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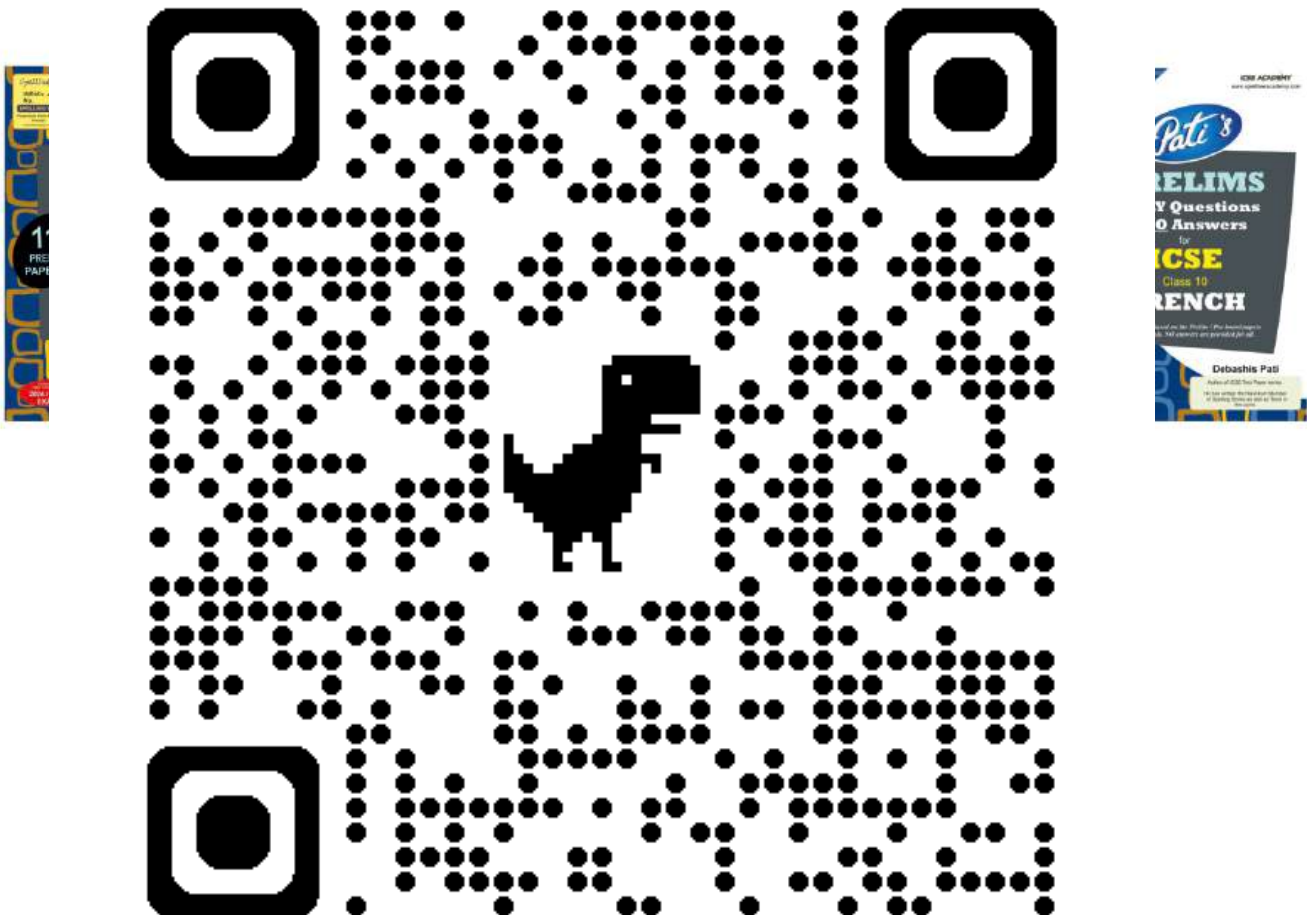
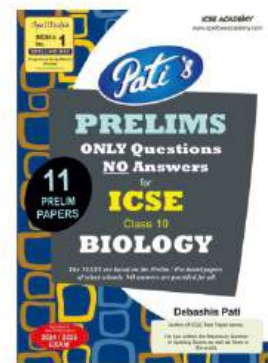
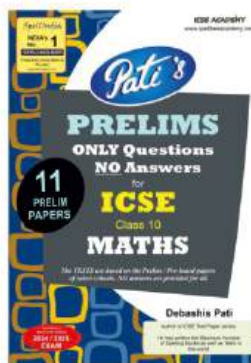
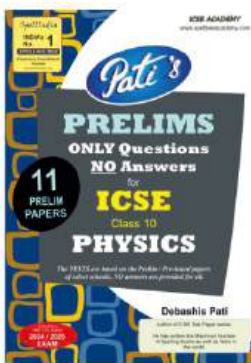
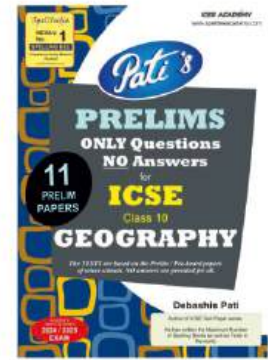
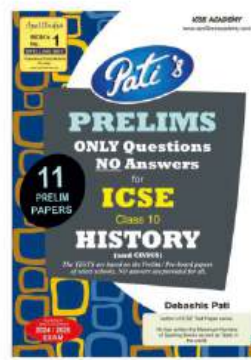
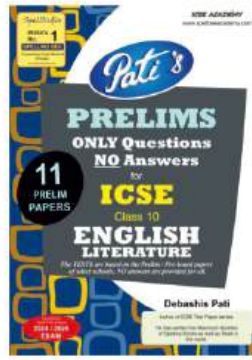
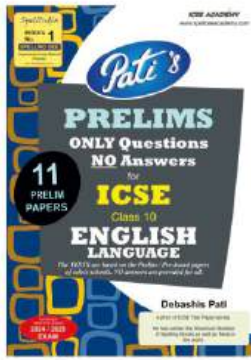
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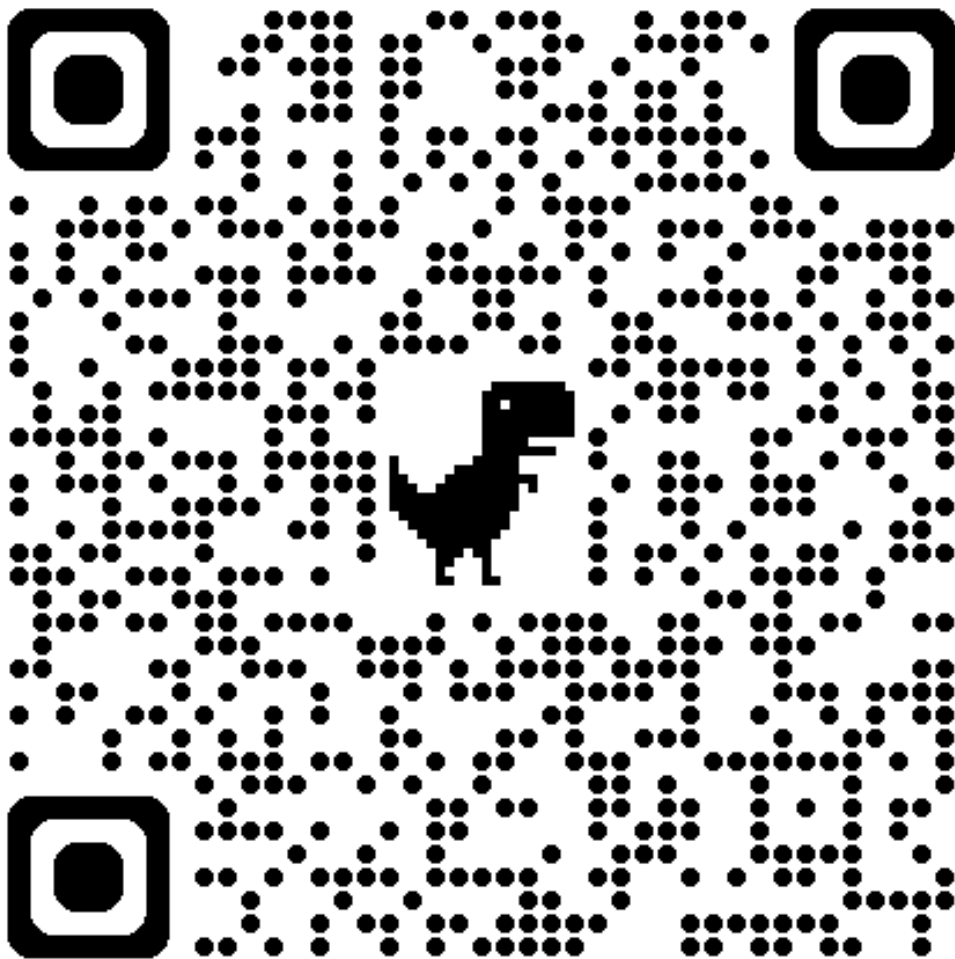
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Maximum Marks: 100

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.

