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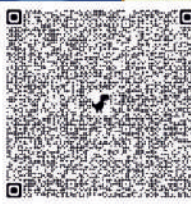
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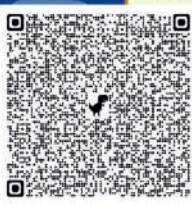
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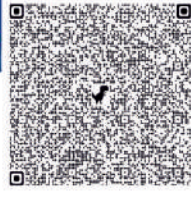
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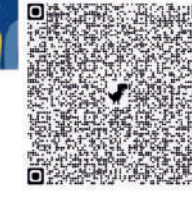
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The TESTS are based on the Prelim / Pre-board papers of various schools. Answers are provided for all.
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According to
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2024 / 2025
EXAM

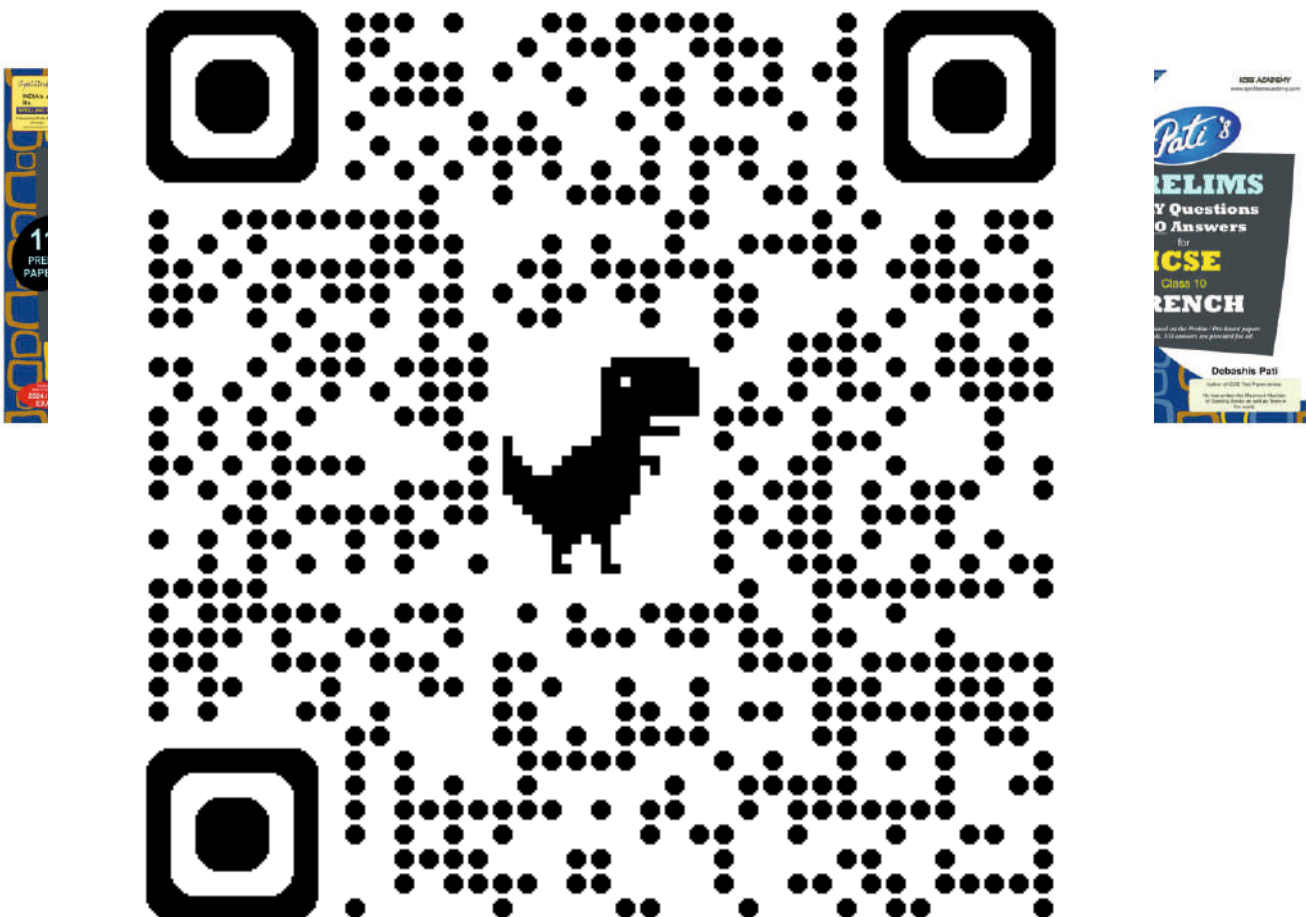
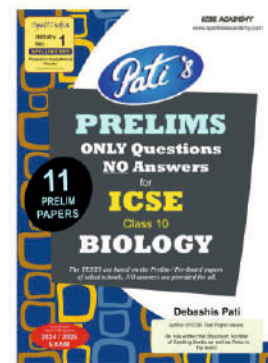
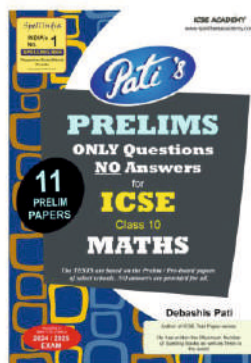
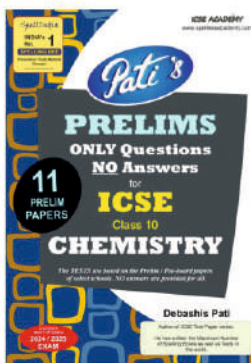
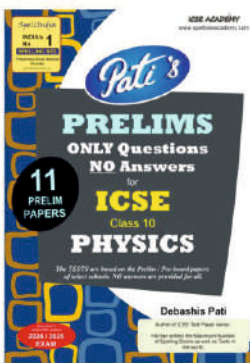
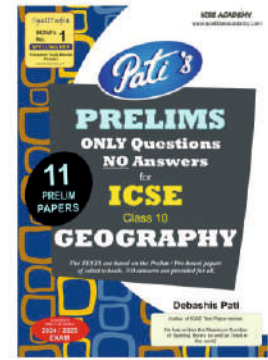
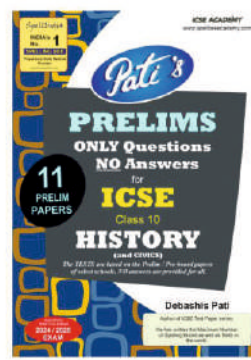
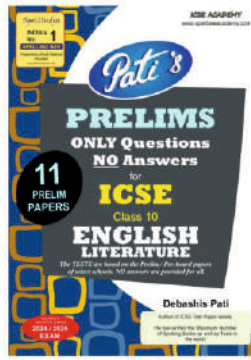
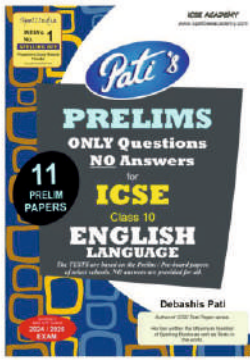
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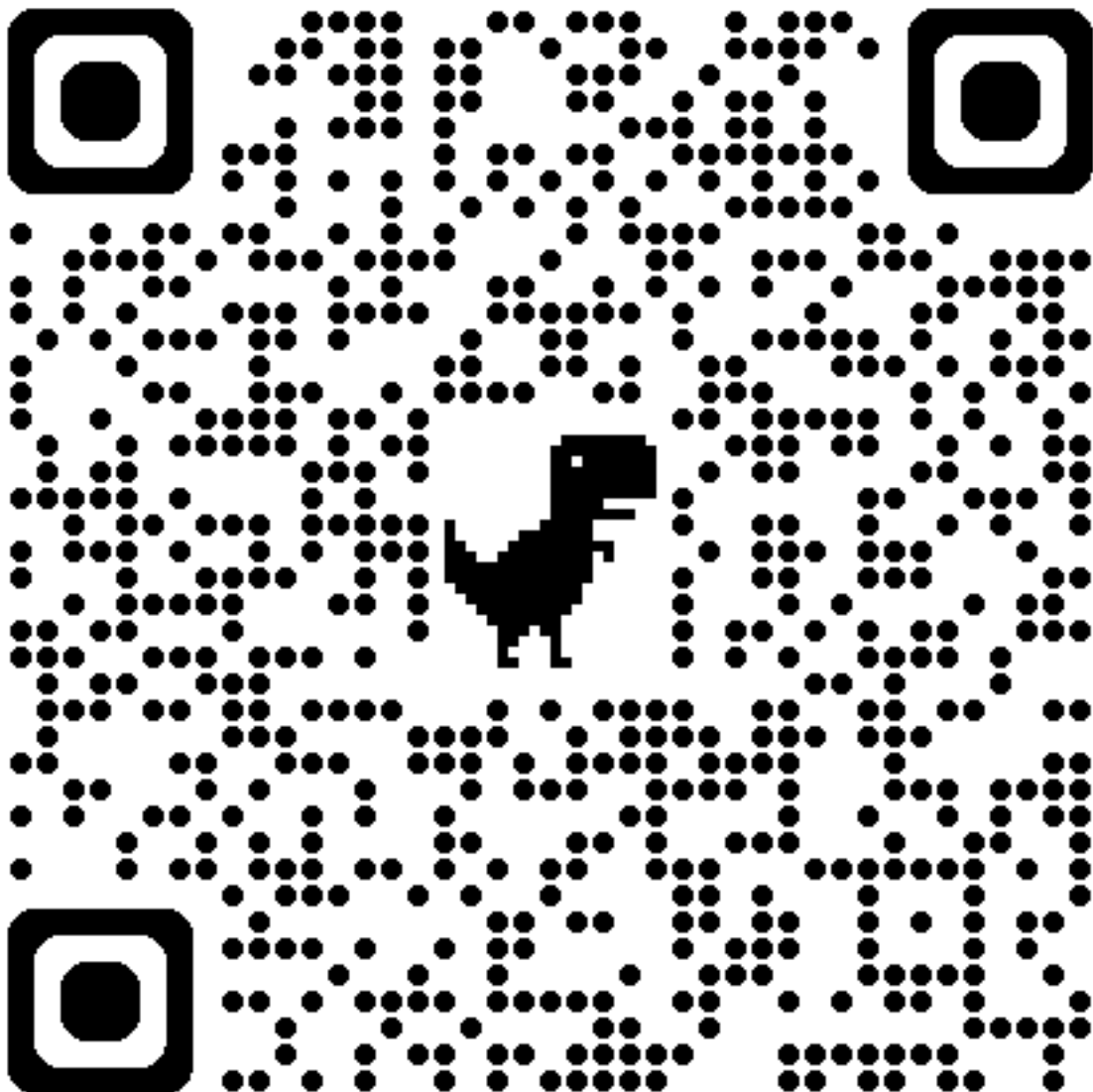
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1

