ankle sprains are the most commonly experienced sports injuries.
- Reason (R):** A sprain occurs when the ligaments supporting the ankle gets torn or ruptured.
- (a) (A) is true but (R) is false.
 - (b) (A) is false but (R) is true.
 - (c) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

- (vii) Best results are achieved in sports training if the:
- (a) load is more than nutrition.
 - (b) load is constant and nutrition is constant.
 - (c) load is increased progressively and with a balanced diet plan.
 - (d) load is less than nutrition.
- (viii) Change in memory and perception of an individual are indicators of:
- (a) Social development
 - (b) Physical development
 - (c) Mental development
 - (d) Emotional development
- (ix) Which of the following activities improves agility?
- (a) Push-ups
 - (b) Zig-zag-runs
 - (c) 800m run
 - (d) Standing broad jump
- (x) Health-related physical fitness components are:
- (a) Agility and Speed
 - (b) Cardiorespiratory endurance and Flexibility
 - (c) Balance and Coordination
 - (d) Power and Speed

(xi) **Assertion (A):** Sports training is the process of preparation in order to do some tasks.

Reason (R): Training helps to attain fitness and conditioning of the body to take part in various sports and games.

- (a) (A) is true and (R) is false.
- (b) (A) is false and (R) is true.
- (c) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (d) Both (A) and (R) are true but (R) is not the correct explanation of (A).

(xii) Mr. Anil Abraham is a central government employee. He is interested in athletics. He has wide hips and narrow shoulders which make him pear-shaped, and he also has a high body fat percentage level with slow metabolism.

Based on the above extract, identify the body type of Mr. Anil Abraham.

- (a) Ectomorph
- (b) Paramorph
- (c) Endomorph
- (d) Mesomorph

(xiii) The body structure in which a person holds his body upright against gravity when one is standing, sitting or lying down is known as:

- (a) Agility
- (b) Co-ordination
- (c) Accuracy
- (d) Posture

- (xiv) The body's ability to direct the body muscles to achieve the given target every time is called _____.
- (a) Power
 - (b) Speed
 - (c) Accuracy
 - (d) Flexibility
- (xv) _____ is used for the growth and repair of all the cells in the body.
- (a) Protein
 - (b) Vitamin
 - (c) Fat
 - (d) Carbohydrate
- (xvi) The ability of an individual to perform movements of the same pattern at a faster rate is called:
- (a) Speed
 - (b) Power
 - (c) Balance
 - (d) Flexibility
- (xvii) Which of the following is a common sign of concussion?
- (a) Swelling in the back of the heel.
 - (b) Nausea or vomiting.
 - (c) Tenderness along the inner side of the knee.
 - (d) Spasm in the lower back muscle.

(xviii) A training programme made for each player according to their abilities or limits is based on the:

- (a) Principle of Individuality
- (b) Principle of Adaptation
- (c) Principle of Reversibility
- (d) Principle of Overload

(xix) Match the following:

Column 1	Column 2
A. Principle of Specificity	1. Training effect reduces when exercise stops.
B. Principle of Overload	2. Training should be based on personal capability.
C. Principle of Individuality	3. Training must be harder than usual to improve skill.
D. Principle of Reversibility	4. Training should target the required skill.

- (a) A-2, B-4, C-3, D-1
- (b) A-3, B-4, C-2, D-1
- (c) A-4, B-3, C-1, D-2
- (d) A-4, B-3, C-2, D-1

(xx) Sam has curly hair and dimples just like his mother. He wonders how these traits were passed on to him from his mother. After discussing with his teacher, he concludes that these features are transferred from the parents to the children through a biological process. This process is known as _____.

- (a) Puberty
- (b) Old age
- (c) Gender
- (d) Heredity

Question 2

- (i) Write *any two* factors which influence the growth and development of an individual. [2]
- (ii) Name *any four* components of physical fitness. [2]
- (iii) Give *any three* reasons why sports training is important for athletes. [3]
- (iv) State *any three* characteristics of an Ectomorph. [3]

Question 3

- (i) RICE is a method used in first aid. Write the full form of RICE. [2]
- (ii) Explain *any two* factors which affect the Physical fitness of an individual. [2]
- (iii) Given below is a picture of three girls and two boys depicting a particular stage of growth and development. [3]



- (a) Identify the stage of growth and development depicted in the picture.
- (b) Write *any two* characteristics of this stage of growth and development.

- (iv) Aarav is tall and underweight, with a narrow frame. He is quick and agile on the field but lacks muscle strength. Aarav consciously does his warm-up and cooling down regularly as per the instructions of his coach. His coach designs a special program to help him build muscle and strength gradually. [3]
- (a) Which body type does Aarav have?
- (b) Which principle of training has the coach applied?
- (c) By doing warm up and cooling down, what is Aarav trying to avoid?