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Turn Over

SEAL

SECTION A (50 Marks)

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

[20]

Question 1

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).

- (vi) 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.
- (vii) 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. **F**

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

- (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

(xix) 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

(x) _____ is used for the growth and repair of all the cells in the body.

- (a) Protein
- (b) Vitamin
- (c) Fat
- (d) Carbohydrate

(xi) 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

(xii) 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

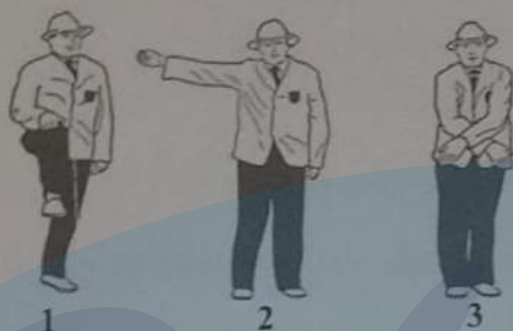
Question 5

- (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]
- Rally
 - Lunge
 - Deuce
 - Bird
- (ii) (a) List *any six* faults committed by a player in the game of badminton. [9]
- Explain the procedure of *scoring* in badminton.
 - Write *any three* basic skills coaches focus on while coaching the beginners in badminton.
- (iii) (a) What is a *short serve* in badminton? [8]
- Explain the term *drive* in badminton.
 - Define the term *set* in badminton.
 - 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.

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.*
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5. *Attempt **all** questions from **Section A** and **two** questions from **Section B**.*
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Instruction for the Supervising Examiner

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Turn Over

SECTION A (50 Marks)

(Attempt all questions from this Section.)

Question 1

[20]

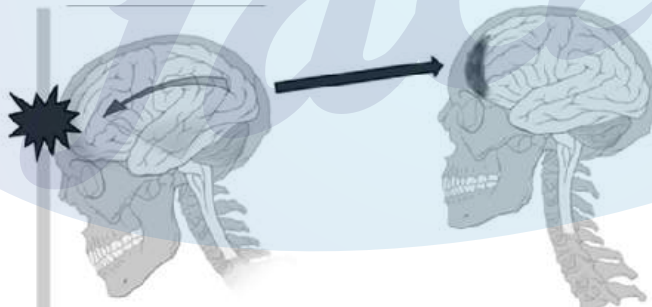
Choose the correct answers to the questions from the given options.

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

(i) _____ is the ability to stay upright in control of body movement:

- (a) Balance
- (b) Strength
- (c) Power
- (d) Agility

(ii) Identify the sports injury shown in the image given below.



- (a) Plantar Fasciitis
- (b) Achilles Tendonitis
- (c) Concussion
- (d) Strain

- (iii) Health education is primarily concerned with:
- (a) promoting medical treatment to individuals
 - (b) promoting healthy behaviour and lifestyle
 - (c) promoting medical research
 - (d) promoting new medical technologies
- (iv) **Assertion:** Development is the sequence of age-related changes that occur as a person progresses in his life.
- Reason:** Development includes both the biological and behavioural changes that take place as people grow older.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 - (b) Both (A) and (R) are true and (R) is not the correct explanation of (A)
 - (c) (A) is true and (R) are false
 - (d) (A) is false and (R) are true
- (v) What is the symptom of muscle strain injury?
- (a) A loud 'pop' or 'popping' sensation in the knee
 - (b) Swelling around the effected part
 - (c) Pain over the inside lower part of tibia or shin bone
 - (d) A feeling of instability or giving way with weight bearing
- (vi) Sprain is an injury of:
- (a) Bone
 - (b) Skin
 - (c) Ligament
 - (d) Tendon

- (vii) Principle of _____ is important to achieve performance through the years.
- (a) Adaption
 - (b) Variance
 - (c) Reversibility
 - (d) Continuity
- (viii) Which physical trait is associated with an Ectomorph?
- (a) Thin build
 - (b) Large Frame
 - (c) Broad shoulder
 - (d) Small feet
- (ix) The body type most suitable for wrestling is _____.
- (a) Pseudomorph
 - (b) Ectomorph
 - (c) Mesomorph
 - (d) Endomorph
- (x) The common sign of an ankle sprain injury is:
- (a) bruising on the toes
 - (b) pain along the shin bone
 - (c) swelling around the ankle joint
 - (d) numbness in the heel

(xi) Match the following:

- | | |
|------------------|--|
| I. Recovery | 1. Become better at a particular exercise or skill |
| II. Progression | 2. There should be greater than normal load |
| III. Specificity | 3. Body regenerates during rest |
| IV. Overload | 4. Overload should not be increased rapidly |

(a) I-3, II-4, III-1, IV-2

(b) I-3, II-2, III-1, IV-4

(c) I-1, II-2, III-4, IV-3

(d) I-3, II-1, III-2, IV-4

(xii) How does a stress fracture occur?

- (a) Repetitive pressure on the hip
- (b) It is caused by repetitive over-stretching of the plantar fascia
- (c) Direct blow to the epicondyle
- (d) Sudden change in training and increased physical stress

(xiii) Stretching exercise improves _____.

- (a) Strength
- (b) Power
- (c) Coordination
- (d) Flexibility

- (xiv) Sports psychology deals with:
- (a) Adolescence
 - (b) Body and its organ
 - (c) Behaviour of sports person
 - (d) Forces acting on body
- (xv) What is the main purpose of fibre in the diet?
- (a) To provide energy to the body
 - (b) To help build and repair muscles
 - (c) To aid in digestion and prevent constipation
 - (d) To boost the immune system
- (xvi) Development is a _____ process that occurs in an orderly predictable pattern.
- (a) temporary
 - (b) static
 - (c) continuous
 - (d) random
- (xvii) During a basketball game, a player twists his ankle. What is the immediate first aid response?
- (a) Apply ice and elevate the ankle
 - (b) Have the player to continue playing in order to avoid stiffness
 - (c) Massage the ankle vigorously
 - (d) Administer anti-inflammatory medication

- (xviii) A gymnastics coach notices that one of his athletes is consistently landing incorrectly while performing a routine exercise and putting excessive stress on his joints. Which of the following actions should the coach take to rectify the problem?
- (a) Encourage the athlete to continue practising to "toughen up"
 - (b) Work with the athlete to correct his technique and reduce the impact on his joints
 - (c) Tell the athlete to stop performing the routine to avoid injury
 - (d) Ask the athlete to continue performing the routine with breaks at regular intervals
- (xix) Which stage of life involves rebellion against parents and the society?
- (a) Childhood
 - (b) Adulthood
 - (c) Adolescence
 - (d) Elderhood
- (xx) The ability of the muscle to exert maximum force is:
- (a) Muscular endurance
 - (b) Flexibility
 - (c) Agility
 - (d) Muscular strength

Question 2

- (i) Explain *heredity* as a factor affecting human growth and development. [2]
- (ii) Explain the term *warming up* exercise. [2]
- (iii) State *any three* emotional development objectives of Physical Education. [3]
- (iv) What first aid should be given to a person suffering from lower back pain? [3]

Question 3

- (i) What is *Sports Training*? [2]
- (ii) What do you understand by *undernutrition*? [2]
- (iii) Explain the term *self-motivation*. [3]
- (iv) State *any three* responsibilities of Physical Education teacher. [3]

Question 4

- (i) What is the aim of Physical Education as a subject? [2]
- (ii) Explain the term Posture as a factor affecting physical fitness. [2]
- (iii) During a basketball game, Priyanka, while running, twists her knee and hears a loud pop in her knee followed by severe pain and swelling. She has difficulty moving her knee and feels it is unstable. [3]
 - (a) What is the recommended first aid treatment for Priyanka's injury?
 - (b) From the given information, which injury did Priyanka suffer according to you?
- (iv) Write down *any three* typical traits of a mesomorph body. [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

Answer the following questions:

- (i) (a) What is *sledging* in cricket? [8]
(b) Explain the term *overthrow*.
(c) What is meant by obstructing the field, by the batsman in cricket?
(d) List *any four* compulsory equipment used by a batsman in cricket.
- (ii) (a) State *any three* variations of spin bowling. [9]
(b) A batting team was given a free hit during a match. Give *any three* situations wherein a batsman gets a free hit in the game of cricket.
(c) The physical education teacher takes his class to play a game of Cricket. He forms two teams to play the match. Most of the players are new to this game. The teacher hands the ball over to Chandramukhi to start the game. She bowls the first ball and is a little unsure of the ball size. Basanti strikes the ball and goes to take the runs and after taking the runs she was a little confused.
1. Help Chandramukhi by stating the *standard circumference of the ball*.
 2. Basanti who was little confused while running between the wickets felt that the pitch was short. Help Basanti by stating the *standard size of the pitch*.
 3. The teacher asked the children about the size of the bat. What should it be according to you?