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2026

KARNATAKA ICSE SCHOOLS ASSOCIATION**Std. X Preparatory Examination 2026****Subject – PHYSICAL EDUCATION****Time Allowed : Two hours****Maximum Marks : 100****Date: 19-01-2026**

Answer 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 bracket []

SECTION A (50 Marks)

*(Attempt **all** questions from this section)*

Question 1**[20]**

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

(Do not copy the question. Write the correct answers only):

- (i) The power of memory, thinking and decision making gets increased in which stage of Growth and Development?
 - a) Childhood
 - b) Infancy
 - c) Adulthood
 - d) Adolescence
- (ii) What is cardiovascular endurance?
 - a) It is the ability of a muscle or group of muscles to sustain repeated contractions.
 - b) It is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues.
 - c) It is the ability of muscles to overcome resistance and produce force.
 - d) It is the range of motion in a joint or group of joints or the ability to move joints effectively through a complete range of motion
- (iii) Which of the following is not the factor of physical fitness?
 - a) Nutrition
 - b) Heredity
 - c) Training
 - d) Body type

- (iv) Under _____ objective an individual learns qualities like sportsmanship, honesty, friendship, self-discipline and respect for authority which promote social adjustment of an individual.
- Psychological development
 - Social development
 - Physical development
 - Emotional development
- (v) Preventive measures of sports injuries do not include:
- Warming up and cooling down
 - Use of correct Equipment
 - Wearing the recommended protective gear
 - Choosing Sedentary lifestyle.
- (vi) This principle of sports training focuses on REST which is much required for the body to adapt to the stress and physical strains:
- Principle of Reversibility
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 - Principle of Adaptation
- (vii) What is a muscle strain?
- It is an inflammation of the tendon that joins the muscle of the forearm to the outside of the elbow.
 - It is an injury of muscles caused by the overstress or overstretch of muscles or due to violent pull.
 - It is a tear or sprain of the anterior cruciate ligament.
 - It is an inflammation of the bursa.
- (viii) Which among the following improves the agility of a tennis player?
- Zig-zag run.
 - 800 m run.
 - Squat jumps.
 - Medicine ball throws.
- (ix) _____ is essential for the healthy development of the child.
- Proper nutrition.
 - Recreation.
 - Fibrous food.
 - Exertion
- (x) The ability of your joints to move through a full range of motion is called:
- Agility.
 - Co-ordination.
 - Flexibility.
 - Speed.

- (xi) Which of the following is not a component of physical fitness?
- Endurance
 - Alertness
 - Strength
 - Agility
- (xii) A sports nutritionist is evaluating an athlete's diet to determine whether their energy intake matches their training demands. To quantify the total metabolic energy obtained from carbohydrates, proteins, and fats, which measurement unit must the nutritionist ultimately use to assess the athlete's energy balance?
- Kilojoules.
 - Basal Metabolic Rate.
 - Glycemic load.
 - Calories.
- (xiii) "You should exercise the energy systems, muscles, actions and skills that are relevant to that sport". What principle of training does this define?
- Generalizations before specialization
 - Variety
 - Specificity
 - Intensity
- (xiv) Physical education is:
- A program that only provides recreational and game experiences for children.
 - Most important for those children who are interested in playing sports.
 - Part of the total education program that contributes, primarily through movement, to the total growth and development of children.
 - A subject with the primary objective to improve the fitness of children
- (xv) Given below are two statements labelled Assertion (A) and Reason (R).
- Assertion (A):** Coordination involves combining various movement patterns into a singular movement and relies on the integration of sensory inputs and motor responses.
- 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.
- Both Assertion and Reason are true and Reason is the correct explanation for Assertion
 - Both Assertion and Reason are true and Reason is not the correct explanation for Assertion
 - Assertion is true, Reason is false
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- (xvi) Which among the following is a physical trait associated with an ectomorph body type?
- They have small, delicate frames with long arms and legs.
 - They have a long torso and a good shoulder-to-waist ratio.
 - They have a slow metabolic rate.
 - They are stocky with a pear-shaped body.

(xvii) Match the following:

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

- 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.

(xviii) Heavy weight lifting, Improper sitting habit, degenerative disc disease and osteoarthritis may lead to:

- a) Hip Bursitis
- b) Concussion
- c) Low back pain
- d) Runner's knee

(xix) Given below are two statements labelled Assertion (A) and Reason (R):

Assertion (A): Self-motivation refers to the negative feelings or symptoms associated with a disease.

Reason (R): Self-motivation is the intrinsic drive to fulfil desires, expectations, or goals without external influence.

In the context of the above two statements, which one of the following is correct?

- a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion
- b) Both Assertion and Reason are true and Reason is not the correct explanation for Assertion
- c) Assertion is true, Reason is false
- d) Reason is true, Assertion is false

(xx) A long-distance runner complains of recurrent stress fractures and delayed recovery despite adequate calcium intake. Blood tests indicate reduced calcium absorption and poor bone mineralization. Which vitamin deficiency is the most likely cause, and which food source would best help improve their levels?

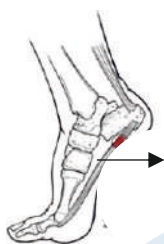
- a) Vitamin A – Carrots
- b) Vitamin D – Fortified dairy products
- c) Vitamin C – Oranges
- d) Vitamin K – Spinach

Question 2

- (i) How is sports training important in building resistance to injury and illness? [2]
- (ii) Elucidate *any two* key responsibilities of a sports coach. [2]
- (iii) What is roughage? State any two sources of roughage. [3]
- (iv) Expand PRICE. Mention the steps of first aid given to a person who has a concussion. [3]

Question 3

- (i) Write about any two developmental changes infants' exhibit. [2]
- (ii) What is overnutrition? List any two disorders caused by overnutrition. [2]
- (iii) Expand the following: [3]
- a) SAI
 - b) ACL
 - c) MCL
- (iv) Observe the picture given below. Identify the injury in the region marked and give any two measures to treat the injury. [3]

**Question 4**

- (i) Why are proteins called 'nitrogenous food'? Mention any two sources of protein. [2]
- (ii) Does lifestyle affect physical fitness? Justify. [2]
- (iii) Mention three different factors that influence growth and development of human beings. [3]
- (iv) Explain any three objectives of sports training. [3]

SECTION B (50 Marks)

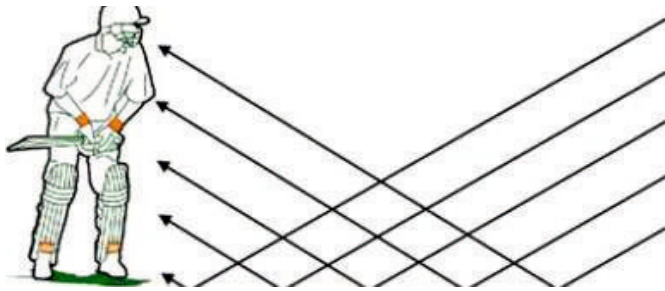
(Attempt **two** questions from this section)

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

CRICKET**Question 05**

- (i) Explain the following term: [8]
- (a) Beamers
 - (b) Obstructing the field
 - (c) Declaration
 - (d) Bad light
- (ii) (a) Mention any five close fielding positions of the field of play. [9]
- (b) State *any three* duties of a scorer during the match.

(c) Explain the *five* different bowling lines and lengths shown in the diagram.



(iii) Explain the following term:

[8]

- (a) Sweep shot
- (b) Wooden spoon
- (c) Golden duck
- (d) Off-spin

Question 06

(i) Explain the following term:

[8]

- (a) Dead ball
- (b) Late cut
- (c) Stance
- (d) Reverse sweep

(ii) (a) Mention the essential fielding skills in cricket.

[9]

(b) State *any four* ways of a batsman getting extra runs in cricket.

(c) List the national and international tournaments in cricket. Explain any one National and any one international tournament.

(iii) Explain the following term:

[8]

- (a) Timed out
- (b) Hit wicket
- (c) Innings
- (d) Skittle

FOOTBALL

Question 7

(i) Explain the following term:

[8]

- (a) Thigh trapping
- (b) Over lap
- (c) Nutmeg
- (d) Final pass

(ii) (a) what is the off-side rule in football and how does a player become offside.

[9]

(b) Explain the procedure for substitution in football.

(c) Discuss about shooting skills in football in detail.