Question 4

- (i) Explain the term *cardiovascular endurance*. [2]
- (ii) Define the term *under-nutrition*. [2]
- (iii) Write *any three* differences between *Endomorphs* and *Mesomorphs*. [3]
- (iv) Injuries can have a major impact on the performance of a player. Mention *any three* ways of preventing injuries in sports. [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.)

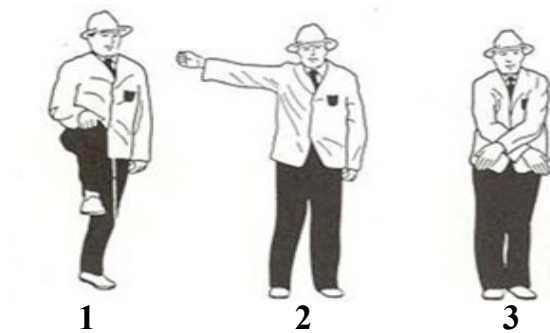
CRICKET

Question 5

- (i) Explain the following terms related to the game of cricket: [8]
- (a) Dot ball
- (b) Duck
- (c) Free Hit
- (d) Beamer

(ii) Answer the following questions: [9]

(a) Identify and write the following *umpire signals* as shown below.



(b) Mention *any three* circumstances where a wicket falls but the bowler is not given credit in a cricket match.

(c) What is *power play*?

(iii) Name the correct term used in the game of cricket for each of the following: [8]

(a) A large screen (white or black) positioned beyond the boundary behind the bowler.

(b) A ball that is bowled by a bowler, not being a *no ball* touches the bat and is caught by the fielders before it touches the ground.

(c) A ball that is bowled by the bowler, is out of reach of the batsman, according to the umpire.

(d) A ball bowled by the bowler that rises sharply after pitching above waist level or shoulder level.

(e) The wicket put down by a delivery bowled by the bowler, not being a *no ball*.

(f) A negative bowling in which the ball is aimed at the body of a batsman.

- (g) An over in which no runs, or no extra runs are given by the bowler.
- (h) When a batsman arrives late to the crease after the fall of previous wicket to play in a match.

Question 6

- (i) Explain the following terms related to the game of cricket: [8]
 - (a) An over
 - (b) A run
 - (c) A striker
 - (d) A dead ball
- (ii) (a) Bahubali was batting on 99 runs. Giriraj bowled the next ball. Bahubali played the shot. The ball was caught by the wicket keeper. Everyone appealed because they thought the batsman had edged the ball. Both the umpires after consultation with each other were not able to come to a conclusion. [9]
 - 1. Whom will they refer to for help?
 - 2. Give *any two* duties of the person whom they will refer to for a decision.
 - (b) What is the shape, circumference and weight of a cricket ball?
 - (c) Name *any three* national cricket tournaments.
- (iii) (a) Explain the term *yorker*. [8]
 - (b) What is a *full toss* in cricket?
 - (c) Mention *any two* formats played in cricket.
 - (d) Explain the term *Run-up* in cricket.

FOOTBALL

Question 7

- (i) Explain the following terms related to the game of football: [8]
- (a) Ball out of play
 - (b) Sudden death
 - (c) Tackle
 - (d) Nutmeg
- (ii) (a) Mention *any three* circumstances when a player is not considered offside in spite of being in an offside position. [9]
- (b) In a match when the ball passes the touch line, the assistant referee gives a signal of ball out of play. What procedure should be followed to restart the game?
- (c) Write the full forms of IFAB, AIFF and GLT.
- (iii) Mention the following measurements: [8]
- (a) Weight and circumference of the ball.
 - (b) Height and width of the goal post.
 - (c) Distance of penalty mark and penalty arc.
 - (d) Length and width of the field of play.

Question 8

- (i) Explain the following terms related to the game of football: [8]
- (a) Expulsion
 - (b) Goal kick
 - (c) Lob
 - (d) Injury time

(ii) Answer the following questions: [9]

- (a) When is *corner kick* awarded and from where is it taken?
- (b) Punjab was playing against Haryana. The game started getting rough and the referees were losing control of the match. The referee started cautioning the players in order to control the game. State *any three* fouls for which the referee can show a yellow card to the player.
- (c) What is *kick-off* in football? When is it applied in the game?

(iii) Answer the following questions: [8]

- (a) Name *any two* national and *two* international tournaments of football.
- (b) Referees are considered as the backbone of the game. Give *any four* duties of a referee for the smooth conduct of the game.

HOCKEY

Question 9

(i) Explain the following terms related to the game of hockey: [8]

- (a) Push
- (b) Flick
- (c) Bully
- (d) Manufacture foul

(ii) (a) In a hockey match, the captain is the most important member of the team. [9]
List *any three* duties of the captain in hockey.