- (iii) (a) Draw a diagram of cricket field and mark the following fielding positions: [8]
1. Long on
 2. Mid off
 3. Square leg
 4. Mid wicket
- (b) Name the correct terms used in the game of cricket for the following:
1. A bowler takes three consecutive wickets in an over in the cricket match.
 2. A batsman strikes the ball which lands directly outside the pavilion.
 3. When a bowler oversteps the popping crease.
 4. A batsman while trying to hit a shot, hits his own wicket.

Question 6

- (i) Explain the following terms: [8]
- (a) Night watchman
 - (b) Seam bowling
 - (c) Leg bye
 - (d) Test match
- (ii) (a) In a cricket match, a player scores runs for his team. List *any three* ways of scoring runs. [9]
- (b) Explain the term *extra*.
 - (c) Mention *any three essential skills* of players in cricket.

- (iii) (a) What do you mean by *bump ball*? [8]
- (b) Explain the term *appeal*.
- (c) What do you mean by *handling the ball*?
- (d) List *any four* compulsory equipment used by a wicket keeper in cricket.

FOOTBALL

Question 7

- (i) Explain the following terms in football: [8]
- (a) Injury time
- (b) Sliding tackle
- (c) Penalty area
- (d) Corner kick
- (ii) (a) Write the importance of Technical area. [9]
- (b) Mention *any three* duties of the referee before the match.
- (c) During a football match, a team is compelled to change the player. Give the procedure to be followed to change the player.
- (iii) (a) Explain the term *kicking* in football. [8]
- (b) Explain the term *sudden death* in football.
- (c) What do you mean by *heading* in football?
- (d) Explain *Abandoned match*.

Question 8

- (i) Explain the following terms in Football: [8]
- (a) Advantage
 - (b) Banana kick
 - (c) Thigh trap
 - (d) Penalty arc
- (ii) (a) State *any three* duties of an assistant referee. [9]
- (b) How is a goal scored in the game of football?
- (c) Under which *three* situations is a player not considered off-side?
- (iii) Draw a well labelled diagram of football field and mark the following dimensions: [8]
- (a) Touch line
 - (b) Goal line
 - (c) Centre circle
 - (d) Penalty mark
 - (e) Penalty arc
 - (f) Goal area
 - (g) Penalty area

HOCKEY

Question 9

- (i) Explain the following terms in hockey: [8]
- (a) A Tackle
 - (b) A goal line
 - (c) A cross
 - (d) A scoop
- (ii) (a) Explain the execution of *dribbling* in hockey. [9]
- (b) State *any three* responsibilities of an umpire in a game of hockey.
- (c) Mention *three* situations when a penalty stroke is awarded.
- (iii) Answer the following: [8]
- (a) A hockey team consists of how many players? How many player s play in a match?
 - (b) When is a player substituted in a game of hockey?
 - (c) Name *any two* types of dribbling in hockey.
 - (d) List *any two* points of importance of dodging.

Question 10

- (i) Explain the following terms in hockey: [8]
- (a) Dangerous play
 - (b) A Raised ball
 - (c) Back stick
 - (d) Playing distance

- (ii) (a) Which signal shall the umpire give for the following? [9]
1. Goal scored
 2. Obstruction
 3. Penalty corner
- (b) The Umpire is responsible for any decision in a hockey match. List *any three* situations in which the umpire awards a *penalty stroke* in a hockey match.
- (c) To win a hockey match, the team has to score maximum goals. What is the method of scoring a goal in hockey?
- (iii) State the following: [8]
- (a) Height of the corner flag post.
 - (b) Duration of the match for men and women.
 - (c) The dimensions of the goal post.
 - (d) Weight of the ball and weight of the stick.

BASKETBALL

Question 11

- (i) Explain the following terms in basketball: [8]
- (a) Violation
 - (b) A pivot foot
 - (c) A lay-up shot
 - (d) Alternating possession arrow

- (ii) (a) Shooting is an important skill for a team's success in a basketball match. [9]
Name *any three* types of shooting techniques a team must possess in basketball.
- (b) What is a *Cylinder Principle* in basketball?
- (c) During a basketball match, a team must follow the rule of Throw-in. Write *any three* rules to be followed during throw-in.
- (iii) (a) Explain the term *air ball*. [8]
- (b) Explain the term *Twenty-four second rule*.
- (c) What is the weight and circumference of the ball?
- (d) When is time-out given? What is the duration of a time-out?

Question 12

- (i) Explain the following terms: [8]
- (a) Travelling
- (b) Rebounding
- (c) Board shot
- (d) A substitution
- (ii) (a) Give the signals for the following: [9]
1. Jump ball
 2. Double foul
 3. Time in
- (b) Explain the term *alternating possession*.

(c) In a basketball match, Ankur School is playing against Ajit Karam Singh Public School. Both the teams have equal number of scores, with 15 seconds remaining on the game clock. A player from Ankur School dribbles the ball and stops to make a pass. Finding no one free to make a pass, he dribbles the ball again. The referee blows the whistle.

1. What was the violation according to the referee?
2. How will the referee signal this violation?

- (iii) (a) When is the ball considered to be out of bounds? [8]
- (b) List *any four* types of passing in basketball.
- (c) What is *zone defense*?
- (d) Name *two* status of the ball in basketball.

VOLLEYBALL

Question 13

- (i) Explain the following terms in volleyball: [8]
- (a) Back zone
 - (b) Warming up area
 - (c) Technical time out
 - (d) Smash
- (ii) (a) What is *blocking*? Who is allowed to do the blocking? [9]
- (b) Is hand passing over the net a fault? Explain.

(c) A volleyball team has a specialised libero player during a match. Mention *any three* rules related to him.

(iii) State the following: [8]

- (a) The length and breadth of the playfield.
- (b) The height of the net for men and women.
- (c) Weight and circumference of the ball.
- (d) The dimension of free zone area and service line.

Question 14

(i) Briefly explain the following: [8]

- (a) Number of contacts
- (b) A collective block
- (c) Center line
- (d) Booster

(ii) (a) List *any three* duties of First Referee. [9]

- (b) Write in detail the procedure of substitution during game.
- (c) Name *any three* National based volleyball tournaments.

(iii) (a) Write the dimensions and characteristics of the ball used in a game of volleyball. [8]

- (b) Name *any four* faults related to the game of volleyball.

BADMINTON

Question 15

- (i) Explain the following terms: [8]
- (a) Net lift
 - (b) Set
 - (c) Love all
 - (d) Single footwork base
- (ii) (a) When is a player permitted to leave the court to take advice during a match? [9]
- (b) Mention *any three* instances when shuttle is considered not in play.
- (c) What are the different techniques required for a good service?
- (iii) Answer the following questions: [8]
- (a) What is the length and breadth of a badminton court for doubles?
 - (b) What is the height of the pole from the ground?
 - (c) How many feathers are there in a shuttle?
 - (d) What is the measurement of mesh of a badminton net?

Question 16

- (i) Explain the following terms: [8]
- (a) Deuce
 - (b) Half Smash
 - (c) Wide Serve
 - (d) Wood shot

- (ii) (a) The match between Chennai and Bangalore will be played in Mumbai. State [9]
any three conditions under which this play can be suspended.
- (b) Give the differences between singles match and doubles match in badminton.
- (c) In an inter-house badminton match, a player is sanctioned by the referee in the match. List *any three* instances this player should avoid so that he/she is not penalised by the referee.
- (iii) (a) Write full form of BWF and BAI. [8]
- (b) Name *any two* national tournaments.
- (c) Explain the term *lunge*.
- (d) Write the weight and diameter of the base of a shuttle.

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 20 printed pages.

