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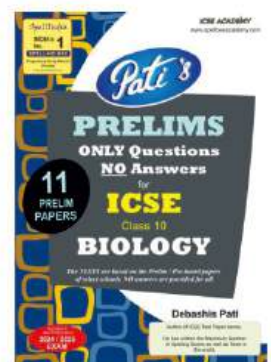
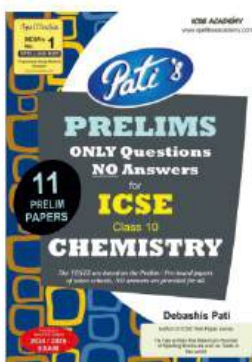
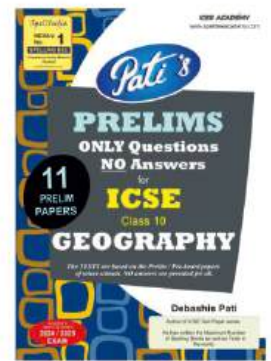
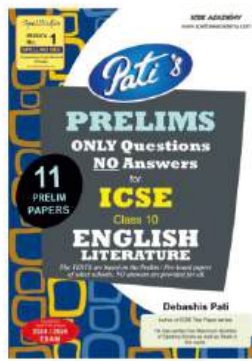
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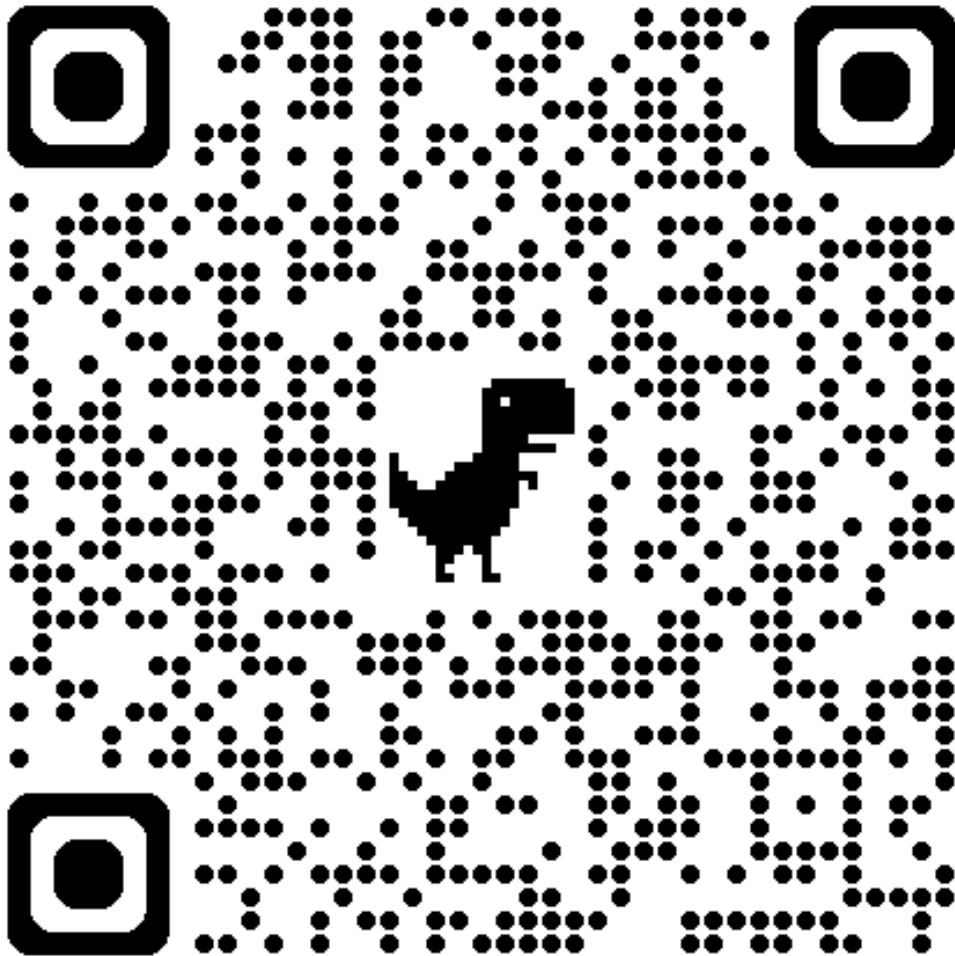
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COMPETENCY-FOCUSED PRACTICE QUESTIONS

Table of Contents

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ICSE - CLASS X

Physical Education

I: Multiple Choice Questions (1 mark)

S.No.	Questions
1.	<p><i>[Safety in sports]</i></p> <p>Which among the following is the most common symptom of muscle strain injury?</p> <p>(a) Pain and swelling around the knee joint. (b) Swelling around the affected area. (c) A visibly out-of-place or deformed limb or joint. (d) Pain in the buttocks and the legs, often in the back of the thigh.</p> <p style="text-align: right;">[Application]</p>
2.	<p><i>[Health Education]</i></p> <p>Which among the following is the importance of health education?</p> <p>(a) It might affect their sleep cycle and cause insomnia. (b) They might stay hyper-activated for most of the day. (c) Over-exercising might affect the physical and mental well-being of any student. (d) It helps people to understand how to maintain a healthy lifestyle, prevent illness and injury, and manage chronic conditions.</p> <p style="text-align: right;">[Application]</p>
3.	<p><i>[Health Education]</i></p> <p>..... is used for growth and repair of all the cells in the body.</p> <p>(a) Protein (b) Vitamin (c) Carbohydrate (d) Sodium</p> <p style="text-align: right;">[Recall]</p>
4.	<p><i>[Safety in Sports]</i></p> <p>The injury that occurs when ligaments of the ankle joint are forced beyond their normal range of motion is termed as:</p> <p>(a) tennis elbow (b) MCL (c) sprain (d) ACL</p> <p style="text-align: right;">[Recall]</p>

S.No.	Questions
5.	<p><i>[Physical Fitness]</i></p> <p>Why is the physical fitness of participants important to prevent injury?</p> <p>(a) Improves strength, flexibility, and coordination, which are essential for proper body mechanics and reducing the risk of injury.</p> <p>(b) Decreases motivation to exercise, leading to a lack of engagement in injury prevention strategies.</p> <p>(c) Promotes reckless behaviour during physical activity, increasing the likelihood of accidents and injuries.</p> <p>(d) Results in excessive muscle fatigue, impairing the body's ability to react quickly and prevent injuries.</p> <p style="text-align: right;">[Application]</p>
6.	<p><i>[Safety in Sports]</i></p> <p>What is Low back pain injury?</p> <p>(a) It is a swelling of the tendons that bend your wrist backwards away from your palm.</p> <p>(b) It is a condition characterised by discomfort or pain in the lower region of the back, typically involving the muscles and nerves.</p> <p>(c) It is a brain injury that affects how the brain works.</p> <p>(d) It is a stretching or tearing of ligaments that connect two bones together in your joints.</p> <p style="text-align: right;">[Understanding]</p>
7.	<p><i>[Safety in Sports]</i></p> <p>What is the most common symptom of plantar fasciitis injury in a sports person?</p> <p>(a) Pain on the bottom of the foot when you stand up after sleeping or sitting down.</p> <p>(b) Mild swelling in your lower leg.</p> <p>(c) A loud popping sensation in the knee.</p> <p>(d) Balance problems or dizziness, or blurry vision.</p> <p style="text-align: right;">[Recall]</p>
8.	<p><i>[Safety in Sports]</i></p> <p>What is a stress fracture?</p> <p>(a) It is a pain along inside edge of the shin bone.</p> <p>(b) It is a pain between the lower edge of the ribs and the buttock.</p> <p>(c) It is a fatigue-induced tiny crack or a small sliver in a weight-bearing bone.</p> <p>(d) It is the dull pain around the front of the knee.</p> <p style="text-align: right;">[Understanding]</p>
9.	<p><i>[Sports Training]</i></p> <p>The duration of a meso cycle is:</p> <p>(a) 4 to 10 Hours.</p> <p>(b) 4 to 6 weeks.</p> <p>(c) 4 to 6 minutes.</p> <p>(d) 14 to 66 months.</p> <p style="text-align: right;">[Recall]</p>