- (b) The Umpire is responsible for any decision in a hockey match. List *any three* situations where the Umpire awards a penalty stroke in a hockey match.
- (c) List *any three* types of equipment required on the technical table to conduct a hockey match.

- (iii) Answer the following: [8]
- (a) The length and breadth of the play field.
 - (b) Height and length of the goal post.
 - (c) Weight and circumference of the hockey ball.
 - (d) Length and weight of the hockey stick.

Question 10

- (i) Explain the following terms related to the game of hockey: [8]
- (a) Side line
 - (b) Field goal
 - (c) Reverse hit
 - (d) Playing distance
- (ii) Answer the following questions: [9]
- (a) Mention *any three* duties of the table official in the game of hockey.
 - (b) Explain the procedure to be followed when a *penalty corner* is awarded.
 - (c) State the importance of *shooting circle* in hockey.
- (iii) Answer the following questions: [8]
- (a) Write the full form of FIH and IHF.
 - (b) Explain the term *astro turf*.
 - (c) Explain the procedure of *centre pass* in hockey.
 - (d) When is the ball considered *out of play* in a hockey match?

BASKETBALL

Question 11

- (i) Explain the following terms related to the game of basketball: [8]
- (a) Possession arrow
 - (b) Dunk
 - (c) Triple threat
 - (d) Press
- (ii) (a) Shooting is an important skill for a team's success in a basketball match. [9]
Name *any three* shooting skills a player must possess in basketball.
- (b) List *any three* situations when a game clock is stopped during a game.
- (c) During a basketball match, a team must follow the rule of Throw-in.
State *any three* rules to be followed during Throw-in.
- (iii) (a) Why is *carry* considered a violation? Explain. [8]
- (b) Name *any two* international tournaments of basketball.
- (c) Explain the term *drive* in basketball.
- (d) In basketball, what is meant by an *air ball*?

Question 12

- (i) Explain the following terms related to the game of basketball: [8]
- (a) Double foul
 - (b) Screen
 - (c) Zone defense
 - (d) Lay up

- (ii) (a) State *any six* equipment required to conduct a basketball match. [9]
- (b) Name *any three* types of dribbling in basketball.
- (c) Mention *any three* situations when the ball is considered dead in a game of basketball.
- (iii) Answer the following questions: [8]
- (a) Mention *any four* skills of basketball game.
- (b) Explain '*Three second rule*' and '*Five second rule*'.
- (c) Write the full form of BFI and FIBA.
- (d) Explain the term *loose ball* in basketball.

VOLLEYBALL

Question 13

- (i) Explain the following terms related to the game of volleyball: [8]
- (a) Float
- (b) Joust
- (c) Block assist
- (d) A setter
- (ii) (a) Name *any three* blocking faults in volleyball. [9]
- (b) Mention *any six* fundamental skills of volleyball.
- (c) State *any three* playing faults in volleyball.

- (iii) Draw a neat diagram of a volleyball court and mark the following: [8]
- (a) Back zone
 - (b) Front zone
 - (c) Centre zone
 - (d) Side line
 - (e) Back line
 - (f) Attack line

Question 14

- (i) Explain the following terms: [8]
- (a) Net violation
 - (b) Foot fault
 - (c) Penetration fault
 - (d) Assisted hit
- (ii) (a) List *any three* duties of a second referee. [9]
- (b) Name *any three* international tournaments of volleyball.
- (c) State *any three* serving faults in volleyball.
- (iii) (a) State *any two* restrictions on attack hit. [8]
- (b) What is a *rally*?
- (c) What do you mean by *extension roll* in volleyball?
- (d) Explain the term *double contact* in volleyball.

BADMINTON

Question 15

- (i) Explain the following terms related to the game of badminton: [8]
- (a) Rally
 - (b) Lunge
 - (c) Deuce
 - (d) Bird
- (ii) (a) List *any six* faults committed by a player in the game of badminton. [9]
- (b) Explain the procedure of *scoring* in badminton.
- (c) Write *any three* basic skills coaches focus on while coaching the beginners in badminton.
- (iii) (a) What is a *short serve* in badminton? [8]
- (b) Explain the term *drive* in badminton.
- (c) Define the term *set* in badminton.
- (d) When is the shuttle *not in play* in badminton?

Question 16

- (i) Explain the following terms: [8]
- (a) Forehand grip
 - (b) Love all
 - (c) Net kill
 - (d) Wood shot

- (ii) (a) List *any three* conditions under which a badminton match can be suspended. [9]
- (b) Distinguish between *singles* and *doubles* match in badminton.
- (c) In an inter-house badminton match, a player was given a yellow card during the match. List *any three* situations when a player can be given a yellow card.
- (iii) (a) Explain the term *footwork* in badminton. [8]
- (b) State the full form of BAI and BWF.
- (c) Write *any two* types of grips used in badminton.
- (d) Mention the length and weight of a badminton racket.