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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) Enhancing the level of physical fitness is possible with the help of _____.
- (a) Coordination
 - (b) Strength
 - (c) Training
 - (d) Over nutrition
- (ii) The ability of a joint to move through a full range of motion is called _____.
- (a) Agility
 - (b) Speed
 - (c) Coordination
 - (d) Flexibility
- (iii) If you love a particular sport and have excellent verbal communication skills, then you can choose a career as a _____.
- (a) Sports person
 - (b) Sports manager
 - (c) Commentator
 - (d) Sports Official

- (iv) Which of the following helps to improve cardio-respiratory endurance?
- (a) Lifting weights
 - (b) Anaerobic exercises
 - (c) Pull-ups
 - (d) Aerobic exercises
- (v) Which of the following body types is characterised by pear-shaped structure?
- (a) Endomorph
 - (b) Mesomorph
 - (c) Ectomorph
 - (d) Pseudomorph
- (vi) **Assertion (A):** Poor physical fitness of players is the common cause of sports injuries.
- Reason (R):** Physically fit players are less likely to sustain injuries during sports.
- (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 and (R) is false.
 - (d) (A) is false and (R) is true.
- (vii) Which of the following is a component of physical fitness?
- (a) Variance
 - (b) Frequency
 - (c) Speed
 - (d) Individuality

- (viii) Identify which component of physical fitness is being displayed in the given picture:



- (a) Stamina
(b) Endurance
(c) Flexibility
(d) Power
- (ix) Genetic disorder is caused by _____.
- (a) environmental factor
(b) abnormality in genes
(c) lifestyle
(d) temperature of the area
- (x) Maintaining a regular schedule of training with minimal interruption is called _____.
- (a) principle of overload
(b) principle of periodisation
(c) principle of specificity
(d) principle of continuity

(xi) Mahipal is a trainer of the Kolkata Football Team. In order to improve the endurance of his team Mahipal designs a training program. Which of the following training methods should he follow?

- (a) Increase intensity and duration of the training gradually
- (b) Focus on high-intensity interval training only
- (c) Incorporate strength training exercise only
- (d) Ignore proper warm-up and cool-down procedures

(xii) Match the following:

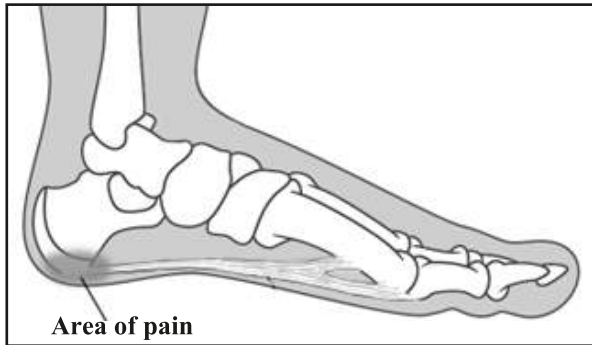
- | | |
|-------------------------|----------|
| I. Abrasion | 1. Head |
| II. Concussion | 2. Ankle |
| III. Torn ACL | 3. Skin |
| IV. Achilles tendonitis | 4. Knee |

- (a) I-3, II-1, III-4, IV-2
- (b) I-3, II-4, III-2, IV-1
- (c) I-4, II-3, III-1, IV-2
- (d) I-2, II-3, III-4, IV-1

(xiii) The qualification required for a physical education teacher to teach at the school level in India is:

- (a) PhD
- (b) B.P.Ed.
- (c) Sports management
- (d) NIS

(xiv) Identify the sports injury shown in the image below:



- (a) Sprained Ankle
 - (b) Achilles Tendonitis
 - (c) Planter Fasciitis
 - (d) Tennis Elbow
- (xv) Which body type is characterised as long and lean, with low body fat and little muscle?
- (a) Endomorph
 - (b) Mesomorph
 - (c) Ectomorph
 - (d) Pseudomorph
- (xvi) Health related physical fitness components are:
- (a) Agility and Speed
 - (b) Cardiorespiratory endurance and Flexibility
 - (c) Balance and Coordination
 - (d) Power and Speed

- (xvii) The adulthood stage falls between the age of _____.
- (a) 10 to 17 years
 - (b) 14 to 18 years
 - (c) 12 to 19 years
 - (d) 19 to 65 years
- (xviii) An umpire, referee, scorer, linesmen etc. at a sporting event is known as a/an _____.
- (a) coach
 - (b) official
 - (c) manager
 - (d) commentator
- (xix) **Assertion (A):** A balanced diet depends on age; gender and the type of work that one is required to perform.
- Reason (R):** A balanced diet is composed of carbohydrates, proteins, fats, vitamins, minerals and water.
- (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 and (R) is false.
 - (d) (A) is false and (R) is true.
- (xx) What is the primary purpose of warm-up exercise before physical activity?
- (a) To improve performance
 - (b) To prevent injuries
 - (c) To increase strength
 - (d) To enhance flexibility

Question 2

- (i) Define *strength*. [2]
- (ii) Explain sports management as a career. [2]
- (iii) Name *any three* factors affecting physical fitness. [3]
- (iv) How does proper knowledge of rules of the games or sports help in the prevention of injuries? [3]

Question 3

- (i) Explain the principle of *reversibility*. [2]
- (ii) What is *overnutrition*? [2]
- (iii) John is a 15 year old boy who has a sedentary lifestyle. He studies in Class X and gives importance to academics and hardly plays any games. He gain s weight easily. John decides to change his lifestyle. He wants to be physically fit. The coach prepares a training schedule exclusively for John to help him to achieve his goal. [3]
 - (a) Which principle of sports training will the coach apply?
 - (b) What is the body type of John?
 - (c) Which factor of physical fitness does the case study of John highlight?
- (iv) Write *any three* objectives of Physical Education. [3]

Question 4

- (i) What is *agility*? [2]
- (ii) What do the letters I and C stand for in PRICER? [2]

- (iii) Sports Injuries can have an adverse effect on the performance of an athlete. Write *any three* causes of sports injuries. [3]
- (iv) Write *any three* factors which effect a balanced diet. [3]

SECTION B (50 Marks)

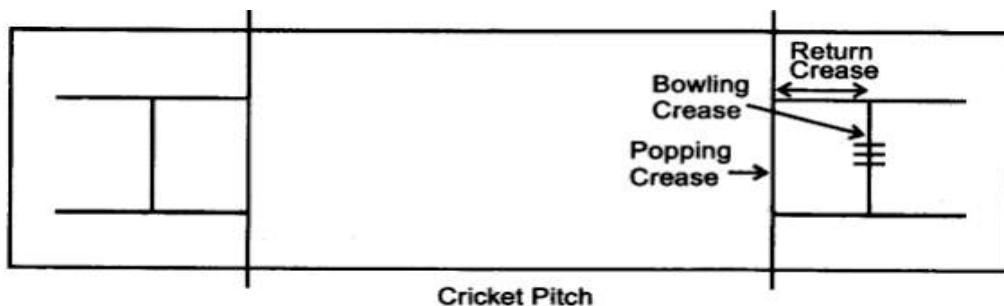
(Attempt **two** questions from this Section.)

(You must attempt **one** question on each of the **two** games of your choice.)

CRICKET

Question 5

- (i) Explain the following terms used in cricket: [8]
- Hook shot
 - Beamer
 - Reverse sweep
 - Hit wicket
- (ii) (a) Write the measurements of the following: [9]
- Popping crease
 - Bowling crease
 - Return crease



- (b) Who assists the main umpire in the field of play in a cricket match? List *any two* duties of the assisting umpire.
- (c) The captain feels satisfied with his/her team's scores in a test match and declares his/her team's innings. Explain *Declaration* in cricket.

(iii) Name and explain the term: [8]

- (a) A fielder illegally **alters** the condition of the ball.
- (b) A batsman comes **late** to the crease after the fall of the previous wicket.
- (c) A bowler bowls a legal ball. It would have hit the stumps if the **batsman's leg** would not have come in the way of the delivery.
- (d) A person who sits behind a screen and clears all the doubts which are **referred to him** from the field, during the match.

Question 6

(i) Explain in following terms: [8]

- (a) Yorker
- (b) Seam bowling
- (c) A Runner
- (d) Innings

(ii) (a) State *any three* duties of a Match Referee. [9]

- (b) Mention *any three* fielding positions on "onside" of the field of play.
- (c) Gabbar Sharma opens the innings for his team Mumbai Riders . Rajasthan Kings were fielding and placed only two fielders outside the 30 yard circle while the remaining 9 are inside the 30 yard circle. Gabbar Sharma hits the

ball over the mid-off for an excellent four runs on one of the balls. The very next ball he steps out of the crease to hit a six but misses the ball. The wicket keeper catches the ball and dislodges the bails before Gabbar Sharma could get back to his crease.