S.No.	Questions
<p>10.</p>	<p><i>[Sports Training]</i></p> <p>What principle of training emphasises the essential involvement and willingness of both the athlete and the trainer in an effective training program?</p> <p>(a) Active participation. (b) Principle of Individuality. (c) Principle of Progression. (d) Principle of specificity.</p> <p style="text-align: right;">[Application]</p>
<p>11.</p>	<p><i>[Sports Training]</i></p> <p>Short intervals, such as hours between multiple sessions in a day, and longer intervals, such as weeks between activities, are essential. This refers to the principle of:</p> <p>(a) reversibility. (b) specificity. (c) recovery. (d) variance.</p> <p style="text-align: right;">[Application]</p>
<p>12.</p>	<p><i>[Sports Training]</i></p> <p>What principle suggests that the intensity of exercises should be increased gradually over time in a physical fitness program?</p> <p>(a) Principle of Individuality. (b) Principle of Progression. (c) Principle of Reversibility. (d) Principle of Overload.</p> <p style="text-align: right;">[Application]</p>
<p>13.</p>	<p><i>[Physical Fitness]</i></p> <p>Which among the following improves the agility of a tennis player?</p> <p>(a) Zig-zag run. (b) 800 m run. (c) Squat jumps. (d) Medicine ball throws.</p> <p style="text-align: right;">[Application]</p>
<p>14.</p>	<p><i>[Physical Fitness]</i></p> <p>The ability to control the body's position, either stationary or while moving, is called:</p> <p>(a) reaction time. (b) muscular endurance. (c) cardiovascular endurance. (d) balance.</p> <p style="text-align: right;">[Recall]</p>

S.No.	Questions
15.	<p><i>[Physical Fitness]</i></p> <p>Health-related physical fitness components are:</p> <p>(a) muscular strength and muscular endurance. (b) reaction time and speed. (c) agility and balance. (d) power and coordination.</p> <p style="text-align: right;">[Recall]</p>
16.	<p><i>[Physical Fitness]</i></p> <p>The ability to carry out daily tasks with vigour and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies in life is termed as:</p> <p>(a) social fitness. (a) complex training. (b) plyometric training. (c) physical fitness.</p> <p style="text-align: right;">[Recall]</p>
17.	<p><i>[Body Types]</i></p> <p>According to W. H. Sheldon, which among the following body types can be characterised by a round body with wide hips and narrow shoulders?</p> <p>(a) Endomorph (b) Ectomorph (c) Mesomorph (d) Athletic shape</p> <p style="text-align: right;">[Understanding]</p>
18.	<p><i>[Physical Education]</i></p> <p>The process that starts in humans from infancy and continues into late adolescence, concentrating on gross and fine motor skills as well as puberty, is termed as:</p> <p>(a) physical development. (b) psychological development. (c) social development. (d) emotional development.</p> <p style="text-align: right;">[Recall]</p>
19.	<p><i>[Body Types]</i></p> <p>Which among the following is a physical trait associated with an ectomorph body type?</p> <p>(a) They have small, delicate frames with long arms and legs. (b) They have a long torso and a good shoulder-to-waist ratio. (c) They have a slow metabolic rate. (d) They are stocky with a pear-shaped body.</p> <p style="text-align: right;">[Understanding]</p>

S.No.	Questions
20.	<p><i>[Physical Education]</i></p> <p>The objective of social development in physical education is:</p> <p>(a) to develop self-confidence. (b) to guide a person to make his body strong and well-shaped. (c) to develop the awareness to follow the rules and regulations of the games. (d) to develop the ability to deal with success and failure with calmness. [Recall]</p>
21.	<p><i>[Sports Training]</i></p> <p>According to the of Sports Training, people respond differently to the same training stimulus.</p> <p>(a) Principle of Individuality (b) Principle of Adaptation (c) Principle of Reversibility (d) Principle of Overload [Recall]</p>
22.	<p><i>[Physical Fitness]</i></p> <p>The ability to perform movements and skills with precision is termed as _____.</p> <p>(a) self-achievement (b) strength (c) accuracy (d) cardiovascular endurance [Understanding]</p>
23.	<p><i>[Physical Fitness]</i></p> <p>The power is the</p> <p>(a) ability of muscles to exert maximum force in the shortest amount of time, like when you run or swim. (b) ability to change direction rapidly without a significant loss of speed or body control. (c) ability to move all or part of the body as quickly as possible. (d) ability to maintain postural stability and orientation with the centre of mass over the base of support and body at rest. [Recall]</p>
24.	<p><i>[Physical Fitness]</i></p> <p>Given below are the two statements labelled Assertion (A) and Reason (R):</p> <p>Assertion (A): Self-motivation refers to the negative feelings or symptoms associated with a disease.</p> <p>Reason (R): Self-motivation is the intrinsic drive to fulfil desires, expectations, or goals without external influence.</p> <p>In the context of the above two statements, which one of the following is correct?</p> <p>(a) Both (A) and (R) are true and (R) is the correct explanation of (A) (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A) (c) (A) is true, but (R) is false (d) (A) is false, but (R) is true. [An]</p>

S.No.	Questions
25.	<p><i>[Physical Education]</i></p> <p>Given below are the two statements labelled Assertion (A) and Reason (R):</p> <p>Assertion (A): Physical development encompasses the holistic growth and maturation of individuals, including cognitive, emotional, intellectual, and social capacities, throughout their lifespan.</p> <p>Reason (R): Physical development involves the coordinated development of both the brain and the body, encompassing the refinement of muscular control and physical coordination.</p> <p>In the context of the above two statements, which one of the following is correct? (a) Both (A) and (R) are true, and (R) is the correct explanation of (A).</p> <p>In the context of the above two statements, which one of the following is correct?</p> <p>(a) Both (A) and (R) are true and (R) is the correct explanation of (A). (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A). (c) (A) is true, but (R) is false. (d) (A) is false, but (R) is true.</p> <p style="text-align: right;">[Analysis]</p>
26.	<p><i>[Physical Fitness]</i></p> <p>Given below are the two statements labelled Assertion (A) and Reason (R).</p> <p>Assertion (A): Coordination involves combining various movement patterns into a singular movement and relies on the integration of sensory inputs and motor responses.</p> <p>Reason (R): Coordination primarily recruits the senses of sight and hearing, along with the cooperation of the nervous system and skeletal-muscular system, to perform tasks accurately and efficiently.</p> <p>In the context of the above two statements, which one of the following is correct?</p> <p>(a) Both (A) and (R) are true, and (R) is the correct explanation of (A). (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A). (c) (A) is true, but (R) is false. (d) (A) is false, but (R) is true.</p> <p style="text-align: right;">[Analysis]</p>