- (iii) Explain the following term: [8]
- (a) Cross
 - (b) Toe punt
 - (c) Durand cup
 - (d) Full forms of FIFA & IFAB

Question 8

- (i) Explain the following term: [8]
- (a) Sudden death
 - (b) Volley
 - (c) Half volley
 - (d) Extra time
- (ii) (a) Explain about Goal and Goal area in football. [9]
- (b) Mention the rules related to kicks from the Penalty mark.
- (c) What is Passing? Discuss the types of passing skills in football.
- (iii) Explain the following term: [8]
- (a) Banana kick
 - (b) One-on- One
 - (c) Marking
 - (d) Lob

BASKETBALL

Question 9

- (i) Explain the following term: [8]
- (a) Technical foul
 - (b) Drive
 - (c) One hand push pass
 - (d) Dodging
- (ii) (a) Discuss about governing bodies of basketball at national and international level. [9]
- (b) Mention the duties of the Referees in basketball before, and after the match.
- (c) What is pivoting? State any two categories of pivoting.
- (iii) Explain the following term: [8]
- (a) Match commissioner
 - (b) Post player
 - (c) Ball handler
 - (d) Slam dunk

Question 10

- (i) Explain the following term: [8]
- (a) A foul
 - (b) Game clock
 - (c) Fake
 - (d) Screen
- (ii) (a) A team takes more than 8 sec to move the ball from backcourt to frontcourt. what rule is applied in this situation? Explain [9]
- (b) Mention *any three* rules of throw-in related to basketball.
- (c) Draw a neat diagram of national backboard along with the all propotions.
- (iii) Explain the following term: [8]
- (a) Alley-oop
 - (b) Change of pace
 - (c) 24 Sec rule
 - (d) Forfeit

HOCKEY**Question 11**

- (a) Explain the following terms: [8]
- (i) An obstruction
 - (ii) Playing distance
 - (iii) Tapping
 - (iv) A suspension
- (b) (i) What do you know about the shape, circumference and weight of a Hockey ball? [9]
- (ii) List the equipment which should be carried by the Umpire while conducting the match.
- (iii) What is the duration of the game and interval?
- (c) Draw a neat labelled diagram of the hockey field with its dimensions. [8]

Question 12

- (a) Explain the following terms: [8]
- (i) Flag-post
 - (ii) A reverse hit
 - (iii) A bully
 - (iv) A corner-push
- (b) (i) Mention three procedures to be followed while taking a Penalty Stroke. [9]
- (ii) List three instances wherein a Penalty Corner is awarded.
- (iii) What is understood by a 'manufactured foul'?

- (c) Explain the following terms in Hockey: [8]
- (i) A warning
 - (ii) A field goal
 - (iii) A push
 - (iv) Side line

VOLLEYBALL

Question 13

- (a) Explain the following terms: [8]
- (i) Attack line
 - (ii) A setter
 - (iii) Back zone
 - (iv) A rotation
- (b) (i) When is a team compelled to substitute a player? [9]
(ii) When do the teams change the court?
(iii) What is the procedure adopted to start a game?
- (c) Draw a neat diagram of a Volley Ball court and mark the following: [8]
- (i) Side line
 - (ii) Service line
 - (iii) Attack line
 - (iv) Front zone
 - (v) Back zone
 - (vi) Rotation position
 - (vii) Height of the net (men) from the ground
 - (viii) Size of the net

Question 14

- (a) Explain the following terms in Volley Ball: [8]
- (i) An attack hit
 - (ii) A foot fault
 - (iii) An ace
 - (iv) A technical time-out
- (b) (i) State any three rules related to a Libero player. [9]
(ii) Explain the term Triple block in Volleyball.
(iii) What is a rally point?
- (c) Answer the following: [8]
- (i) Weight of the ball
 - (ii) Circumference of the ball
 - (iii) Number of players in a team
 - (iv) Length of service line

- (v) Height of net for Men and Women
- (vi) How many time outs are awarded to a team in a match?
- (vii) Duration of a time out
- (viii) Measurements of the free zone area

BADMINTON

Question 15

- (a) Explain the following terms: [8]
- (i) Flick
 - (ii) Deception
 - (iii) Slice
 - (iv) Back hand
- (b) (i) Name any three types of service in badminton. [9]
- (ii) Mention a type of stroke in badminton.
 - (iii) Explain the skill of footwork in badminton.
- (c) Write short notes on: [8]
- (i) When is let called by the umpire in a game of badminton
 - (ii) State any two duties of the referee in badminton
 - (iii) Define the term Love in badminton
 - (iv) Explain the term Rubber in badminton

Question 16

- (a) Explain the following terms in Badminton [8]
- (i) All
 - (ii) Short serve
 - (iii) BWF
 - (iv) Love
- (b) (i) Mention service court errors made by a player in badminton. [9]
- (ii) Explain three fundamental skills in badminton
 - (iii) Explain the skill of overhead forehand stroke in badminton
- (c) Explain the following terms: [8]
- (i) Rally
 - (ii) Set
 - (iii) Smash
 - (iv) Serve

PHYSICAL EDUCATION
KEY ANSWERS

PREPARTORY EXAMINATION

SECTION A (BIOLOGY)

(Attempt all questions from this section)

Question 1

[20]

Select the correct answers to the questions from the given options. (Do not copy the question. Write the correct answers only):

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III. Power	3. Sit and reach test
IV. Flexibility	4. Standing broad jump

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.

(xviii) Heavy weight lifting, Improper sitting habit, degenerative disc disease and osteoarthritis may lead to:

a) Hip Bursitis

b) Concussion

c) Low back pain

d) Runner's knee

(xix) Given below are two statements labelled Assertion (A) and Reason (R):

Assertion (A): Self-motivation refers to the negative feelings or symptoms associated with a disease.

Reason (R): Self-motivation is the intrinsic drive to fulfil desires, expectations, or goals without external influence.

In the context of the above two statements, which one of the following is correct?

a) Both Assertion and Reason are true and Reason is the correct explanation for Assertion

b) Both Assertion and Reason are true and Reason is not the correct explanation for Assertion

c) Assertion is true, Reason is false

d) Reason is true, Assertion is false

(xx) A long-distance runner complains of recurrent stress fractures and delayed recovery despite adequate calcium intake. Blood tests indicate reduced calcium absorption and poor bone

mineralization. Which vitamin deficiency is the most likely cause, and which food source would best help improve their levels?

- a) Vitamin A – Carrots
- b) Vitamin D – Fortified dairy products
- c) Vitamin C – Oranges
- d) Vitamin K – Spinach

Question 2

(i) How is sports training important in building resistance to injury and illness? [2]

- **Strengthening muscles and bones**, making the body more resilient to physical stress.
- **Improving flexibility and mobility**, reducing the risk of strains and joint injuries.
- **Enhancing cardiovascular fitness**, which decreases fatigue-related injuries.
- **Boosting immune function**, helping the body fight infections more effectively.

(ii) Elucidate *any two* key responsibilities of a sports coach. [2]

- **Teaching skills and techniques** to improve athlete performance.
- **Planning training sessions** that develop fitness and strategy.
- **Ensuring athlete safety** by preventing injuries and promoting proper practice.
- **Providing motivation and feedback** to maintain focus and confidence.

(iii) What is roughage? State any two sources of roughage. [3]

Roughage, also called **dietary fibre**, is the indigestible part of plant food that helps in digestion and promotes healthy bowel movement.

Four sources of roughage:

1. Whole grains
2. Fruits (like apples, pears)
3. Vegetables (like carrots, cabbage)
4. Pulses and legumes

(iv) Expand PRICE. Mention the steps of first aid given to a person who has a concussion. [3]

Protection, rest, ice, compression and elevation.

- **Make the person rest** and stop all physical activity immediately.
- **Check for symptoms** like headache, dizziness, confusion, or nausea.
- **Apply a cold pack** to reduce swelling if there is a bump on the head.
- **Seek medical help** and monitor the person; do not allow them to return to play.

Question 3

(i) Write about any two developmental changes infants exhibit. [2]

Increase in- Grasping power, memory power, thinking ability, understanding language/conversations, curiosity, lack control over emotions, fantasy/ imagination increases.

(ii) What is overnutrition? List any two disorders caused by overnutrition. [2]

It is a form of malnutrition where intake of nutrients is oversupplied/ overconsumption of nutrients. Obesity, cardio-vascular diseases, hypertension, diabetes.

(iii) Expand the following: [3]

- a) SAI Sports Authority of India
- b) ACL Anterior Cruciate Ligament
- c) MCL Medial Collateral Ligament

(iv) Observe the picture given below. Identify the injury in the region marked and give any two measures to treat the injury. [3]



Plantar fasciitis; rest, ice, pain killers.

Question 4

(i) Why are proteins called 'nitrogenous food'? Mention any two sources of protein. [2]

Forms the protoplasm of cells, helps in tissue formation/ repair, found in blood, hormones.
Sources- animal (meat, egg), plants (pulses, grains, dry fruits)

(ii) Does lifestyle affect physical fitness? Justify. [2]

Yes, eating healthy and exercising increases physical fitness. Sedentary lifestyle decreases physical fitness.

(iii) Mention three different factors that influence growth and development of human beings. [3]

Heredity, environmental factors (internal/ external), gender, nationality, nutrition, personal factors (exercise, glands, will power)

(iv) Explain any three objectives of sports training. [3]

- Improve physical fitness
- Acquire technical skills
- Improve tactics
- Educate and improve mental capabilities

SECTION – B (50 marks)

(Attempt *two* questions from this section)

CRICKET

Question 05

(i) Explain the following term: [8]

(a) Beamers: - it is type of delivery in which the ball without bouncing, passes above the batter waist height. this ball is often close to the head of the batter and is thus dangerous

(b) Obstructing the field: -another unusual dismissal which tends to involve a batter knowingly getting in the way of a fielder

(c) Declaration: -when the batting side ends their innings before all their players are dismissed

(d) **Bad light:** -bad light refers to poor natural lighting conditions during a cricket match, making it difficult for player to see the ball clearly.