1. Is Gabbar Sharma out or not out? If out, what is the term used for the dismissal?
2. Rajasthan Kings placed only 2 players outside the 30 yard circle. Why?
3. Which umpire on the field will give the decision regarding Gabbar Sharma's dismissal?

- (iii) (a) State the full form of ICC and BCCI. [8]
- (b) What is the importance of the 30 yard circle?
- (c) Explain the term *overthrow*.
- (d) What is meant by *bodyline bowling*?

FOOTBALL

Question 7

- (i) Explain the following terms in Football: [8]
- (a) Trapping
 - (b) Advantage
 - (c) Defender
 - (d) Additional time

- (ii) (a) Explain the rule to be followed to take an indirect free kick in a football match. [9]
- (b) During a match between Delhi and Goa, Delhi's attacking player kicks the ball outside Goa's goal line. What is the procedure to restart the game?
- (c) Give *three* measurements of the following:
1. Penalty arc
 2. Penalty mark
 3. Goal area



- (iii) (a) What is *dribbling* in football? [8]
- (b) State the duration of the match and duration of extra time.
- (c) What is the importance of *Technical area*.
- (d) Explain the term *sudden death* in football.

Question 8

- (i) Explain the following terms in football: [8]
- (a) Dropped ball
 - (b) Corner kick
 - (c) Centre circle
 - (d) A through pass
- (ii) (a) Mention *three* fouls of a goalkeeper that results in an indirect free kick being awarded. [9]
- (b) Mention *any three* duties of an assistant referee.
- (c) To conduct a football match, the referee needs his personal kit. List *any three* items from the kit.
- (iii) (a) A team wins a match using their passing skills. List *any two* passing skills. [8]
- (b) When is a team awarded a goal kick?
- (c) Explain the term when the goalkeeper is *sent off* from the match.
- (d) In a local tournament, the organising committee installed goalposts with a distance of 6 metres between the two posts and a crossbar height of 2 metres from the ground.
- A player from one team raised concerns about the size of the goal. As per rules, what should be the correct dimensions?

HOCKEY

Question 9

(i) Explain the following terms in hockey: [8]

- (a) A Reverse hit
- (b) Dangerous play
- (c) Advantage
- (d) Flick

(ii) (a) List the *three* cards used by the umpire during a hockey match. [9]

(b) Goalkeeper is the backbone of a team's success in a hockey match. Give *any three* responsibilities of a hockey goalkeeper.

(c) Identify and name the *three* signals as given below:

(1)



(2)



(3)



(iii) (a) When does the substitution of players take place in the game of hockey? [8]

- (b) What are shin-guards? Why are they used?
- (c) Who assists the two umpires during a hockey match?
- (d) How many defensive players are allowed to stand behind the backline during a penalty corner?

Question 10

- (i) Explain the following: [8]
- (a) Carried
 - (b) A bully
 - (c) Astro turf
 - (d) Playing distance
- (ii) (a) When is a goal awarded in hockey? [9]
- (b) Mention *any three* fouls committed by a goalkeeper.
- (c) List *any three* equipment which the umpire should carry while conducting a match.
- (iii) Draw a neat diagram of the hockey field with its measurements. [8]

BASKETBALL

Question 11

- (i) Explain the following time rules: [8]
- (a) '5' seconds
 - (b) '3' seconds
 - (c) Playing Time
 - (d) Charged Timeout

- (ii) (a) In a match, players of Team A and Team B are not able to take clear possession of the basketball. What will be the referee's decision? [9]
- (b) Name *any three* international basketball tournaments.
- (c) Mention *any three* situations when the ball is considered live in a game of basketball.
- (iii) Give *two* differences between: [8]
- (a) 'Zone-Defense' and 'Man-to-Man Defense'.
- (b) 'Technical Foul' and 'Unsportsmanlike Foul'.

Question 12

- (i) Explain the following terms in Basketball: [8]
- (a) Violation
- (b) Double Dribble
- (c) Press
- (d) Held Ball
- (ii) (a) A coach plays a major role in a team's success. List *any three* duties of a coach. [9]
- (b) During a basketball match, the referee administers a jump ball. Give *any three* jump ball situations in the game of basketball.
- (c) To win a basketball match, list the types of baskets (goals or points) that can be credited to a team's win.
- (iii) (a) How is the tie broken in basketball when the score is tied at full time? [8]
- (b) List *any two* types of passes in the game of basketball.

- (c) Write the full form of BFI and FIBA.
- (d) Define the term *carry*.

VOLLEYBALL

Question 13

- (i) Explain the following terms in volleyball: [8]
 - (a) Attack line
 - (b) Rotational fault
 - (c) Service zone
 - (d) Triple block
- (ii) (a) Mention *any three* acts of breach which are punishable. [9]
 - (b) List *any three* delays in a volleyball match.
 - (c) State *any three* serving faults.
- (iii) Write the measurements of the following: [8]
 - (a) Playing field
 - (b) Length of service line
 - (c) Length of the net
 - (d) Height of the net for men
 - (e) Antenna
 - (f) Circumference of the ball
 - (g) Width of line
 - (h) Weight of the ball

Question 14

- (i) Explain the following: [8]
- (a) Assisted hit
 - (b) Consecutive contact
 - (c) Rotation
 - (d) Technical time-out
- (ii) (a) The first referee has an important role to play in a match. List the duties of a referee in the match. [9]
- (b) Name *any three* zones marked on the volleyball court.
 - (c) List *any three* penetration faults in a game of volleyball.
- (iii) (a) Explain *legal* and *illegal* substitution in volleyball. [8]
- (b) Draw a neat diagram of a volleyball court and mark the following:
- 1. Side line
 - 2. Service line
 - 3. Attack line
 - 4. Front zone

BADMINTON

Question 15

- (i) Explain the following terms in badminton: [8]
- (a) Rubber
 - (b) Net kill
 - (c) Push shot
 - (d) Tumbling net shot
- (ii) (a) Mention *any three* duties of the umpire in a game of badminton. [9]
- (b) In badminton, a player uses different types of shots in a match. Write *any three* shots that can be played by a player.
- (c) During an inter school badminton match, Rahul hits a smash to his opponent's court, but the shuttle goes out of the end line.
1. What will be the decision of the referee?
 2. What will be the role of line judges in the decision?
- (iii) Give measurements of the following: [8]
- (a) Size of the court (single)
 - (b) Size of the court (double)
 - (c) Width of the net
 - (d) Height of the net from centre
 - (e) Weight of the shuttle
 - (f) Length of the feathers
 - (g) Length of the racket
 - (h) Weight of the racket

Question 16

- (i) Explain the following terms in badminton: [8]
- (a) Baseline smash
 - (b) Flick
 - (c) Forecourt
 - (d) Hairpin net shot
- (ii) (a) Explain the procedure to be followed for performing the correct service. [9]
- (b) Mention *any three* faults committed by a player in a game of badminton.
- (c) Explain *any three* basic skills in badminton.
- (iii) (a) How many points does a game consist of for singles and doubles? [8]
- (b) When do the players change ends?
- (c) Name *any two* types of serve.
- (d) Explain whether a player can strike the shuttle before it crosses the net.

PHYSICAL EDUCATION

Maximum Marks: 100

Time allowed: 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.

*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[].

SECTION A (50 Marks)

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

Question 1

[20]

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

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

- (i) The stage from the age of 5 to 12 years is called _____.
- (a) Infancy
 - (b) Adolescence
 - (c) Adulthood
 - (d) Childhood

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- (ii) What is full form of MCL?
- (a) Medial Cruciate Ligament
 - (b) Medial Cramp Ligament
 - (c) Medial Crucial Ligament
 - (d) Medial Collateral Ligament
- (iii) An education which develops harmonious growth and development of a child:
- (a) Physical Fitness
 - (b) Health Education
 - (c) Physical Education
 - (d) Sports Training
- (iv) Exercise helps in increasing _____ to the brain.
- (a) Ideas
 - (b) Oxygen flow
 - (c) Energy
 - (d) Rest
- (v) What is the minimum qualification to become a basketball coach in India?
- (a) NIS Diploma
 - (b) B.P.Ed
 - (c) M.Phil
 - (d) Ph.D
- (vi) _____ is used for growth and repair of all the cells in the body.
- (a) Protein
 - (b) Vitamin
 - (c) Carbohydrate
 - (d) Sodium

- (vii) The body cannot repair itself without rest and _____.
- (a) continuity
 - (b) adaptation
 - (c) recovery
 - (d) frequency
- (viii) The ability of a person to do daily work without fatigue is called _____.
- (a) Progression
 - (b) Physical Fitness
 - (c) Balance
 - (d) Obesity
- (ix) The ability to perform movement/actions at a faster rate is called _____.
- (a) Endurance
 - (b) Power
 - (c) Stamina
 - (d) Speed
- (x) **Assertion (A):** The growth refers to the increase in size, length and weight.
Reason (R): The growth can be felt only through estimate and inspection.
- In the context of the above two statements, which one of the following is correct?
- (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)

(xi) A good level of physical fitness is helpful in preventing _____.