S.No.	Questions
27.	<p><i>[Physical Fitness]</i></p> <p>Given below are the two statements labelled Assertion (A) and Reason (R).</p> <p>Assertion (A): The principle of reversibility states that performance and physical adaptation can deteriorate if training stops.</p> <p>Reason (R): A regular training stimulus is necessary for adaptation to occur and be maintained. The body adapts to the training and gradual demands placed upon it. When the training stimulus is reduced or entirely removed, the body quickly reverts to its previous state.</p> <p>In the context of the above two statements, which one of the following is correct?</p> <p>(a) Both (A) and (R) are true, and (R) is the correct explanation for (A). (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A). (c) (A) is true, but (R) is false. (d) (A) is false, but (R) is true.</p> <p style="text-align: right;">[Analysis]</p>
28.	<p><i>[Safety in Sports]</i></p> <p>During a national Volleyball match, the attacker, Mr. Johnny, landed awkwardly after a smash. What kind of injury did he likely get?</p> <p>(a) Concussion. (b) Low back pain. (c) Tennis elbow. (d) Sprained ankle.</p> <p style="text-align: right;">[Understanding]</p>
29.	<p><i>[Sports Training]</i></p> <p>The coach instructed the footballers to adhere to uninterrupted training sessions. Which principle does this instruction align with?</p> <p>(a) Principle of Continuity (b) Principle of Adaptation (c) Principle of Intensity (d) Principle of Progression</p> <p style="text-align: right;">[Application]</p>
30.	<p><i>[Physical Fitness]</i></p> <p>The position in which Ms. Meghana holds her body upright against gravity when she is standing, sitting or lying down on bed.</p> <p>(a) Emotional stability (b) Self-motivation (c) Hereditary (d) Posture</p> <p style="text-align: right;">[Application]</p>

S.No.	Questions								
31.	<p><i>[Physical Fitness]</i></p> <p>Mr. Ravi, the fitness coach, wanted to assess the muscular endurance of the students to grade them. Which physical fitness test do you think he must have used?</p> <p>(a) The Cooper run test (b) The ball toss test (c) Sit and reach test (d) Push-ups test</p> <p style="text-align: right;">[Application]</p>								
32.	<p><i>[Human Growth and Development]</i></p> <p>Harish’s teacher told him not to get worried about the changes taking place in his body. She said that he has crossed his childhood but is not yet a complete adult. She assured him that he was in a transition stage between childhood and adulthood. What is it?</p> <p>(a) Childhood stage (b) Infancy stage (c) Adolescence stage (d) Prenatal stage</p> <p style="text-align: right;">[Application]</p>								
33.	<p><i>[Physical Education]</i></p> <p>Match the following stages of development with their corresponding examples:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">I. Physical development</td> <td style="width: 50%;">A. A child recognises his parents well.</td> </tr> <tr> <td>II. Psychological development</td> <td>B. A child learns to roll over.</td> </tr> <tr> <td>III. Social development</td> <td>C. A child is afraid of the dark at night.</td> </tr> <tr> <td>IV. Emotional development</td> <td>D. A child learns to share a toy with a friend.</td> </tr> </table> <p>(a) I-B, II-A, III-D, IV-C (b) I-D, II-B, III-A, IV-C (c) I-B, II-C, III-D, IV-A (d) I-A, II-D, III-C, IV-B</p> <p style="text-align: right;">[Application]</p>	I. Physical development	A. A child recognises his parents well.	II. Psychological development	B. A child learns to roll over.	III. Social development	C. A child is afraid of the dark at night.	IV. Emotional development	D. A child learns to share a toy with a friend.
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34.	<p><i>[Physical Fitness]</i></p> <p>Match the following:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">I. Balance</td> <td style="width: 50%;">1. Shuttle run test.</td> </tr> <tr> <td>II. Agility</td> <td>2. Standing stork test..</td> </tr> <tr> <td>III. Power</td> <td>3. Sit and reach test.</td> </tr> <tr> <td>IV. Flexibility</td> <td>4. Standing broad jump.</td> </tr> </table> <p>(a) I-2, II-3, III-4, IV-1. (b) I-2, II-4, III-1, IV-3 (c) I-4, II-3, III-1, IV-2. (d) I-2, II-1, III-4, IV-3.</p> <p style="text-align: right;">[Application]</p>	I. Balance	1. Shuttle run test.	II. Agility	2. Standing stork test..	III. Power	3. Sit and reach test.	IV. Flexibility	4. Standing broad jump.
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S.No.	Questions										
<p>35.</p>	<p><i>[Health Education]</i></p> <p>Match the following diet parameters with their corresponding descriptions:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">A. Essential for energy, also aids in muscle repair and growth.</td> <td style="width: 50%;">1. Protein</td> </tr> <tr> <td>B. Provide a quick source of energy, but excessive intake can lead to weight gain.</td> <td>2. Carbohydrates</td> </tr> <tr> <td>C. Necessary for the absorption of fat-soluble nutrients and insulation of organs.</td> <td>3. Fats</td> </tr> <tr> <td>D. Essential for various bodily functions, including metabolism, immune system, and overall health.</td> <td>4. Vitamins</td> </tr> </table> <p>(a) D-1,A-2, C-3,B-4 (b) A-1,B-2,C-3,D-4 (c) C-1,D-2,A-3,B-4 (d) B-1,C-2,D-3,A-4</p> <p style="text-align: right;">[Application]</p>	A. Essential for energy, also aids in muscle repair and growth.	1. Protein	B. Provide a quick source of energy, but excessive intake can lead to weight gain.	2. Carbohydrates	C. Necessary for the absorption of fat-soluble nutrients and insulation of organs.	3. Fats	D. Essential for various bodily functions, including metabolism, immune system, and overall health.	4. Vitamins		
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<p>36.</p>	<p><i>[Body Types]</i></p> <p>Match the body types with their descriptions.</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left;">Column A (Body Type)</th> <th style="text-align: left;">Column B (Description)</th> </tr> </thead> <tbody> <tr> <td>1. Endomorph</td> <td>A. Medium framed and athletic</td> </tr> <tr> <td>2. Mesomorph</td> <td>B. Long and lean, with little body fat and muscle</td> </tr> <tr> <td>3. Ectomorph</td> <td>C. No such boy type exists</td> </tr> <tr> <td>4. Pseudomorph</td> <td>D. Large framed, lots of body fat and muscle.</td> </tr> </tbody> </table> <p>(a) 1-A, 2-B, 3-C, 4-D (b) 1-B, 2-C, 3-D, 4-A (c) 1-C, 2-D, 3-A, 4-B (d) 1-D, 2-A, 3-B, 4-C</p> <p style="text-align: right;">[Application]</p>	Column A (Body Type)	Column B (Description)	1. Endomorph	A. Medium framed and athletic	2. Mesomorph	B. Long and lean, with little body fat and muscle	3. Ectomorph	C. No such boy type exists	4. Pseudomorph	D. Large framed, lots of body fat and muscle.
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S.No.	Questions										
37.	<p><i>[Physical Fitness]</i></p> <p>Match the components of health-related physical fitness with their descriptions.</p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left; width: 50%;">Column A (Component)</th> <th style="text-align: left; width: 50%;">Column B (Description)</th> </tr> </thead> <tbody> <tr> <td>1. Cardiovascular endurance</td> <td>A. Ability to move joints through their full range of motion</td> </tr> <tr> <td>2. Stamina (Muscular endurance)</td> <td>B. Ability of muscles to perform continuously without fatigue</td> </tr> <tr> <td>3. Strength (Muscular strength)</td> <td>C. Ability of the heart and lungs to work together during sustained workloads</td> </tr> <tr> <td>4. Flexibility</td> <td>D. Ability to produce force</td> </tr> </tbody> </table> <p>(a) 1-A, 2-B, 3-C, 4-D (b) 1-B, 2-C, 3-D, 4-A (c) 1-C, 2-B, 3-D, 4-A (d) 1-D, 2-A, 3-B, 4-C</p> <p style="text-align: right;">[Application]</p>	Column A (Component)	Column B (Description)	1. Cardiovascular endurance	A. Ability to move joints through their full range of motion	2. Stamina (Muscular endurance)	B. Ability of muscles to perform continuously without fatigue	3. Strength (Muscular strength)	C. Ability of the heart and lungs to work together during sustained workloads	4. Flexibility	D. Ability to produce force
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1. Cardiovascular endurance	A. Ability to move joints through their full range of motion										
2. Stamina (Muscular endurance)	B. Ability of muscles to perform continuously without fatigue										
3. Strength (Muscular strength)	C. Ability of the heart and lungs to work together during sustained workloads										
4. Flexibility	D. Ability to produce force										