(ii) (a) **Mention any five close fielding positions of the field of play.** [9]

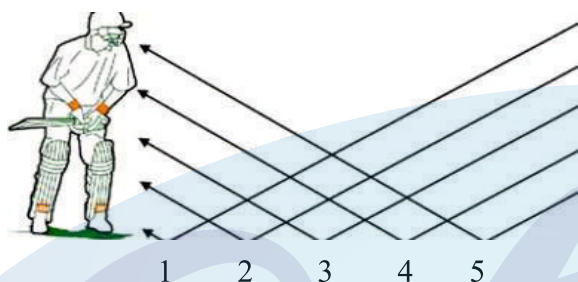
Ans:- silly point , short leg , silly midpoint , silly mid off , forward short leg

(b) **State any three duties of a scorer during the match.**

Ans:- Scorer position is outside the field

- Two score will be appointed to record all runs scored wicket taken over's and bowled
- The scorers are directed by the hand signals of an umpires

(c) **Explain the five different bowling lines and lengths shown in the diagram.**



Ans:- yorker , full pitched , good length , short pitched , bouncer

(iii) Explain the following term: [8]

(a) **Sweep shot:** - it is a stroke in which the ball is played behind the wicket on the leg side with a sweeping movement of the bat

(b) **Wooden spoon:** -

(c) **Golden duck:** - a dismissal from the first ball faced in a batsman innings

(d) **Off-spin:-** which a right arm spinner turns the ball from the off side to the leg side of a right handed batsman the bowler uses finger spin to make the ball deviate after pitching

Question 06

(i) Explain the following term: [8]

(a) **Dead ball:-** If the ball, while in play, is hit by the batsman on to the camera or its cable

(b) **Late cut:-** - it is executed late when the ball crosses the line of the body

(c) **Stance:-** position a batter faces the bowler and stands in a particular position before the release of the ball from the bowlers grip

(d) **Reverse sweep:-** reverse sweep is played but dropping one knee and reversing ones hand so that you can swing the ball from the leg to off, rather than the more natural off to leg

(ii) (a) **Mention the essential fielding skills in cricket.** [9]

Ans:- close catching, catching in the out field , long barrier

Throwing skills

Underarm throwing, overarm throwing

(b) State any four ways of a batsman getting extra runs in cricket.

Ans:- wide , no-ball , bye , leg bye

(c) List the national and international tournaments in cricket. Explain any one National and any one international tournament.

Ans:-National :- Ranji , Irani , Duleep , deodar , VijyaHazare , Indian premier league

International: - ICC cricket world cup , ICC champions trophy , ICC world T -20,

(iii) Explain the following term:

[8]

(a) Timed out: - usually means that the next batsman did not arrive at the wicket within 3min of the previous one being dismissed

(b) Hit wicket: - when a batter accidentally hits the stumps with their bat or body after the bowler has delivered the ball resulting in them being out. This can happen when the batter swings too hard or loose balance

(c) Innings: - The innings is the term used for the collective performance of the batting side. A teams innings ends when all players are out or overs are finished

They are 3 types of innings are there

T-20 – 1 innings 20 overs

ODI - 1 Innings =50 overs

TEST – 2 Innings = each day 80 overs for 5 days 450 overs should be complete

(d) Skittle: - to dismiss entire batting team very quickly usually for low score

FOOTBALL

QUESTION 07

(i) Explain the following term:

[8]

(a) Thigh trapping:- Using the thigh to control and stop the ball when it comes in the air.

The player lifts the thigh slightly to cushion the ball and bring it down safely.

(b) Over lap:- When a player (usually a defender or midfielder) runs ahead of a teammate who has the ball to give extra support in attack.

This creates space and an extra passing option.

(c) Nutmeg:- A skill move where a player kicks or dribbles the ball through an opponent's legs and collects it on the other side.

(d) Final pass :- The last pass given to a teammate that helps them take a shot and try to score a goal.

It is also called the “key pass”

(ii) **(a) what is the off-side rule in football and how does a player become offside.**

[9]

Ans :- Offside Rule in Football:

A player is in an offside position if they are nearer to the opponent's goal line than both the ball and the second-last defender at the moment the ball is played to them by a teammate.

How a Player Becomes Offside:

A player becomes offside when they gain an advantage, interfere with play, or interfere with an opponent while being in an offside position at the time their teammate passes the ball.

(b) Explain the procedure for substitution in football.

Ans:- The substitute must first report to the referee and wait for permission.

2. Substitution happens only during a stoppage in play.
3. The player being replaced must leave the field first.
4. After the player exits, the substitute enters the field from the halfway line.
5. The referee then signals to restart the game.

(c) Discuss about shooting skills in football in detail.

Ans:- Instep Shot (Laces Shot) – for maximum power.

2. Inside-Foot Shot – for accuracy and placement.
3. Outside-Foot Shot – for curve or surprise shots.
4. Volley – kicking the ball before it hits the ground.
5. Half-Volley – kicking just after the ball bounces.
6. Chip Shot – lifting the ball over the goalkeeper.
7. Curling/Bending Shot – making the ball curve in the air.

(iii) Explain the following term: [8]

(a) Cross:- A long pass sent from the side (wing) into the opponent's penalty area to create a scoring chance.

(b) Toe punt:- A shooting technique where the player kicks the ball with the tip of the toe to generate a quick, powerful shot.

(c) Durand cup:- The Durand Cup is one of the oldest football tournaments in India, started in 1888. It is a major national-level tournament.

(d) Full forms of FIFA & IFAB:-

FIFA: Fédération International de Football Association

IFAB: International Football Association Board

QUESTION 08

(i) Explain the following term: [8]

(a) Sudden death:- A tie-breaker method where teams keep taking alternate kicks, and the first team to score when the other team misses wins immediately.

(b) Volley:- A technique of kicking the ball before it touches the ground, usually done when the ball is in the air.

(c) Half volley:- Kicking the ball just after it bounces off the ground, when it rises slightly.

[8]

(d) **Extra time** :- Additional time given after the regular 90 minutes when the match ends in a draw, usually two periods of 15 minutes each.

(ii) (a) **Explain about Goal and Goal area in football.**

[9]

Ans:- There are two goal posts , one on each goal line

- Two shorter line are called goal line
- This goal area is also known as “goal box” or “6 yard box”
- Inside that penalty area (18 yards) goal area will mark for 6 yard
- Goals post must be placed on the center of each goal line
- They consists of two uprights posts
- The goalposts and crossbar must be white
- Goalposts and crossbar must be made by the , wood, metal , or other approved by (AIFF) materials.
- Height :- 8 feet /2.44 meter
- Width :- 8 yard /7.32 mts

(b) **Mention the rules related to kicks from the Penalty mark.**

- **Ans:-** The referee choose the goal at which the kicks will be taken .
- The referee tosses the coin and the team whose captain wins the toss taken the first kick
- The referee keeps a record of the kicks being taken
- Both team have 5 kicks
- The kicks are taken alternately by the teams.
- Goal keeper can be changed only if injured or before the kicks start
- If score is equal after 5 kicks sudden death will continue
- Once the ball is saved or goes out the kick is over
- If goal keeper moves early before the ball retaken kick given by referee
- If player make delay or misconduct during the kick time referee can show the yellow or red card .

(c) **What is Passing? Discuss the types of passing skills in football.**

Ans:- PASSING :- This is one type of fundamental skill in football. Move the ball from one player to another player

THEY ARE TWO TYPES OF PASSING

Short pass:- This short pass is only for short distance like 10 -15 yard to control the ball who are very close

long pass :- This is the power full kick pass in football distance on 30 yards ... such this passes should be accurate and good mutual understanding between the players

(iii) Explain the following term:

[8]

(a) **Banana kick:-** A type of kick where the ball curves in the air, usually used to bend the ball around defenders or into the goal.

(b) **One-on- One:-** A situation where one attacker directly faces one defender or the goalkeeper, trying to beat them and score.

(c) **Marking :-** A defensive technique where a player closely follows and watches an opponent to prevent them from receiving or playing the ball.

(d) **Lob:-** A high, lifted pass or shot where the ball is kicked over an opponent, usually over the goalkeeper.

BASKETBALL

QUESTION 09

(i) Explain the following term: [8]

(a) **Technical foul :-** A foul given for unsportsmanlike behavior, arguing with referees, or breaking game rules. It may result in free throws for the opposing team.

(b) **Drive:-** An offensive move where a player quickly dribbles towards the basket to score or create a chance.

(c) **One hand push pass:-** A pass where the player pushes the ball forward using one hand, aiming for accuracy and speed to a teammate.

(d) **Dodging:-** A skill where a player moves quickly to avoid a defender while keeping control of the ball, often to create space for passing or shooting.

(ii) (a) **Discuss about governing bodies of basketball at national and international level. [9]**

Ans;- BFI:-

FIBA :-

(b) **Mention the duties of the Referees in basketball before, and after the match.**

- Before the match the referee should present before 20 min early
- Referees first duty is to check all equipment's before the game start
- Referee will designate the official game clock, 24 sec device, stop watch to the official table.
- He can choose the game ball from the provided by the home team, if the ball is not proper or not in good condition he can pick best quality ball available in that tournament.
- Not permit any player to wear object which may cause injury to other players.
- Referee will tell that to start the first period with the jump ball and other period start with the throw in
- Check the score sheet after the match or game and referee put the signature to the score sheet
- They blow the whistle for fouls and violation

(c) **What is pivoting? State any two categories of pivoting.**

Pivoting is the skill of keeping one foot (the pivot foot) on the ground while moving the other foot to change direction or position without committing a traveling foul.