- (a) Agility
- (b) Speed
- (c) Injuries
- (d) Performance

(xii) Match the following:

- | | |
|-------------------------------|---|
| I. Physical development | 1. A child recognizes his parents well. |
| II. Psychological development | 2. A child learns to roll over. |
| III. Social development | 3. A child is afraid of the dark in night. |
| IV. Emotional development | 4. A child learns to share a toy with a friend. |

- (a) I-1, II-3, III-4, IV-2
- (b) I-3, II-4, III-2, IV-1
- (c) I-4, II-3, III-1, IV-2
- (d) I-2, II-1, III-4, IV-3

(xiii) Cartwheel in gymnastics is an example of _____.

- (a) Dynamic Balance
- (b) Static Balance
- (c) Active Balance
- (d) Passive Balance

(xiv) The unit used to describe the energy content of food is called as _____.

- (a) Litre
- (b) Kilogram
- (c) Calorie
- (d) Meter

- (xv) Which is the longest stage of human growth and development?
- (a) Adulthood
 - (b) Childhood
 - (c) Infancy
 - (d) Adolescence
- (xvi) _____ is an important element which makes up for almost 70% of our body weight.
- (a) Fibers
 - (b) Minerals
 - (c) Fat
 - (d) Water
- (xvii) What is the most common symptom of Achilles Tendonitis injury?
- (a) Patients may experience knee instability
 - (b) Tenderness on the outside of the elbow
 - (c) Pain above the heel, especially when stretching the ankle
 - (d) Repeated vomiting or nausea
- (xviii) According to the Principle of Progression, the overload should not be _____.
- (a) Increased Rapidly
 - (b) Increased Normally
 - (c) Increased Specifically
 - (d) Increased Regularly
- (xix) _____ is essential for the healthy development of a child.
- (a) Recreation
 - (b) Proper nutrition
 - (c) Meditation
 - (d) Exertion

(xx) Overstretching of ligament causes _____.

- (a) Contusion
- (b) Concussion
- (c) Strain
- (d) Dislocation

Question 2

(i) Define Physical Education. [2]

(ii) Explain the term Co-ordination. [2]

(iii) Kiaan, a 15-year-old student, is an active participant in various sports activities at school. He excels in activities that require endurance and agility, such as long distance running and soccer. Kiaan's body structure is lean with long limbs. [3]

Reshma, a 16-year-old student, has a tendency to gain weight easily. She finds it challenging to engage in high intensity activities due to her body's natural inclination towards storing fat. However, she enjoys activities like Yoga and Pilates.

Kagesha, a 16-year-old student, is passionate about weightlifting and power lifting. She consistently participates in strength training programs and competitions. Kagesha has a muscular and compact physique with well-defined muscles.

- (a) Identify Kiaan's body type.
- (b) Identify Reshma's body type.
- (c) Identify Kagesha's body type.

(iv) Mention *any three* factors that influence the growth and development of an individual. [3]

Question 3

- (i) What is sprained ankle? [2]
- (ii) Identify the injury in the given picture and write *any two* symptoms of the injury. [2]



- (iii) List *any six* components of physical fitness. [3]
- (iv) State *any three* importance of physical fitness. [3]

Question 4

- (i) What do you mean by balanced diet? [2]
- (ii) Explain the term stress fracture. [2]
- (iii) What is cardiovascular endurance? [3]
- (iv) Explain in detail the principle of recovery in sports training. [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: [8]
- (a) An appeal
- (b) Body line bowling
- (c) Night watchman
- (d) Leg before wicket

- (ii) (a) Mention *any six* fielding positions on “off side” of the field of play. [9]
- (b) State *any three* duties of a captain during the match.
- (c) What are the signals of the main umpire for the following?
1. Leg bye
 2. Dead ball
 3. Free hit
- (iii) Explain the following terms in Cricket: [8]
- (a) A duck
 - (b) A century
 - (c) Danger Area
 - (d) A Pull shot

Question 6

- (i) Explain the following terms in Cricket: [8]
- (a) Sight screen
 - (b) Upper cut
 - (c) Tail ender
 - (d) Flick shot
- (ii) (a) Mention the essential wicket keeping skills in Cricket. [9]
- (b) State *any six* ways of a batsman getting out in Cricket.
- (c) What is the importance of 30 yard circle in the game of Cricket?
- (iii) Explain the following terms in Cricket: [8]
- (a) Short run
 - (b) Power play
 - (c) Bye
 - (d) Free hit

FOOTBALL

Question 7

- (i) Explain the following terms in Football: [8]
- (a) Goal line technology
 - (b) Quarter circle
 - (c) Touch line
 - (d) Heading
- (ii) (a) What is kick off and when is it conducted in the game of Football? [9]
- (b) Explain the procedure of penalty kick during the game.
- (c) When is an indirect free kick awarded?
- (iii) (a) Explain the term Nutmeg. [8]
- (b) Write the full form of AIFF and IFAB.
- (c) What do you understand by the term 'man to man marking' in Football?
- (d) Explain the term Attacker.

Question 8

- (i) Explain the following terms in Football: [8]
- (a) Zonal marking
 - (b) Overlap
 - (c) Technical area
 - (d) Optional mark

- (ii) (a) Mention *any three* instances for which a direct free kick is awarded. [9]
- (b) Explain Allowance for time lost in Football. (*Any three*)
- (c) Explain the importance of red card and yellow card in Football.
- (iii) (a) Mention *any four* duties of the referee in Football. [8]
- (b) Differentiate between goal kick and corner kick.

HOCKEY

Question 9

- (i) Explain the following terms in Hockey: [8]
- (a) Rebound
- (b) Through pass
- (c) Rusher
- (d) Forehand
- (ii) (a) State *any three* occasions when the umpire blows the whistle in the game. [9]
- (b) List *any three* “Do nots” that players are to avoid during a game.
- (c) Explain the procedure of Centre pass in Hockey.
- (iii) Answer the following: [8]
- (a) Length and breadth of the hockey play field.
- (b) The duration of the game for men and women.
- (c) The width and height of the goal post.
- (d) Weight and Circumference of the hockey ball.

Question 10

- (i) Explain the following terms in Hockey: [8]
- (a) Undercutting
 - (b) Loose dribble
 - (c) A temporary suspension
 - (d) Long corner
- (ii) (a) Write down the *six* fundamental skills involved in the game of Hockey. [9]
- (b) Name *any three* national tournaments in Hockey.
- (c) List *three* offences of defenders penalized with a penalty corner.
- (iii) Explain the following terms in Hockey: [8]
- (a) Sideline hit
 - (b) Back stick
 - (c) Man to man marking
 - (d) Manufactured foul

BASKETBALL

Question 11

- (i) Explain the following terms in Basketball: [8]
- (a) Loose ball
 - (b) Double foul
 - (c) Jump ball
 - (iv) Fake

- (ii) (a) State *any three* duties of timekeeper in Basketball. [9]
- (b) Mention *any three* violations that may occur during the course of the game.
- (c) When does a team forfeit its right to play?
- (iii) (a) Explain the term charging in Basketball. [8]
- (b) What is the weight and circumference of the ball?
- (c) What is a game clock in Basketball?
- (d) What is the length and breadth of the Basketball court?

Question 12

- (i) Explain the following terms in Basketball: [8]
- (a) Dead ball
- (b) Triple threat
- (c) Fast break
- (d) Box out
- (ii) (a) Name *any three* Time-rule violations in Basketball. [9]
- (b) Name *any three* international tournaments in Basketball.
- (c) State *any three* technical equipment of the table officials in Basketball.
- (iii) (a) Explain the term Free throw. [8]
- (b) What is screening in Basketball?
- (c) Explain the term Drive in Basketball.
- (d) Explain the term Carry in Basketball.

VOLLEYBALL

Question 13

- (i) Explain the following terms in Volleyball: [8]
- (a) Free ball
 - (b) Foot fault
 - (c) Spike or smash
 - (d) Positional fault
- (ii) (a) Explain the term Incomplete team. [9]
- (b) Explain the procedure of substitution during play.
- (c) Mention *any three* duties of Line judges in Volleyball.
- (iii) (a) Explain the term Double contact in Volleyball. [8]
- (b) When is the ball considered “out”?
- (c) When and by whom was Volleyball invented?
- (d) What is ‘Quick hit’ in Volleyball?