II: Very Short Answer Questions (2 marks)

S.No.	Questions
38.	<p><i>[Football]</i></p> <p>Imagine you are Mr. Nelson, the coach of your school's football team, preparing for the upcoming Inter School Tournament. You are dedicated to helping your athletes realise their full potential and excel in the sport. What responsibilities would you undertake to ensure your team performs exceptionally well in the tournament?</p> <p style="text-align: right;">[Recall & Analysis]</p>
39.	<p><i>[Basketball]</i></p> <p>A basketball referee needs to have a keen understanding of when the ball is considered 'live' during a game. Provide three scenarios during a basketball match when the ball is considered 'live'.</p> <p style="text-align: right;">[Recall & Understanding]</p>
40.	<p><i>[Football]</i></p> <p>In a crucial knockout stage football match, Team A and Team B are tied in goals during regulation play. This situation underscores the importance of tie-breaking methods in such matches. Now, as a tournament referee, how would you determine a method for deciding the match outcome?</p> <p style="text-align: right;">[Understanding]</p>
41.	<p><i>[Cricket]</i></p> <p>Imagine you are an umpire in a crucial cricket match. In a tense moment, one of your batsmen hesitates to run initially after hitting a lofted shot but then attempts to complete a run upon realising the opportunity. He finishes the first run quickly and goes for the second run. The fielder directs the ball towards the stumps, and the bails fall off before the bat is grounded in the popping crease. What would be your decision?</p> <p style="text-align: right;">[Analysis]</p>
42.	<p><i>[Volleyball]</i></p> <p>In a crucial volleyball match, your team is battling through a tight set. As the coach, you need to manage your team effectively within the rules. What is the maximum number of timeouts and substitutions permitted in a single set?</p> <p style="text-align: right;">[Recall & Understanding]</p>
43.	<p><i>[Badminton]</i></p> <p>As a badminton coach preparing your team for an upcoming tournament, you want to ensure they are well-versed in the various formats of games in badminton. Can you list and briefly explain any four formats in which the games that players may encounter during the tournament?</p> <p style="text-align: right;">[Recall & Understanding]</p>
44.	<p><i>[Hockey]</i></p> <p>Imagine you are a hockey referee officiating a highly anticipated match. During the game, a player from one team takes a powerful shot towards the goal, and it successfully crosses the goal line. Can you explain what constitutes a valid goal?</p> <p style="text-align: right;">[Analysis]</p>

S.No.	Questions
45.	<p><i>[Basketball]</i></p> <p>As the referee in a heated DSO Basketball tournament match between JVM School and JPS School, you witness Rahul from JVM School directing inappropriate language and behavior towards Sudan, a player from JPS School. This leads to a foul being called. Can you explain what a technical foul is in basketball? [Analysis]</p>
46.	<p><i>[Physical Education]</i></p> <p>State <i>any four</i> objectives of physical education related to the aspect of psychological development. [Recall]</p>
47.	<p><i>[Sports Training]</i></p> <p>How is sports training important in building resistance to injury and illness? [Analysis]</p>
48.	<p><i>[Safety in Sports]</i></p> <p>Mention <i>any four</i> benefits of cooling down exercise. [Recall]</p>

III: Short Answer Questions (3 marks)

S.No	Questions
49.	<p><i>[Careers in Physical Education]</i></p> <p>Elucidate <i>any three</i> key responsibilities of a sports coach. [Understanding]</p>
50.	<p><i>[Human Growth and Development]</i></p> <p>Analyse how nationality influences human growth and development. [Analysis]</p>
51.	<p><i>[Physical Fitness]</i></p> <p>Assess self-motivation as a factor affecting physical fitness. [Understanding]</p>
52.	<p><i>[Sports Training]</i></p> <p>Analyse the key elements of sports training and their impact on a player's understanding of the sport. [Analysis]</p>
53.	<p><i>[Safety in Sports]</i></p> <p>Analyse how safe facilities contribute to the prevention of injuries. [Analysis]</p>
54.	<p><i>[Health Education]</i></p> <p>What is roughage? State any four sources of roughage. [Recall]</p>
55.	<p><i>[Health Education]</i></p> <p>Mention any three points on the importance of health education. [Understanding]</p>

IV: Long Answer Questions (8 marks)

S.No.	Questions
56.	<p><i>[Hockey]</i></p> <p>Define the following terms in hockey:</p> <p>(a) Tackling (b) Rolling substitution (c) Sudden death (d) Through pass</p> <p style="text-align: right;">[Recall]</p>
57.	<p><i>[Cricket]</i></p> <p>(a) List any four fundamental skills of batting in the game of cricket. (b) Write any four duties of the leg umpire.</p> <p style="text-align: right;">[Recall & Understanding]</p>
58.	<p><i>[Football]</i></p> <p>(a) Briefly describe any two types of passing skills in the game of football. (b) Write the correct measurements of the following: (i) Height of the goalpost (ii) Width of the goalpost (iii) Radius of the corner arc (iv) Height of flag post</p> <p style="text-align: right;">[Recall & Understanding]</p>
59.	<p><i>[Basketball]</i></p> <p>Answer the following about the game of basketball:</p> <p>(a) What is the maximum number of player names that can be listed on the scoresheet in a basketball game? (b) How many players from each team are on the court during each quarter of a basketball game? (c) How many personal fouls can a player commit before they are disqualified from playing further in the game? (d) What is the limit on the number of substitutions allowed in a basketball game? List any four skills of a basketball player useful during a game of basketball.</p> <p style="text-align: right;">[Analysis, Recall & Understanding]</p>
60.	<p><i>[Badminton]</i></p> <p>(a) Explain the rules governing the following in a doubles match of badminton: (i) The sequence of serving in doubles (ii) Change of ends (b) What is the procedure for conducting a tiebreaker to resolve a tied match in badminton?</p> <p style="text-align: right;">[Analysis, Recall & Understanding]</p>

S.No.	Questions
61.	<p><i>[Cricket]</i></p> <p>(a) How can a team's score be increased in cricket? (b) What are <i>four ways</i> in which a batsman can be dismissed?</p> <p style="text-align: right;">[Analysis, Recall & Understanding]</p>
62.	<p><i>[Volleyball]</i></p> <p>(a) Write <i>four ways</i> in which points can be scored during a volleyball match. (b) Write True or False: (i) Only one libero can be allowed to play on the court during an official volleyball game. (ii) a back-row player cannot perform a set from the front-row. (iii) The volleyball game is played up to the best of 5 sets in FIVB competitions. (iv) Each team is allowed up to 6 substitutions per set.</p> <p style="text-align: right;">[Analysis, Recall & Understanding]</p>
63.	<p><i>[Volleyball]</i></p> <p>Define the following: (<i>volleyball</i>)</p> <p>(a) Collective block (b) Backrow attack (c) Antennae (d) Joust</p> <p style="text-align: right;">[Analysis, Recall & Understanding]</p>
64.	<p><i>[Badminton]</i></p> <p>(a) Write <i>any two</i> ways of: (i) Holding the racket (ii) Hitting overhead shots (b) Write <i>any four</i> duties of the service judge in a game of badminton</p> <p style="text-align: right;">[Analysis, Recall & Understanding]</p>

V: Very Long Answer Questions (9 Marks)

S No	Questions
<p>65.</p>	<p><i>[Volleyball]</i></p> <p>Draw a neat diagram of a volleyball court and mark the following:</p> <ul style="list-style-type: none"> (a) attack line (b) centre line (c) service line (d) side line (e) substitution zone (f) penalty area (g) warm up area <p style="text-align: right;">[Recall]</p>
<p>66.</p>	<p><i>[Football]</i></p> <p>Draw a neat diagram of a football field and mark the following:</p> <ul style="list-style-type: none"> (a) penalty mark (b) penalty arc (c) centre circle (d) touch lines (e) goal lines (f) goal area (g) penalty area <p style="text-align: right;">[Recall]</p>
<p>67.</p>	<p><i>[Badminton]</i></p> <p>Draw a neat diagram of a badminton court and mark the following:</p> <ul style="list-style-type: none"> (a) service courts (b) back alley (c) net post (d) short service line (e) long service lines for doubles (f) side alley (g) long service line for singles <p style="text-align: right;">[Recall & Understanding]</p>