Two Categories of Pivoting:

1. **Front Pivot** – Turning the body towards the front while keeping the pivot foot fixed.
2. **Reverse Pivot** – Turning the body backward while keeping the pivot foot fixed.

(iii) Explain the following term: [8]

(a) Match commissioner: - An official who supervises the overall conduct of the game, ensuring rules and regulations are followed.

(b) Post player: - A player who plays near the basket, usually tall, responsible for scoring, rebounding, and defending close to the hoop.

(c) Ball handler: - A player who controls the ball, dribbles, and sets up plays, usually a point guard.

(d) Slam dunk: - move where a player jumps and forcefully puts the ball into the basket with one or both hands.

QUESTION 10

(i) Explain the following term: [8]

(a) A foul:- An illegal action or rule violation by a player, such as pushing, holding, or hitting an opponent.

(b) Game clock:- The timer that counts down the duration of the game, usually divided into quarters.

(c) Fake:- A move where a player pretends to pass, shoot, or move to deceive the opponent.

(d) Screen:- A skill where a player blocks or shields a defender to give a teammate space to move or take a shot.

(ii) **(a) A team takes more than 8 sec to move the ball from backcourt to frontcourt. what rule is applied in this situation? Explain [9]**

- ANS:- In basketball, a team must move the ball from its backcourt to the frontcourt within 8 seconds.
- If the team fails to do so, it violates the 8-second rule, and the ball is awarded to the opposing team.
- This rule ensures fast play and prevents time-wasting.

(b) Mention any three rules of throw-in related to basketball.

1. A throw-in is used to put the ball back into play from out of bounds.
2. The player must stand outside the boundary line while throwing the ball.
3. The ball must be released within 5 seconds after the referee gives it.
4. The throw-in can be taken from any point along the sideline or baseline where the ball went out.
5. The player cannot step on or over the boundary line while throwing the ball.

(c) Draw a neat diagram of national backboard along with the all proportions.



(iii) Explain the following term:

[8]

(a) **Alley-oop** :- A play where one player throws the ball near the basket and a teammate jumps, catches it in mid-air, and scores in the same motion.

(b) **Change of pace**:- A skill where a player suddenly changes speed while dribbling to deceive the defender.

(c) **24 Sec rule**:- A rule that requires the team in possession to attempt a shot within 24 seconds. If they fail, the ball is given to the opposing team.

(d) **Forfeit**:- When a team refuses to play or fails to appear for the match, the game is awarded to the opposing team as a win by default.

HOCKEY

Question 11

a) Terms:

Obstruction – Illegally blocking opponent from playing the ball using body or stick.

Playing Distance – Distance within which a player can safely play the ball.

Tapping – Light wrist hit used for close passing and control.

Suspension – Temporary removal of player due to misconduct.

b) (i) Hockey Ball:

- Shape: **Spherical**
- Circumference: **224–235 mm**
- Weight: **156–163 g**

(ii) Umpire Equipment:

Whistle, cards, notebook/pencil, watch, rule book.

(iii) Duration:

4 quarters × 15 minutes = 60 minutes total. Intervals: 2 min between quarters, 10 min halftime.

c) Hockey Court Diagram:

Label: length 91.40 m, width 55 m, centre line, D-circle (14.63 m), penalty spot (6.40 m), goals.

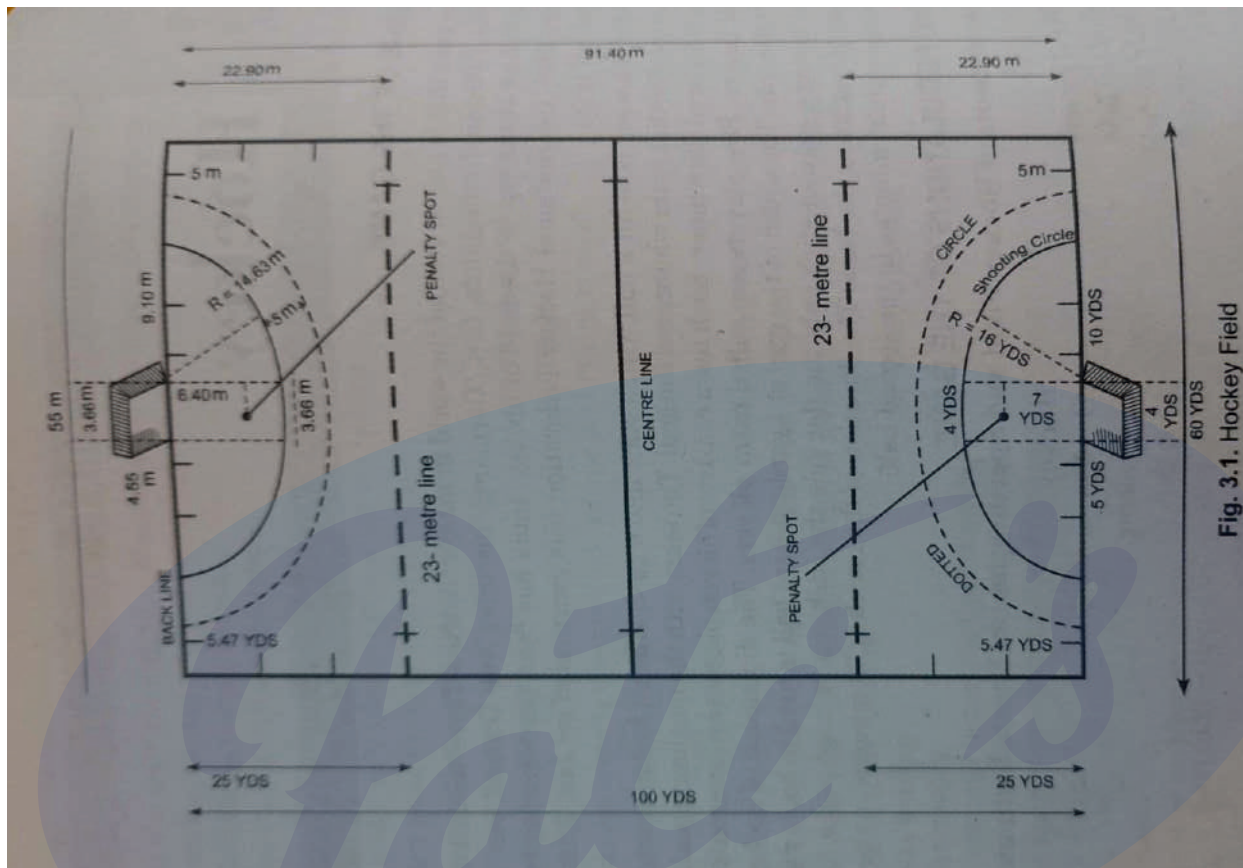


Fig. 3.1. Hockey Field

Question 12

a) Terms:

Flag-post – Indicator posts on corners of field.

Reverse hit – Hit played from left side using flat face of stick.

Bully – Restart of play with both players tapping sticks.

Corner push – Push taken to start a penalty corner.

b) (i) **Penalty stroke procedures:**

1. Ball placed on penalty spot.
2. Only striker and goalkeeper involved.
3. Ball flicked/pushed directly at goal.

(ii) Penalty corner awarded:

- Defender foul inside circle.
- Ball intentionally sent over back-line by defender.
- Attacker obstructed in circle.

(iii) Manufactured foul:

When a player deliberately creates contact to gain unfair advantage.

c) Additional terms:

Warning – Verbal caution by umpire.

Field goal – Goal scored during open play.

Push – Moving ball by pushing stick not hitting.

Side line – Boundary line marking length of the pitch.

VOLLEYBALL

Question 13

a) Terms:

Attack line – Line 3 m from centre dividing front/back zones.

Setter – Player who sets ball for attackers.

Back zone – Area behind attack line.

Rotation – Clockwise movement of players when service changes.

b) (i) Compulsory substitution:

When a player is injured, bleeding or unable to continue play.

(ii) Court change:

After each set and at 8 points in deciding 5th set.

(iii) Start procedure:

Toss → rotation order → referee whistle for first serve.

c) Volleyball Court Diagram:

Label: Court 18 m × 9 m, attack lines at 3 m, front & back zones, centre line, net height men 2.43 m, net size 9.5 m × 1 m.