Question 14

- (i) (a) What is meant by Service area? [8]
- (b) What are Side bands?
- (c) Who requests the referee for a substitution?
- (d) When is the service changed during a match?
- (ii) (a) Name *any three* international tournaments in Volleyball. [9]
- (ii) List *any three* blocking faults of Volleyball player.
- (iii) State *any three* ways a team can score a point in a game of Volleyball.

- (iii) Explain the following terms in Volleyball: [8]
- (a) Four hits
 - (b) Double block
 - (c) Prolonged interruption
 - (d) A misconduct

BADMINTON

Question 15

- (i) Explain the following terms in Badminton: [8]
- (a) Short serve
 - (b) Clear lob
 - (c) Alley
 - (d) Lunge
- (ii) (a) Mention *any three* fundamental skills of a player in Badminton. [9]
- (b) Name *any three* international tournaments in Badminton.
- (c) When is a 'Let' awarded in Badminton?
- (iii) Write short notes on: [8]
- (a) All
 - (b) Service judge
 - (c) Types of grips
 - (d) A carry

Question 16

- (i) Explain the following: [8]
- (a) Rear court
 - (b) Rally
 - (c) Wood shot
 - (d) Bird
- (ii) (a) Explain the scoring system in Badminton. [9]
- (b) Names the types of games in Badminton.
- (c) State *any three* duties of the umpire in Badminton.
- (iii) Explain the following terms in Badminton: [8]
- (a) Drop shot
 - (b) Smash
 - (c) Follow through
 - (d) Service order

PHYSICAL EDUCATION

Maximum Marks: 100

Time allowed: 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.*

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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 [].

SECTION A (50 Marks)

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

Question 1

[20]

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

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

(i) Adulthood starts from _____ years onwards.

- (a) 17
- (b) 18
- (c) 19
- (d) 20

(ii) What is the full form of ACL?

- (a) Anatomy Cruciate Ligament
- (b) Anterior Cramp Ligament
- (c) Anatomy Collateral Ligament
- (d) Anterior Cruciate Ligament

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Turn Over

- (iii) The passing of traits from parents to their offspring is known as _____.
- (a) Puberty
 - (b) Infancy
 - (c) Childhood
 - (d) Heredity
- (iv) The ability to stay upright in control of body movement:
- (a) Balance
 - (b) Strength
 - (c) Power
 - (d) Agility
- (v) To develop the ability to respect the attitudes and values of others is _____.
- (a) Emotional development
 - (b) Physical development
 - (c) Social development
 - (d) Psychological development
- (vi) Which body type can be characterised by a round body?
- (a) Endomorph
 - (b) Ectomorph
 - (c) Mesomorph
 - (d) None of these
- (vii) The ability to cover the maximum distance in minimum time is:
- (a) Endurance
 - (b) Speed
 - (c) Strength
 - (d) Flexibility

- (viii) Which option is not a prevention of an injury?
- (a) Warming up and cooling down to be done.
 - (b) Fitness of the participant.
 - (c) Proper Training of skills.
 - (d) Not resting between workout, using faulty skills and equipment.
- (ix) A diet containing right amount of nutrients for efficient working of body is called:
- (a) Food
 - (b) Diet
 - (c) Stapled diet
 - (d) Balanced diet
- (x) Which of the following statements correctly defines strength?
- (a) The power that helps to lift and carry objects.
 - (b) The capacity to move a body part or whole body at a faster rate.
 - (c) The ability to resist fatigue.
 - (d) The ability to stretch muscles using external help.
- (xi) _____ is an important element which makes-up for almost 70% of our body weight.
- (a) Water
 - (b) Fiber
 - (c) Minerals
 - (d) Fats

- (xii) Training at an appropriate intensity and gradually increasing the amount of stress placed on the body is known as:
- (a) Progressive Overload
 - (b) Intensity
 - (c) Adaptation
 - (d) Specificity
- (xiii) _____ is not a factor which affects our diet.
- (a) Age
 - (b) Gender
 - (c) Body weight
 - (d) Personality
- (xiv) The body cannot repair itself without rest and _____.
- (a) Continuity
 - (b) Adaptation
 - (c) Recovery
 - (d) Frequency
- (xv) The full form of PRICE is:
- (a) Provide, Rest, Infect, Compress, Elevate
 - (b) Protect, Rest, Ice, Compress, Elevate
 - (c) Protect, Rest, Ice, Compact, Elevate
 - (d) Provide, Rest, Ice, Compact, Elevate

- (xvi) The ability of the body to change direction quickly:
- (a) Agility
 - (b) Co-ordination
 - (c) Flexibility
 - (d) Speed
- (xvii) _____ means increase in size, height, length or weight.
- (a) Growth
 - (b) Development
 - (c) Body types
 - (d) Obesity
- (xviii) Periodization means:
- (a) The regular training of sports and games.
 - (b) The irregular workout during sports and games.
 - (c) The specific process of training and work load every day.
 - (d) The systematic planning of athletic or physical training.
- (xix) The physical strength decreases in _____ stage.
- (a) Adolescence
 - (b) Infancy
 - (c) Old age
 - (d) Adulthood

(xx) Overstretching of ligament causes:

- (a) Fracture
- (b) Sprain
- (c) Concussion
- (d) Shin Splint

Question 2

- (i) State *any two* differences between growth and development. [2]
- (ii) What is first aid? [2]
- (iii) List *any three* main objectives of physical education. [3]
- (iv) State *any three* characteristics of Mesomorph body. [3]

Question 3

- (i) What is flexibility? [2]
- (ii) Explain the term sports training. [2]
- (iii) State *any three* preventive measures to be taken in order to avoid Sports Injuries. [3]
- (iv) Mention *any three* points on the importance of health education. [3]

Question 4

- (i) Explain the term Physical Fitness. [2]
- (ii) Define the term balanced diet. [2]
- (iii) State *any three* responsibilities of a coach in physical education. [3]
- (iv) List *any three* components of physical fitness. [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: [8]
- (a) Maiden Over
 - (b) Reverse sweep
 - (c) Substitute
 - (d) Declaration
- (ii) (a) Give *any three* instances when the umpire can call and signal a 'Dead Ball'. [9]
- (b) Explain the *three* types of formats played in cricket.
- (c) State *any three* variations of pace bowling.
- (iii) Explain the following terms in cricket: [8]
- (a) Hat trick
 - (b) Bump ball
 - (c) Yorker
 - (d) Nick

Question 6

- (i) Explain the following terms in cricket: [8]
- (a) Bouncer
 - (b) Golden duck
 - (c) Overthrow
 - (d) Dead Rubber
- (ii) (a) State the full form of ICC, BCCI, LBW. [9]
- (b) Write the following:
1. Weight of the Cricket ball.
 2. Length of the Cricket pitch.
 3. Height of the stumps.
- (c) What is the inner circle on the cricket field called? What is its significance?
- (iii) (a) List *any four* compulsory equipment used by the batsman in cricket. [8]
- (b) Explain the term Dot ball in cricket.
 - (c) Give *any four* instances when an umpire can declare a batsman out.
 - (d) Explain the term Bodyline Bowling in cricket.

FOOTBALL

Question 7

- (i) Write short note on: [8]
- (a) Zonal marking
 - (b) Technical area
 - (c) Advantage
 - (d) Wall pass

- (ii) (a) Name *any three* fundamental skills of football. [9]
- (b) Write *any three* occasions when the ball is said to be out of play in the game of football.
- (c) When is a goal kick awarded and from where is it taken?
- (iii) Write the following: [8]
- (a) Height of the corner flag.
- (b) Height and width of the goal post.
- (c) Weight and circumference of the football.
- (d) Minimum and maximum number of players required to start a football match.

Question 8

- (i) Explain the following terms in football: [8]
- (a) Offside
- (b) Throw-In
- (c) Indirect Free kick
- (d) Additional time
- (ii) (a) How many substitutes are allowed in a football match? Write down the procedure of substitution during the game. [9]
- (b) State *any three* ways of restarting the play.
- (c) State *any three* fouls for which the referee can show a Red Card to the player.