<p>68.</p>	<p><i>[Cricket]</i></p> <p>Draw a neat diagram of the cricket field and mark the following fielding positions for a right handed batsman:</p> <p>(a) long on (b) long off (c) mid on (d) mid off (e) square leg (f) third man (g) fine leg (h) mid wicket</p> <p style="text-align: right;">[Recall & Understanding]</p>
<p>69.</p>	<p><i>[Volleyball]</i></p> <p>Answer the following questions:</p> <p>(a) <i>three</i> key duties of the First referee in a volleyball match. (b) <i>three</i> main responsibilities of a volleyball coach. (c) <i>three</i> rules associated with a libero player in volleyball.</p> <p style="text-align: right;">[Recall & Understanding]</p>
<p>70.</p>	<p><i>[Badminton]</i></p> <p>Answer the following questions</p> <p>(a) Mention <i>any three</i> duties of an umpire in badminton. (b) Identify <i>three</i> situations in which a let is called in badminton. (c) How would you describe a smash shot in badminton?</p> <p style="text-align: right;">[Recall & Understanding]</p>

Answer Key

S.No.	Expected Answer
1.	(b) Swelling around the affected area.
2.	(d) It helps people to understand how to maintain a healthy lifestyle, prevent illness and injury, and manage chronic conditions.
3.	(a) Protein
4.	(c) sprain
5.	(a) Improves strength, flexibility, and coordination, which are essential for proper body mechanics and reducing the risk of injury.
6.	(b) It is a condition characterised by discomfort or pain in the lower region of the back, typically involving the muscles and nerves.
7.	(a) Pain on the bottom of the foot when you stand up after sleeping or sitting down.
8.	(c) It is a fatigue-induced tiny crack or a small sliver in a weight bearing bone.
9.	(b) 4 to 6 weeks.
10.	(a) Active participation.
11.	(c) recovery.
12.	(b) Principle of Progression.
13.	(a) Zig-zag run.
14.	(d) balance.
15.	(a) muscular strength and muscular endurance.
16.	(d) physical fitness.
17.	(a) Endomorph
18.	(a) physical development.
19.	(a) They have small delicate frame with long arms and legs.
20.	(c) to develop the awareness to follow the rules and regulations of the games.
21.	(a) Principle of Individuality
22.	(c) accuracy

S.No.	Expected Answer
23.	(a) ability of muscles to exert maximum force in the shortest amount of time, like when you run or swim.
24.	(d) (A) is false, but (R) is true.
25.	(a) Both (A) and (R) are true, and (R) is the correct explanation for (A).
26.	(a) Both (A) and (R) are true, and (R) is the correct explanation for (A).
27.	(c) (A) is true, but (R) is false.
28.	(d) Sprained ankle.
29.	(a) Principle of Continuity.
30.	(d) Posture.
31.	(d) Push-ups test.
32.	(c) Adolescence stage.
33.	(c) I-B, II-C, III-D, IV-A
34.	(d) I-2, II-1, III-4, IV-3.
35.	(a) D-1, A-2, C-3, B-4
36.	(d) 1-D, 2-A, 3-B, 4-C
37.	(c) 1-C, 2-B, 3-D, 4-A
38.	<p>The Duties of Coach:</p> <p>The duties of a football coach involve focusing on the process:</p> <ul style="list-style-type: none"> • to educate players through communicating ideas and concepts. • to improve players' technical ability by applying knowledge and skills. • to promote fair play and laws of the game. • to gain the trust of players, parents and fellow employees. • to establish and outline realistic goals and objectives.
39.	<p>Ball is live:</p> <ul style="list-style-type: none"> • during the jump ball, the ball is legally tapped by a jumper. • during a free throw, the ball is at the disposal of the free- throw shooter. • during a throw-in the ball is at the disposal of the player taking the throw-in.

S.No.	Expected Answer
40.	<p>Extra Time:</p> <p>When no team is able to score or when the scores are level in the normal duration of the match then tie break is applied. First extra time (Two equal periods not exceeding 15 minutes each) is given, in case tie remains unbroken, five penalty kicks are given to each team. The whole process used to decide the match is known as tie break.</p> <p>Penalty Kick:</p> <p>When no goal is scored or scores are equal after extra time, alternate penalty kicks are given to each team till the tie is broken.</p>
41.	Batsman out by Run Out.
42.	2 time outs and 6 substitutions per set will be allowed.
43.	<p><i>(briefly elaborate on any four)</i></p> <p>Men's Singles Women's Singles Men's Doubles Women's Doubles Mixed Doubles</p>
44.	<p>A goal is scored when the ball is played within the shooting circle by an attacker and does not travel outside the circle before passing completely over the goal-line and under the crossbar between the goal post.</p> <p>It is a goal scored by dribbling or passing within the shooting circle in a strategic move by the attacking players.</p>
45.	<p>A technical foul is a foul committed by any players on the court or bench coaches, other team officials that does not involve contact with the opponent while the ball is live. In this foul the opponent gets two free throws along with a throw in from centre. e.g. use of bad language or gesture, delay of game, excessive timeouts, unsporting conduct and violence.</p>
46.	<p>Psychological development objectives of physical education:</p> <ul style="list-style-type: none"> • To develop positive thoughts, ideas, behaviour, attitude, conduct and responses. • To develop alertness of mind and deep concentration through various physical activities. • To develop social qualities such as courtesy, sportsmanship, cooperation, teamwork, managing one's emotions and expressing them in a socially acceptable way. • To develop thinking skills such as organising and evaluating, focusing and remembering, decision-making, and creative problem-solving. • To inculcate values and skills to promote self-control, peace and relaxation to avoid the ill effects of stress, strain and fatigue. • 6. To develop the ability to plan, implement and evaluate decisions.

S.No.	Expected Answer
47.	<p>Sports training helps to prevent athletes from getting injured. Athletes need to practice their sport regularly and correctly. If they don't practice properly, they will make mistakes.</p> <p>Sports training emphasises warm-up and cool-down, wearing correct sports gear, providing rest up between training, intake of good nutrition, and focusing on technique.</p>
48.	<p>Benefits of Cooling Down:</p> <ul style="list-style-type: none"> • It reduces the rate of blood circulation and breathing rate. • It reduces the body temperature. • It helps in returning muscles to their initial length and tension. • It helps in preventing venous pooling of blood in the lower extremities. • Restore the physiological system close to baseline. • It helps to remove waste products from your muscles, such as lactic acid.
49.	<p>Responsibilities of a Coach:</p> <ul style="list-style-type: none"> • Planning and engaging coaching sessions and activities in a safe environment for trainees. • Providing suitable feedback to improve technique of trainees. • Evaluating the performance of trainees. • Identify areas for further development for trainees. • Ensuring that trainees perform to a high standard at all times. • Developing knowledge of trainees about nutrition, fitness, sports psychology.
50.	<p>Countries socio-economic status influences the growth and development as it decides the kind of nutrition, facilities, opportunities and genetic endowment the child gets. Poor socio-economic condition affects growth and development. Sanitary conditions, various parasitic morbidities, poor housing, stressful family conditions and bad financial situations have a serious effect on child growth and development. Children coming from adequate finances are more likely to grow and develop to optimal levels. (Any other relevant arguments)</p>
51.	<p>Self-motivation:</p> <p>Self-motivation can be defined as an individual's need to feel competency and pride in something. To follow a regular exercise schedule and healthy lifestyle one requires self-motivation. Self-motivation consists of three dimensions, <i>motivation to know</i>, <i>motivation to accomplish</i> and <i>motivation to experience stimulation</i>. Regular exercise based on scientific principles and healthy lifestyle helps an individual to stay healthier. Lack of physical activity and an unhealthy lifestyle can have a bad effect on physical fitness of an individual.</p> <p style="text-align: right;">(Any other relevant arguments or explanation)</p>