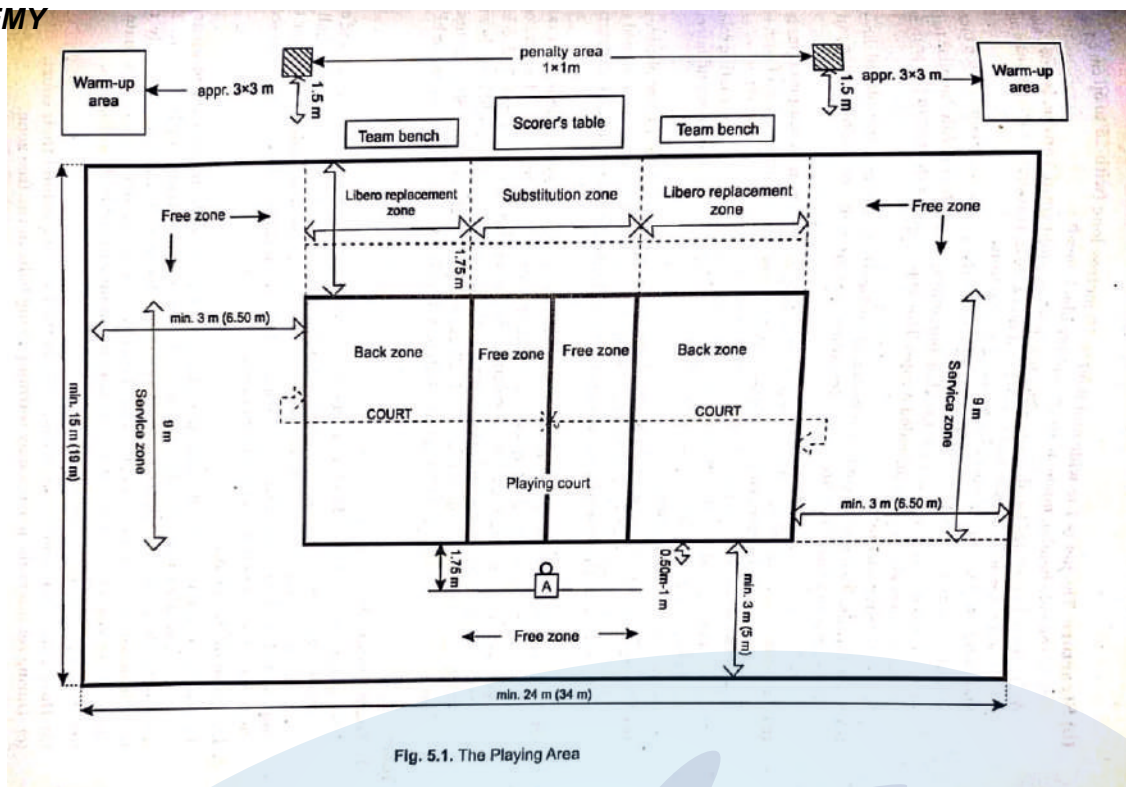


Fig. 5.1. The Playing Area

Question 14

a) Terms:

Attack hit – Offensive hit except serve or block.

Foot fault – Stepping on/over service line.

Ace – Serve scoring direct point.

Technical timeout – Official break for rest.

b) (i) **Libero rules:**

Different jersey colour

no serve/smash/block

plays only back row.

(ii) **Triple block:**

Three front-row players blocking together at net.

(iii) **Rally point:**

Every rally results in a point irrespective of service.

c) Facts:

Ball weight: 260–280 g

Circumference: 65–67 cm

Players: 6 per team

Service line length: 9 m

Net height – Men 2.43 m, Women 2.24 m

Timeouts: 2 per set

Timeout duration: 30 seconds

Free zone: minimum 3 m all sides

BADMINTON

Question 15

a) Terms:

Flick – Deceptive serve lifting shuttle to backcourt.

Deception – Misleading opponent about stroke.

Slice – Glancing hit reducing speed.

Backhand – Stroke on non-racket side.

b) Services:

(i) Short serve, High serve, Flick serve.

(ii) Types of strokes include:

- Clear
- Drop
- Smash
- Drive
- Net shot
- Lift

(iii) **Footwork** – Efficient movement to reach shuttle and regain balance.

c) Short Notes:

(i) **Let** – Umpire stops rally due to disturbance.

(ii) **Two duties of referee** – Conduct tournament, supervise officials.

(iii) **Love** – Zero score.

(iv) **Rubber** – Final deciding set.

Question 16

a) Terms:

(i) **All** – Equal score.

(ii) **Short serve** – Low serve falling near service line.

(iii) **BWF** – Badminton World Federation.

(iv) **Love** – Zero score.

b) (i) **Service court errors**: Wrong service court, feet touching boundary lines, shuttle struck above waist.

(ii) **Fundamental skills**: Gripping, Footwork, Serving.

(iii) **Overhead forehand**: Stroke played overhead using forehand swing transferring body weight forward.

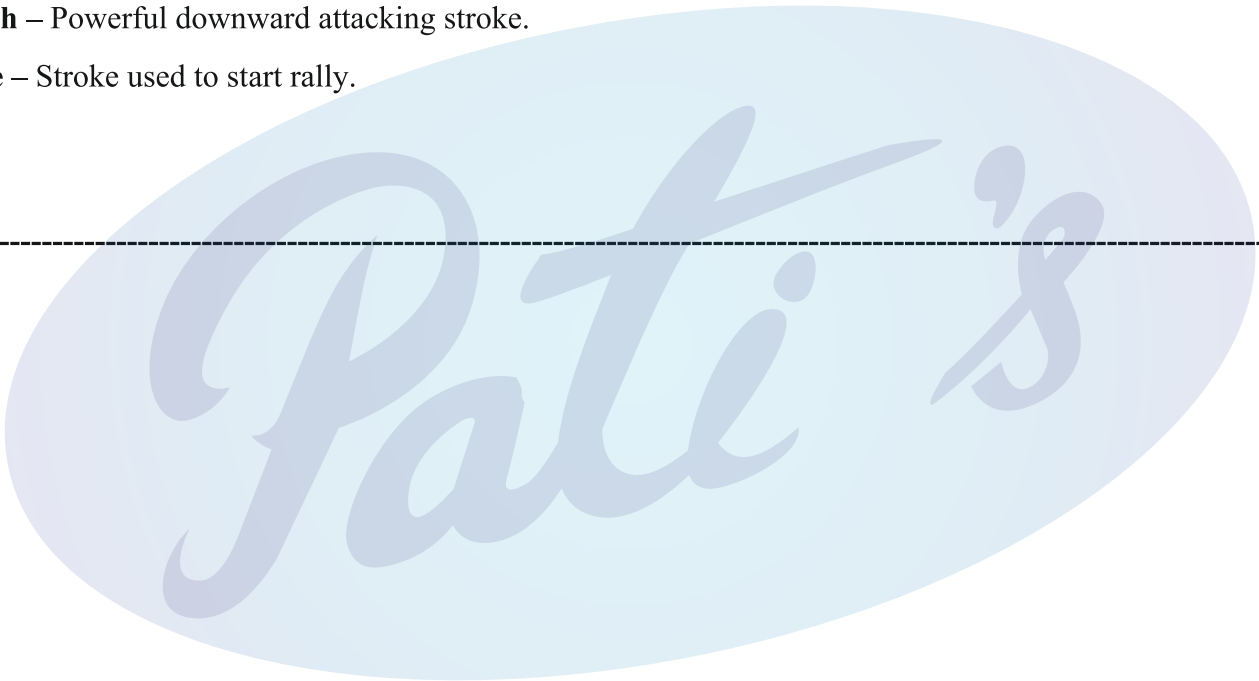
c) Terms:

Rally – Continuous strokes till point decided.

Set – Game played to 21 points.

Smash – Powerful downward attacking stroke.

Serve – Stroke used to start rally.





ICSE ACADEMY



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2025**



ICSE ACADEMY



KARNATAKA ICSE SCHOOLS ASSOCIATION

ICSE STD. X Preparatory Examination 2025

Subject – Physical Education

Duration: **Two hours**

Maximum Marks: 100

Date: **16 .01.2025**

General Instructions: 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 option.

- (i) Identify the process in the following picture.



- (a) Physical fitness
(b) Growth
(c) Mental development
(d) Psychological development
- (ii) The form of nutrition in which the intake of nutrients is oversupplied is known as _____.
- (a) Special diet.
(b) Overnutrition.
(c) Undernutrition
(d) Staple diet.
- (iii) What is the aim of physical education?
(a) Physical development

- (b) Psychological development
 - (c) Motor development
 - (d) Overall/optimum development of an individual
- (iv) In technical terms, muscle pull is also known as _____.
- (a) Sprain
 - (b) Strain
 - (c) Contusion
 - (d) Abrasion
- (v) The period of infancy stage extends from birth to the end of:
- (a) 2 years
 - (b) 3 years
 - (c) 7 years
 - (d) 5 years
- (vi) Exercises help in increasing _____ to the brain.
- (a) Ideas
 - (b) Energy
 - (c) Oxygen flow
 - (d) Rest
- (vii) The year-long cycle of Periodization is known as _____
- (a) Meso cycle
 - (b) Macro cycle
 - (c) Nano cycle
 - (d) Micro cycle
- (viii) Which of the following is not a symptom of concussion?
- (a) Blurred vision
 - (b) Blacking out
 - (c) Back pain
 - (d) Headache
- (ix) Somatotype classification was given by:
- (a) WH Sheldon
 - (b) Stufflebeam
 - (c) H M Barrow
 - (d) Jack Nelson
- (x) Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion: Ectomorphs have a quick metabolism to burn fat.
Reason: Ectomorphs have a pear-shaped structure.
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 correct explanation of (A)
 - (b) Both (A) and (R) are true, but (R) is not correct explanation of (A)

- (c) (A) is true, but (R) is false
(d) (A) is false, but (R) is true
- (xi) The ability to cover the maximum distance in minimum time is:
(a) Strength
(b) Endurance
(c) Speed
(d) Flexibility
- (xii) The term used for gradually increasing the stress on the body through appropriate intensity training:
(a) Progressive Overload
(b) Intensity
(c) Adaptation
(d) Specificity
- (xiii) The ability to stay upright in control of body movement is called as _____.
(a) Strength
(b) Flexibility
(c) Balance
(d) Power
- (xiv) The body cannot repair itself without rest and _____.
(a) Continuity
(b) Adaptation
(c) Recovery
(d) Frequency
- (xv) Psychology is said to be the science of:
(a) Muscles
(b) Bones
(c) Behaviour
(d) Emotions
- (xvi) Cartwheel in gymnastics is an example of _____.
(a) Dynamic balance
(b) Static balance
(c) Active balance
(d) Passive balance
- (xvii) Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion: In sports training, overload should be greater than normal load on the body as required for training adaptation to take place.
Reason: It means that the training load should be increased for improving the performance of sportspeople.
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 correct explanation of (A)
- (b) Both (A) and (R) are true, but (R) is not correct explanation of (A)
- (c) (A) is true, but (R) is false
- (d) (A) is false, but (R) is true

- (xviii) 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.
- (xix) A diet containing right amount of nutrients for efficient working of body is called:
- (a) Dietary plan
 - (b) Nutritional intake
 - (c) Staple diet
 - (d) Balanced diet