- (iii) Draw a neat and labelled diagram of a football field showing the following measurements: [8]
- (a) Length and breadth
 - (b) Penalty area
 - (c) Goal area
 - (d) Penalty mark
 - (e) Penalty arc
 - (f) Centre circle
 - (g) Corner arc

HOCKEY

Question 9

- (i) Explain the following terms: [8]
- (a) Push pass
 - (b) Flick
 - (c) Reverse stick
 - (d) Tackle
- (ii) (a) What do you mean by Penalty corner in hockey? [9]
- (b) Mention *any three* duties of the referee.
- (c) Explain shooting circle along with its importance in the game of hockey.
- (iii) (a) Write the full form of FIH and IHF. [8]
- (b) Explain *any two* situations when a free hit is awarded to the opponent.
- (c) Explain the term Centre pass.
- (d) List *any four* equipment that a goalkeeper should wear during the game.

Question 10

- (i) Explain the following terms in hockey: [8]
- (a) Scoop
 - (b) Long corner
 - (c) 16-yard hit
 - (d) Obstruction
- (ii) (a) When is the ball out of play in the game of hockey? [9]
- (b) Write *any three* duties of a captain in hockey.
- (c) What is the method of scoring a goal in hockey?
- (iii) (a) Explain how substitution is done in hockey. [8]
- (b) What do you mean by Indian dribbling?
- (c) Explain the term Give-and-Go in hockey.
- (d) Explain the term Rebound.

BASKETBALL

Question 11

- (i) Explain the following terms: [8]
- (a) Fast break
 - (b) Held ball
 - (c) Man to man marking
 - (d) Fake
- (ii) (a) Explain the '8' second rule in basketball. [9]
- (b) Give *any three* jump ball situations in basketball.
- (c) State *three* occasions when the ball becomes dead during play.
- (iii) Explain the following terms: [8]

- (a) Double dribble
- (b) Box out
- (c) Twenty-four second rule
- (d) Triple threat

Question 12

- (i) (a) What happens when the match ends in a draw? [8]
- (b) Name the types of Screening in basketball.
- (c) When is time-out given? What is the duration of a time-out?
- (d) Explain the term Zone defense.
- (ii) (a) List *any three* technical equipment required for conducting a basketball match. [9]
- (b) Name *any three* types of shots taken in basketball.
- (c) Mention *any three* rules of throw in related to basketball.
- (iii) Draw a neat and labelled diagram of the basketball field with the following measurements: [8]
 - (a) Length
 - (b) Breadth
 - (c) Centre circle
 - (d) Free throw line
 - (e) Restricted area
 - (f) Neutral zone
 - (g) No charge zone

VOLLEYBALL

Question 13

- (i) Explain the following terms in volleyball: [8]
- (a) Block assist
 - (b) Floater
 - (c) Attack zone
 - (d) Quick set
- (ii) Enumerate *any three* duties of: [9]
- (a) First referee
 - (b) Assistant referee
 - (c) Captain
- (iii) Explain the following terms: [8]
- (a) Ball down
 - (b) Net violation
 - (c) Joust
 - (d) Jump float

Question 14

- (i) Explain the following terms in volleyball: [8]
- (a) Extension roll
 - (b) Free ball
 - (c) Closing the block
 - (d) Trap set
- (ii) (a) Mention *any three* fundamental skills of volleyball. [9]
- (b) Name *any three* important tournaments of volleyball.
- (c) List *any three* faults in the game of volleyball.

- (iii) (a) What is the difference between time out and technical time out? [8]
- (b) State *any two* types of delays in the game of volleyball.
- (c) State the number of Libero players a team can include in the team list.
- (d) Explain the term 'four hits'.

BADMINTON

Question 15

- (i) Explain the following terms: [8]
- (a) Follow through
- (b) Wood shot
- (c) An alley
- (d) Mid court
- (ii) (a) Write *any three* fundamental skills of badminton. [9]
- (b) When is a shuttle not in play?
- (c) Enlist the types of serve in badminton.
- (iii) Explain the following: [8]
- (a) Net lift
- (b) Tumbling net shot
- (c) Full smash
- (d) Set

Question 16

- (i) Explain the following terms: [8]
- (a) Bird
- (b) Half smash
- (c) Wide serve
- (d) Drop shot

- (ii) (a) Mention *any three* duties of service judge in badminton. [9]
- (b) Mention the difference between long service and short service.
- (c) Explain the scoring system in badminton.
- (iii) (a) Name *any four* tournaments of Badminton. [8]
- (b) Explain the term Hairpin net shot.
- (c) What is a rally?
- (d) Explain the term Baseline smash.



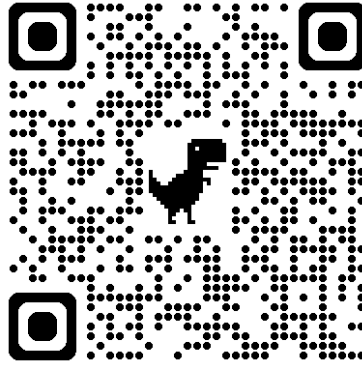


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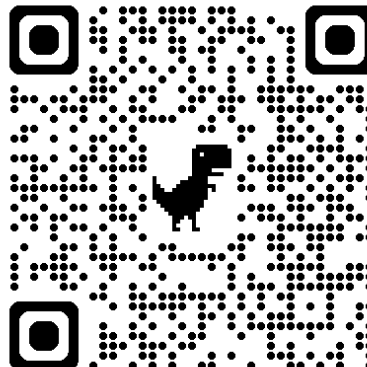
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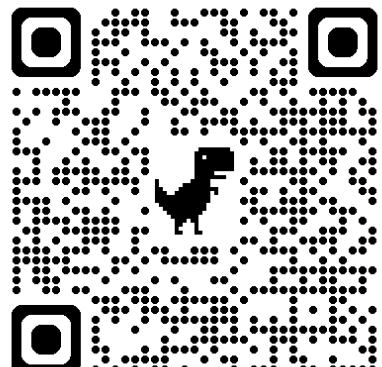
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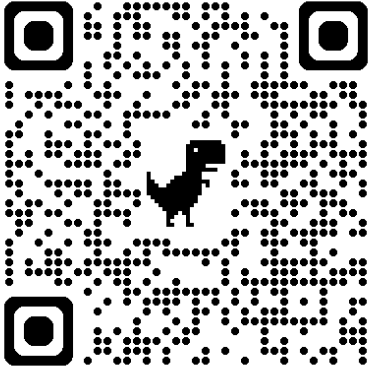
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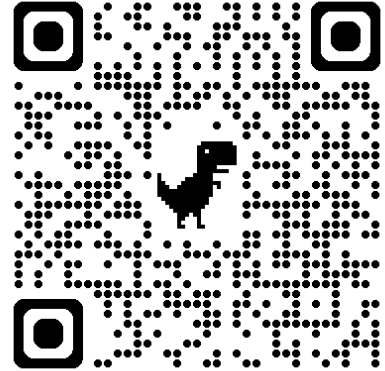
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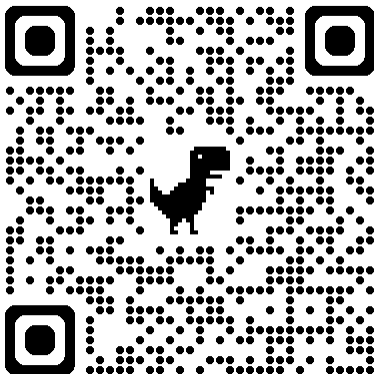
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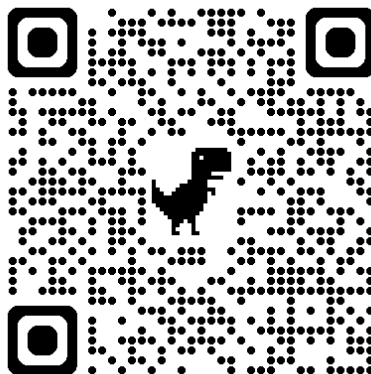
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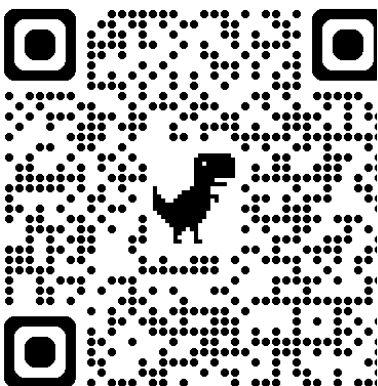
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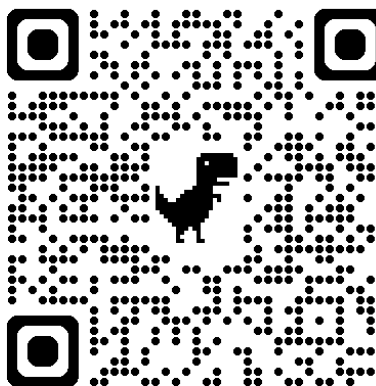
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