S.No.	Expected Answer
52.	<p>Improves knowledge of their sport:</p> <p>Sports training provides knowledge of the latest rules and regulation, techniques and tactics, methods of training, different components of physical fitness and psychological training to develop attitude, motivation and confidence. Knowledge of latest rules and regulation gives the athletes the knowledge they need to know and how to maximize performance without breaking the rules.</p>
53.	<p>Safe facilities:</p> <p>Safe facilities refer to the venue and the surroundings where the activity takes place. This can include the pool facilities used during a swimming meet, the facility of the goal posts during a football game etc. Facilities need to be safe both for the athletes and spectators. Bathrooms should work and running water should be available. Safe grounds, equipment and facilities help keep athletes safe to promote their well-being.</p>
54.	<p>Roughage: It is defined to be plant components that are not broken down by human digestive enzymes that promote elimination of waste from the large intestine. The muscles of the digestive system mix food with the digestive juices and put food along the intestines by peristalsis; if there is no fiber in your diet, these movements cannot work properly.</p> <p>Sources of roughage: It is available in wheat, Cornflakes, brown bread, white bread, cooked pasta and rice, whole wheat pasta, white pasta, white rice, dried apricots, orange, banana, strawberries, grapes, green beans, cabbage, carrots, cauliflower, sweet corn, tomato, lettuce, nuts and seeds, roasted and salted peanuts, almonds, sunflower seeds, peanut etc.</p>
55.	<p>Importance of Health Education:</p> <ul style="list-style-type: none"> • It provides information about the functioning of the body and the rules of health and hygiene. • It helps encourage people to adopt and sustain health-promoting lifestyles, which will help to improve the health status of individual families and the nation. • It helps promote the proper use of the health services that are available. • It enables the younger ones and adults to take precautionary and preventive measures against contamination and the spread of contagious diseases. • It makes people aware of immunisation programmes. • It reduces premature deaths. It prevents diseases and injuries.
56.	<p>(a) Tackling: An action to stop an opponent retaining possession of the ball.</p> <p>(b) Rolling substitution : It is a continuous replacement of one player from another throughout the game, as long as each side has 11 players on the field at once.</p> <p>(c) Sudden death: If a hockey match is tied after the end of regulation time, then an extra time of two 7.5-minute periods is played. During this period the team which scores the first goal is declared winner. It means the game ends as soon as one team scores.</p> <p>(d) Through pass: A pass that moves the ball forward to a teammate between two or three defending players.</p>

S.No.	Expected Answer
57.	<p>(a) Fundamental skills of batting:</p> <p>Block (backstroke), Hit ,Drive, On drive, Off drive, Straight drive, Cover drive, Cut, Late cut, Square cut, Upper Cut, Glance, Leg glance, Edge, Sweep, Paddle sweep, Reverse sweep, Paddle scoop, Pull Shot, Hook shot, Marillier shot, Slog shot, Flick shot, Hook, Textbook Shot, Switch hit. <i>(Any four)</i></p> <p>(b) Duties of the leg umpire:</p> <p>The leg umpire can give the following decisions:</p> <ol style="list-style-type: none"> 1) He gives 'No ball' if it is over the height of the shoulder of the batsman. 2) He gives a 'Wide ball' if the ball goes over the head of the batsman or wide of the wicket. 3) He gives a Run out and hits the wicket at the striker's end. 4) He gives stumping decisions and short runs at the striker's end. 5) He checks the power play positions of the players.
58.	<p>(a) Types of passes: <i>(Any two)</i></p> <ul style="list-style-type: none"> • Cross pass: A pass from a player located near the sideline towards the middle of the field; used to get the ball closer to the front of the goal. • Final pass: Between the goals before scoring the goal, if one player passes the ball to another player and succeeds in scoring the goal, it will be the final pass. • Through pass: A through pass is given towards forward direction between two or three defensive players either on the ground or in the air to the forward player, where he gets a scoring opportunity is called through pass. • Back Pass: This is a defensive pass and is used when attacker players have closed off all forward passing possibilities. The backward pass is a way to neutralise the pressure and maintain control of the ball. • Wall pass: This type involves a wing player and an inside teammate. The wing player's position usually runs along the outside of the field. The wing player passes the ball from the outside of the field to a teammate playing a position toward the inner part of the field. • Long Pass: The long pass is used to clear the ball to the opposite side of the field to a teammate who is open and has no defenders around him. • Chip Pass: A chip pass is like a through pass, but you chip the ball over a defender. • One Touch Pass: A one-touch pass is passing it immediately once you get the ball without another touch. When doing a one-touch pass, get ready to pass the ball at the right angle before the ball comes. <p>(b) Measurements:</p> <ol style="list-style-type: none"> (i) height of the goalpost: 2.44m (8 feet) (ii) width of the goalpost: 7.32m (8 yards or 24 feet) (iii) radius of the corner arc: 1m (1 yd) (iv) height of flag post: 1.5m high