(xx) Match the following:

	Column A		Column B
I.	Cardiovascular endurance	1.	Sit and reach test
II.	Muscular endurance	2.	The ball toss test
III.	Flexibility	3.	Push up test
IV.	Coordination	4.	The cooper run test/aerobic fitness test

- (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-3, III-4, IV-1

Question 2

- (i) What is accuracy? [2]
- (ii) Write the full form of ACL and MCL. [2]
- (iii) State any three characteristics of an endomorph body. [3]
- (iv) What are the various career options in Physical education? [3]

Question 3

- (i) Define Physical Education. [2]
- (ii) Define the term development. [2]
- (iii) Write any three benefits of cooling down exercise. [3]
- (iv) What is tennis elbow? How is it caused? How can it be prevented? [3]

Question 4

- (i) What is first aid? [2]
(ii) Mention any two points on the importance of health education. [2]
(iii) Rajesh, a 16-year old school athlete, plays basketball for his school team. Despite having good strength, speed and endurance, he struggles with changing directions quickly during the game which affects his game. [3]
Which component of physical fitness he needs to practice to improve his game?
(iv) What are the important components for a successful training programme? [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 in Cricket: [8]
(a) A Stance (b) Duck (c) Reverse swing (d) Beamer
- (ii) (a) State any three variations of pace bowling. [9]
(b) Explain the three types of formats played in cricket.
(c) When is batter said to be run out? Explain.
- (ii) (a) What do you mean by sledging? [8]
(b) Explain the term dot ball in cricket.
(c) Give any four instances when an umpire can declare a batsman out.
(d) During a cricket match, the opposing team's star bowler consistently delivers fast, accurate deliveries, putting pressure on the batting side. Despite their best efforts, the batting team struggles to score runs and loses wickets at regular intervals. Eventually, the opposing bowler executes a perfect deliver in block hole that cleanly knocks over the batter's stumps.
What term is used to describe this method of dismissing a batter?

Question 6

- (i) Explain the following terms in Cricket: [8]
(a) Tail ender (b) Century (c) An appeal (d) A Night-watchman
- (ii) (a) State the full form of ICC, BCCI, LBW. [9]
(b) What is a 30 yard circle? What is the importance of a 30 yard circle?
(c) Identify the following umpire signals.



(1)



(2)



(3)

- (ii) (a) Mention any four essential wicket keeping skills in cricket [8]
(b) Explain the term middle order.
(c) Write the following:
1. Weight of the cricket ball
2. Height of the stumps

FOOTBALL

Question 7

- (i) Write short notes on: [8]
(a) Advantage (b) Wall pass (c) Zonal marking (d) Final pass
- (ii) (a) Difference between short pass and long pass. [9]
(b) When is a corner kick awarded and from where is it taken?
(c) In a local football academy, Coach Ramesh is introducing various techniques to enhance players' skill sets. However, some players seem unfamiliar with the concept of a nutmeg. Explore the definition and significance of a nutmeg in football.
- (iii) Write the following: [8]
(a) Length and breadth of the field.
(b) Duration of the match and duration of extra time
(c) Breadth and height of the goal post.
(d) Radius of Centre circle and corner arc.

Question 8

- (i) Explain the following terms in Football: [8]
(a) Throw-In (b) Offside (c) Yellow card (d) Back heel
- (ii) (a) Write any three occasions when the ball is said to be out of play in the game of football. [9]
(b) How many substitutes are allowed in a football match? Write down the procedure of substitution during the game.
(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]
1. Penalty area
2. Goal area
3. Centre circle
4. Penalty mark

HOCKEY**Question 9**

- (i) Explain the following terms in Hockey: [8]
(a) Scoop (b) 16-yard hit (c) Tackle (d) Reverse stick
- (ii) (a) Mention any three duties of the referee. [9]
(b) When is the ball out of play in the game of hockey?
(c) What is the method of scoring a goal in hockey?
- (iii) (a) Write the full form of FIH and IHF [8]
(b) Explain the term 'Push pass'.
(c) What do you mean by Indian dribbling?
(d) Mr. John a hockey player is practicing alone and wants to improve his ability to move the ball in a straight line while keeping it close to his stick. What dribbling method should he focus on?

Question 10

- (i) Explain the following terms in Hockey: [8]
(a) Rebound (b) Under cutting (c) Forehand (d) Rusher
- (ii) (a) Name any three national tournament in Hockey. [9]
(b) Write down the six fundamental skills involved in the game of Hockey.
(c) Explain the procedure of Centre pass in Hockey.
- (iii) Answer the following: [8]
(a) The width and height of the goal post
(b) Weight and circumference of the hockey ball.
(c) The duration of the game for men and women.
(d) Length and breadth of the hockey play field.

BASKETBALL**Question 11**

- (i) Explain the following terms in Basketball. [8]
(a) Double dribble (b) Box out (c) Triple threat (d) Dunk
- (ii) (a) Mention any occasions when the ball is considered dead. [9]
(b) Differentiate between unsportsman like foul and disqualifying foul.
(c) In a high school basketball game, Meenadevi School is playing against Ryan School. During a crucial play, Zyan from Meenadevi attempts a lay-up when Hrithik from Ryan School pushes him from behind, causing Zyan to fall and miss the shot. The referee notices the push and calls a foul on Hrithik. Define the term pushing in a basketball.
- (iii) Draw a neat and labelled diagram of the basketball court with the following measurements. [8]

- (a) Length
- (b) Breadth
- (c) Centre circle
- (d) Free throw line
- (e) Restricted area
- (f) Neutral zone

Question 12

- (i) Explain the following terms in Basketball: [8]
 - (a) Fast break (b) Free throw (c) Loose ball (d) Charging
- (ii) (a) 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'. [9]
- (b) Differentiate between zone defense and man-to-man defense.
- (c) Identify the following umpire signals.



- (iii) (a) Name the types of Screening in basketball? [8]
- (b) Give any two jump ball situation.
- (c) What happens when the match ends in a draw?
- (d) Explain the term 'Held ball'.

VOLLEYBALL

Question 13

- (i) Explain the following terms in Volleyball: [8]
 - (a) A spike (b) Free ball (c) Side bands (d) A Misconduct
- (ii) (a) When is the service changed during a match? [9]
- (b) List any three blocking faults of Volleyball player.
- (c) 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?
- (ii) Draw neat diagram of volleyball court and mark the following:
 - (a) Side line
 - (b) Attack zone
 - (c) Service line
 - (d) Attack line
 - (e) Back court
 - (f) Length and width of the court

Question 14

- (i) Explain the following terms in Volleyball: [8]
 (a) Floater (b) Joust (c) Ball down (d) Trap set
- (ii) (a) Mention any three fundamental skills of Volleyball. [9]
 (b) State any three ways a team can score a point in a game of Volleyball.
 (c) Identify the following umpire signals.



(1)



(2)



(3)

- (iii) (a) Explain the term 'four hits' [8]
 (b) State the number of libero players a team can include in the team list.
 (c) What is technical time out?
 (d) Name any two important tournaments of volleyball.

BADMINTON

Question 15

- (i) Explain the following terms in Badminton: [8]
 (a) Bird (b) Drop shot (c) Full smash (d) Net lift
- (ii) (a) Mention any three duties of service judge in badminton. [9]
 (b) Explain scoring system in badminton.
 (c) When is a shuttle not in play?
- (iii) (a) Write the full form of BAI and BWF [8]
 (b) Explain the term Baseline smash.
 (c) What is a rally?
 (d) During a badminton match, Arun is trying to limit his opponent's ability to execute a powerful smash right off the serve. To achieve this, he aims to send the shuttle just over the net, making it land near the front service line on the opponent's court. What type of service is Arun will use in this case?

Question 16

- (i) Explain the following terms in Badminton: [8]
 (a) Forehand grip (b) Flick (c) Back alley (d) Love
- (ii) (a) Explain the term 'drive' in badminton [9]
 (b) Name any three international tournaments in badminton.
 (c) Explain the scoring system in badminton.

- (iii) Draw neat diagram of badminton court and mark the following: [8]
- (a) Service court
 - (b) Back alley
 - (c) Net post
 - (d) Short service line
 - (e) Long service line for doubles
 - (f) Side alley
 - (g) Long service line for singles



KARNATAKA ICSE SCHOOLS ASSOCIATION**ICSE STD. X Preparatory Examination 2025****Subject – Physical Education – Answer Key****Duration: Two hours****Maximum Marks: 100****Date: 16 .01.2025****SECTION A****Question 1****[20]**

- (i) (b) Growth
- (ii) (b) Overnutrition
- (iii) (d) Overall/optimum development of an Individual
- (iv) (b) Strain
- (v) (d) 5 years
- (vi) (c) Oxygen flow
- (vii) (b) Macro cycle
- (viii) (c) Back Pain
- (ix) (a) W H Sheldon
- (x) (c) (A) is true, but (R) is false
- (xi) (b) Endurance
- (xii) (a) Progressive overload
- (xiii) (c) Balance
- (xiv) (c) Recovery
- (xv) (c) Behaviour
- (xvi) (a) Dynamic balance
- (xvii) (a) Both (A) and (R) are true and (R) is correct explanation of (A)
- (xviii) (a) The power that helps to lift and carry objects
- (xix) (d) Balance diet
- (xx) (c) I-4, II-3, III-1, IV-2

Question 2

- (i) Accuracy: The ability to control movement in a given direction or at a given intensity. Accuracy is required in many sports such as football, hockey, volleyball, basketball, cricket etc. It is used in hitting or throwing a ball. **[2]**
- (ii) ACL: Anterior Cruciate Ligament
MCL: Medial Collateral Ligament **[2]**
- (iii) Characteristics of an endomorph (any three): **[3]**
 - They have rounded physique
 - Short arms and legs
 - The limbs seem to be shorter because there is a lot of adipose tissues

- It is hard for them to lose weight
- They have soft body
- They have the capacity for high fat storage and become fatty easily

(iv) Career options in Physical education: Athletic coach, Fitness Instructor, Physical education teacher, Nutrition specialist, Sports media career, Yoga instructor, Sports officer, sports commentator, Chiropractor, etc. (any three) [3]

Question 3

(i) Physical education: To encourage the development of motor skills, physical abilities, knowledge, reasoning, appreciation of the value and habituation of healthy lifestyle that helps in balanced growth and development. [2]

(ii) Development: Development is progressive acquisition of various skills such as head support, speaking, learning, expressing the feelings and relating with other people. It comprises of physical, cognitive, social and emotional changes. [2]

(iii) Benefits of cooling down exercise (any three): Proper removal of waste product, regularises body temperature, restoring muscles back in to place, reducing level of adrenaline in blood, etc. [3]

(iv) Tennis elbow: Tennis elbow is a painful condition that occurs when tendons in elbow are overloaded. [3]

Causes: Caused due to excessive gripping activities

Prevention: Regular stretching and strengthening exercises, adequate rest hours, avoid over training.