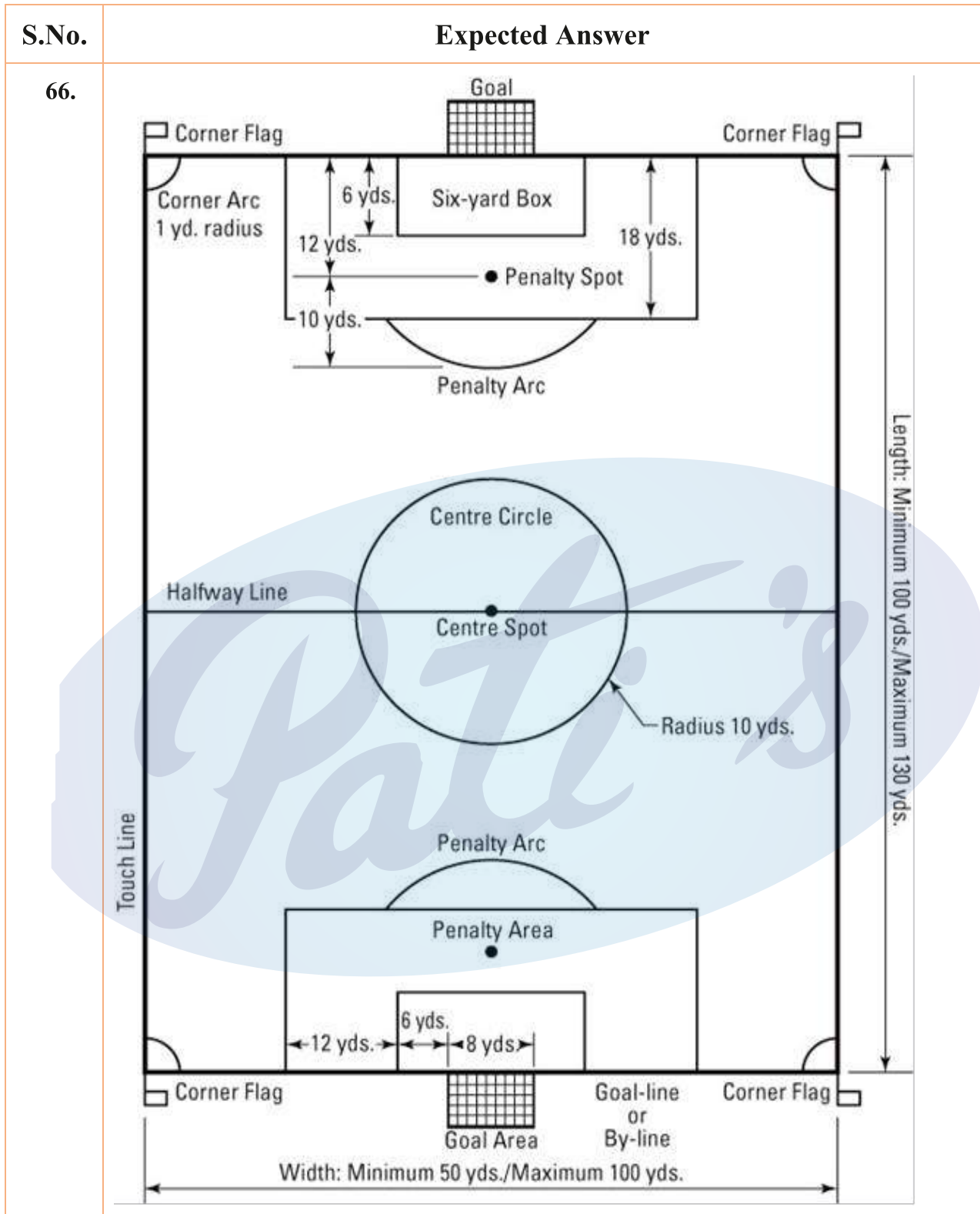
S.No.	Expected Answer
59.	(a) 12 (b) 5 (c) 5 (d) unlimited
60.	<p>(a) Rules for Double matches:</p> <p>(i) Sequence of serving in doubles:</p> <p>In any game, the right to serve shall pass consecutively:</p> <ul style="list-style-type: none"> • From the initial server who started the game from the right service court. • To the partner of the initial receiver. • To the partner of the initial server. • To the initial receiver. • To the initial server and so on. <p>(ii) Change of Ends:</p> <p>The players shall change ends at the end of the first game and at the end of the second game; if the third game is to be played, then the players should change ends when the leading player or players score 11 points. If, for some reason, a change is not made at this score, it should be made as soon as the mistake is noticed.</p> <p>(b) Procedure for conducting a tiebreaker:</p> <p>A game shall be won by the side which first scores 21 points.</p> <p>In the case of 20-all, the side which gains a two-point lead first shall win the game.</p> <p>If the score becomes 29-all, the side scoring the 30th point shall win the game.</p>
61.	<p>(a) Methods of increasing a team's score in cricket: (Any four)</p> <ul style="list-style-type: none"> • Hitting boundaries such as fours and sixes. • Running between the wickets to complete singles, doubles, or even triples. • When penalty runs are awarded. • When extra runs are awarded e.g. no ball, wide ball etc. • When a lost ball is called. <p>(b) Ways in Which a Batsman Can Be Dismissed in Cricket: (Any four)</p> <p>Bowled, Timed out, Caught, Handled the ball, Hit the ball twice, Hit wicket, Leg before wicket, Obstructing the field, Run out, and Stumped.</p>

S.No.	Expected Answer
62.	<p>(a) Points can be scored during Volleyball match: <i>(Any four)</i></p> <ul style="list-style-type: none"> • Winning a Rally: A team scores a point by successfully completing a rally, which involves playing the ball over the net and either grounding it on the opponent's court or forcing the opponents into a fault (such as hitting the ball out of bounds or failing to return it legally). • Serve Ace: When a player serves the ball over the net, and it lands in the opponent's court without being touched by any player, it is called a "serve ace," and the serving team scores a point. • Block Point: If the defensive player at the net blocks an opponent's attack, and the ball lands in the opponent's court or is touched by the opponents and goes out of bounds, the blocking team scores a point. • Hitting the Ball Out of Bounds: If a player hits the ball over the net, and it lands outside the boundary lines of the opponent's court, the opposing team earns a point. • Double Contact Violation: If a player contacts the ball twice in succession (except for blocking), or if two players on the same team contact the ball simultaneously, it results in a double contact violation, and the opposing team is awarded a point. • Net Violation: If a player touches the net during play (except for hair or uniform), it is considered a net violation, and the opposing team receives a point. • Foot Fault: If a player steps on or over the service line while serving, it is a foot fault, and the opposing team earns a point. <p>(b) True or False:</p> <ol style="list-style-type: none"> (i) true (ii) false (iii) true (iv) false
63.	<p>(a) Collective block: A collective block is executed by two or three players close to each other and is completed when one of them touches the ball.</p> <p>(b) Backrow attack: When a back row player takes off to jump behind the 10-foot/3-meter line and attacks the ball.</p> <p>(c) Antennae: An antenna is a flexible rod, 1.80m long and 10mm in diameter, made of fibreglass or similar material. It is fastened at the outer edge of each sideband. The top 80 cm of each antenna extends above the net and is marked with 10cm stripes of contrasting colour, preferably red and white. The antenna is considered as part of the net.</p> <p>(d) Joust: When two opposing players contact the ball simultaneously above the net, the ball momentarily comes to rest; the point is replayed if the official calls this.</p>

S.No.	Expected Answer
64.	<p>(a) (i) Ways of holding the racket: Forehand grip, Backhand grip, Bevel, Panhandle, Hammer grip</p> <p>(ii) Ways of hitting overhead shots: The overhead forehand Clear Shot, the overhead backhand Clear Shot , The overhead forehand Lob , the overhead forehand Drop Shot, the overhead forehand Smash Shot</p> <p>(b) Duties of service judge</p> <ul style="list-style-type: none">• Check the service fault of the serving player, like waist fault or foot fault.• To see that the server shall not serve before the receiver is ready.• To see that there is no undue delay in the service delivery.• In doubles, the partners are ready and have taken positions.• Clean the surface in case of sweat falling over the court.



S.No.	Expected Answer
65.	<p>The diagram illustrates the layout of a volleyball court with the following specifications:</p> <ul style="list-style-type: none"> Dimensions: The court is 18 M long and 9 M wide. Zones: <ul style="list-style-type: none"> Front Zone: 3 M from the Attack Line. Back Zone: 6 M from the Attack Line. Free Zone: 3 M to 8 M from the end line. Service zone: 15 cm from the End Line/Service Line. Lines: <ul style="list-style-type: none"> Attack Line: Located 3 M from the Front Zone. Centre Line: Located 9 M from the Attack Line. End Line/Service Line: The boundary of the court. Other Features: <ul style="list-style-type: none"> Pole: Located 0.50 to 1 M from the side line. Substitution Zone Pole: Located 3 M from the side line. Libero Replacement Zone: Located 3 M from the side line. Scorer Table and Team Bench: Positioned on the side of the court. Player Rotation Order: Indicated as 1, 2, 3, 4, 5, 6 in a clockwise direction.



S.No.	Expected Answer
67.	<p>The diagram illustrates the dimensions and layout of a badminton court. The total length is 13.40 m (44 ft). The front court is 5.18 m (17 ft) long, and the back court is 8.22 m (27 ft) long. The court is 6.10 m (20 ft) wide. The front court is divided into a center line, short service line, and short service line. The back court is divided into a long service line for singles and a long service line for doubles. The net is 1.98 m (6 ft 6 in) high. The posts are 0.46 m (1 ft 6 in) high. The court is divided into left and right service courts. The sidelines for singles and doubles are also shown.</p>

S.No.	Expected Answer
68.	<p>Cricket: Fielding positions for a right-handed batter</p> <p>The diagram illustrates the following fielding positions:</p> <ul style="list-style-type: none"> Off side (Left): Long stop, Fine, Deep, Third man, Square, Short, Fly slip, Gully, Backward, Point, Forward, Cover point, Deep cover point, Cover, Extra cover, Deep, Mid-off, Deep extra cover (sweeper cover), Wide, Long off, Straight hit, Off side. On side (Right): Long leg, Straight, Deep, Fine leg, Short, Backward short leg, Square, Deep backward, Leg slip, Leg gully, Backward, Square leg, Forward, Deep forward, Mid-wicket, Short, Silly mid-on, Short, Mid-on, Deep (sweeper), Deep forward, Wide, Long on, Straight, On (Leg) side. Central Positions: Slips (numbered 1-4), WK (Wicket-keeper), Short leg (Bat pad), Silly point, Silly mid-off, Short, Bowler (NS, U).

S.No.	Expected Answer
69.	<p>(a) Duties of first referee: <i>(Any three)</i></p> <ul style="list-style-type: none"> • Inspects the conditions of the playing area, the ball and other equipment. • He checks the net and antennae. • He checks the boundaries and ensures they are marked properly. • He performs the toss with the team captain. • Issues warnings to the teams. • Sanctions misconduct and delays. • He decides upon the faults of the server and the positions of the serving team. • He decides upon the faults on playing the ball. • He decides upon the faults above the net. • He decides upon the attack hit faults of the libero and back-row players. <p>(b) Duties of the coach: <i>(Any three)</i></p> <ul style="list-style-type: none"> • The coach writes/checks the names and numbers of his/ her player on the score sheet and signs it. • He will decide the captain. • He writes the position of the players on the score sheet and signs it. • He must direct warm-up sessions for his players on the playing court before the match. • Before each set, the coach gives the second referee or the scorer the line-up sheets duly filled in and signed. • He sits on the team bench nearest the scorer but must leave it. • He requests timeouts and substitutions <p>(c) Rules related to libero player: <i>(Any three)</i></p> <ul style="list-style-type: none"> • The libero plays a special role in team defence. • The libero must not serve, block or attempt to block. • The libero can be neither team captain nor game captain. • The libero player must wear a uniform whose jersey at least must contrast in colour with that of the other members of the team. • The libero is allowed to replace any player in a back-row position. • He /she is restricted to perform as a back row player and is not allowed to complete an attack hit from anywhere including playing court and free zone, if at the moment of the contact the ball is higher than the top of the net.

S.No.	Expected Answer
70.	<p>(a) Duties of Umpire: <i>(Any three)</i></p> <ul style="list-style-type: none"> • He conducts the toss at the start of the game. • He checks the condition of the playing surface, all the lines and net. • He calls decisions on service faults, lets, and any other player fault • He announces the match score to the players and audience throughout the match. He must announce the score after each point. • He gives a break to clean sweat. • He has the power to overrule any decisions made by the service judge or line judges. • The umpire also records any incidents of misconduct and reports them to the referee. <p>(b) Conditions when the umpire call Let: <i>(Any three)</i></p> <ul style="list-style-type: none"> • The server serves before the receiver is ready. • If, during service, the receiver and server are both faulted simultaneously. • If a shuttle is caught in the net and remains suspended on top or, after passing over the net, is caught in the net. • If, during play, the shuttle disintegrates, and the base completely separates from the rest of the shuttle. • The play is disrupted, or a player of the opposing side is distracted by a coach. • A line judge is unsighted, and the umpire cannot make a decision. • If a player gets injured during play and is unable to continue. • A shuttlecock from another court entering the playing area. • A player obstructing the opponent's shot unintentionally. <p>(c) Smash shot:</p> <p>The smash shot is an aggressive stroke where the player strikes the shuttlecock with power and speed, aiming to hit it steeply downward into the opponent's court. This shot is executed when the shuttle is high in the air, typically near the back of the court, and is used to score points by making the shuttlecock difficult for the opponent to return effectively. There are three main kinds of smash: the forehand, the jumping, and the backhand.</p>

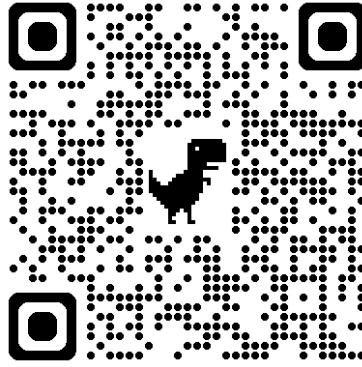


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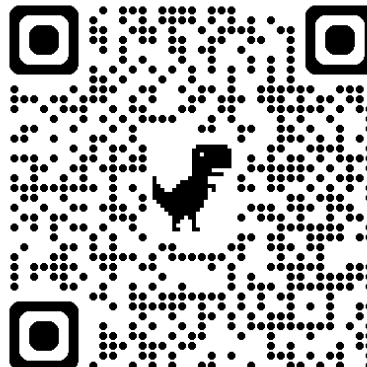
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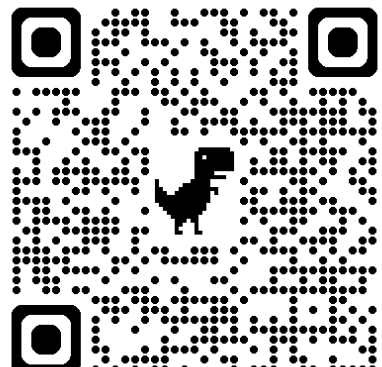
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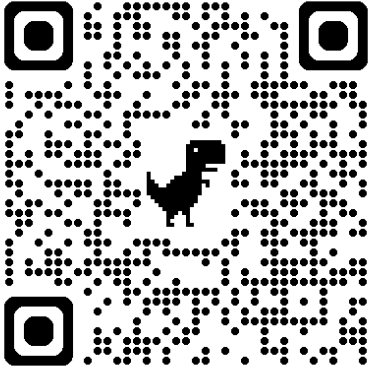
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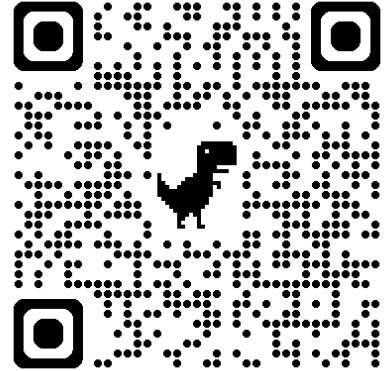
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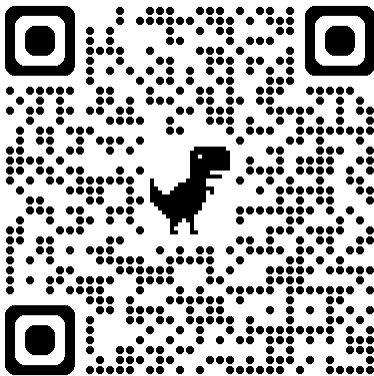
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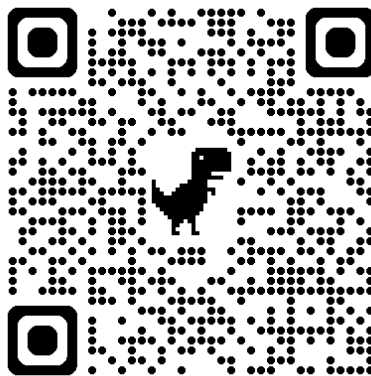
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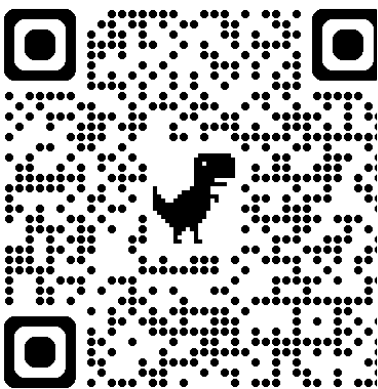
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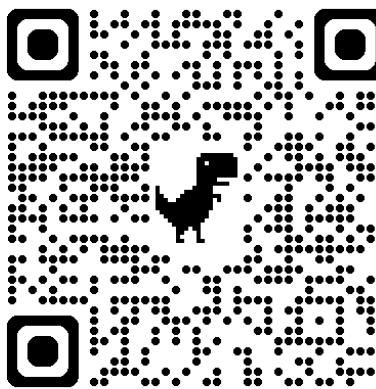
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