Question 4

(i) First aid: Temporary treatment given to victim before arrival to the doctor. Or first aid is the first and immediate assistance given to any person with either a minor or serious illness or injury [2]

(ii) Importance of health education: Maintaining good health, improving human relations, discovering physical defect, satisfactory health counselling and guidance services, the basic mechanism and functions of human body, encouraging health and hygiene conditions, part of safety education. Etc. (any two) [2]

(iii) Agility is the component of physical fitness: It is the ability to change direction quickly while the body is in motion. [3]

(iv) Important training programme components: Define goals, set intermediate goals, plan workout, get professional coaching help, maintain year-round fitness, prevent injuries, use sport-specific training, enjoy the training, etc. [3]

SECTION B

CRICKET

Question 5

- (i) Explain the following terms in Cricket: [2x4]
- (a) A Stance: The way in which the batsman position himself as he prepares to face the incoming bowler.
 - (b) Duck: If a batsman gets out without scoring any runs.
 - (c) Reverse swing: The art of swinging the ball contrary to how a conventionally swung ball moves in the air.
 - (d) Beamer: A ball bounced short so that it bounces high, usually chest height or higher as it passes the batsman.
- (ii) (a) State any three variations of pace bowling. [3x3]
In swing, out swing, full toss, reverse swing, bouncer, Yorker, cutter, slower one
- (b) Three types of formats played in cricket.
Test match, ODI match and Twenty-20 match
- (c) Run out: If a batsman is attempting to take a run, or to return to his crease after an aborted run and a fielder breaks that batsman's wicket with the ball while he is out of the crease. The fielder may either break the wicket with a hand which holds the ball, or with the ball directly. Then the players is said to be run out.
- (iii) (a) Sledging: Using abusive language or insulting opponent during the game so that he loses his concentration and make mistakes is known as sledging. [2x4]
- (b) Dot ball: It is a ball from which no runs are scored and no wicket is taken. It is recorded with a dot in the bowling analysis.
- (c) Instances when an umpire can declare a batsman out: Bowled, timed out, caught, handled the ball, hit the ball twice, hit wicket, Leg before wicket, obstructing the field, run out, stumped. (Any four)
- (d) Yorker

Question 6

- (i) Terms in Cricket: [2x4]
- (a) Tail ender: The batsman who bat at between roughly number 8 and 11 in the batting order and are generally specialist bowlers with limited batting ability.
 - (b) Century: A batsman scoring a ton or one hundred runs individually without getting out.
 - (c) An appeal: It is a request or shout by fielding team players in anticipation of batsman to be given out by the umpire.
 - (d) A Night-watchman: A night watchman is a batsman who comes into bat out of order towards end of days play in test match, in order to protect better batsman.
- (ii) (a) ICC: International Cricket Council [3x3]
BCCI: Board of Control for Cricket in India
LBW: Leg before wicket
- (b) 30 yard circle and importance of a 30 yard circle.

A painted circle or ellipse centred in the middle of the pitch, or radius 30 yard (27m) marked on the field, separating the infield from the outfield. It is used in policing the fielding regulations for one day and T20 matches, during the mandatory power play only two players are standing outside 30-yard circle and during batting power play only three players are standing outside 30-yard circle.

(c) Umpire signals.

- (1) Out: By raising index finger above the head level
- (2) Six: By raising both hands above the head level
- (3) Leg bye: By touching raised knee with the hand

- (iii) (a) Wicket keeping skills: (any 4) [4]
Catching the ball, diving, stance, stumping, foot work, throwing the ball, run out
- (b) Middle order batsman: Middle order is typically defined as the batters batting at position 4, 5, 6 and 7. It usually consists versatile batters who must continue to build an innings. [2]
- (c) Write the following: [2]
1. Weight of the cricket ball - 5.5 ounces (156g)
 2. Height of the stumps – 28 inches (71.1 cm)

FOOTBALL

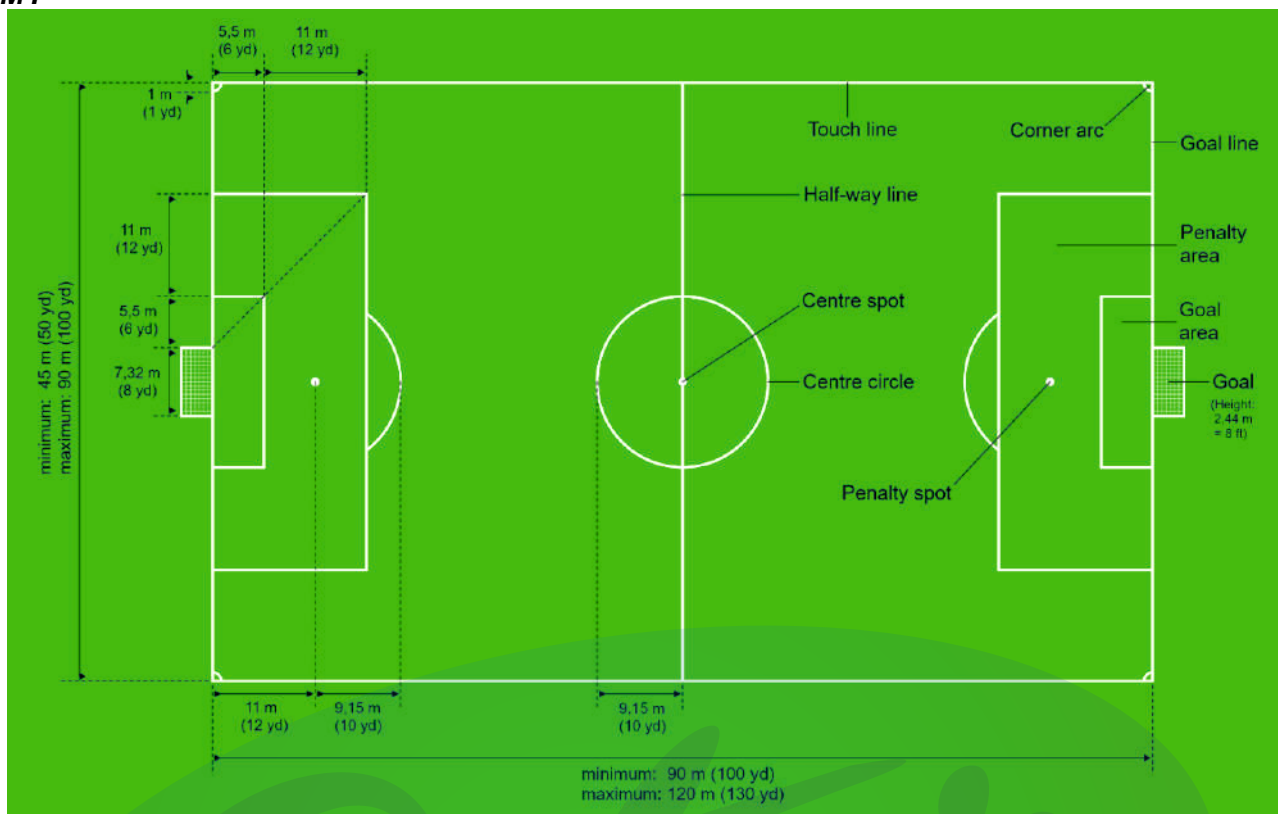
Question 7

- (i) Write short notes on: [2x4]
- (a) Advantage: Decision made by the referee during a game, where a player is fouled, but play is allowed to continue because of the team that suffered the foul is in a better position than they would have been had the referee stopped the game.
- (b) Wall pass: In which one player passes the ball to another and sprints forward to receive the quickly played returned pass by his team mate.
- (c) Zonal marking: It is a defensive strategy where defenders cover an area of the field rather than making a specific opponent. If an opponent moves into the area a defender is covering, the defender marks the opponent.
- (d) Final pass: Before scoring the goal if one player passes the ball to another player and he succeeds in scoring the goal then it will be the final pass.
- (ii) (a) Short pass and long pass: A long pass is generally more attacking than a short pass, but this can depend on where player is located on the field. If the player wants to drive his pass, he should approach the ball at a 30 degree angle so there is room to swing his kicking leg through. It is different from the short pass as it is designed for the receiving player to have wider room for attacks or more room for defence - playing into space. [3x3]
- (b) Procedure for corner kick: The ball must be placed at the corner nearest to the point where it passes over the goal line. The ball must be placed inside the corner arc. The flag post must not be removed. The player of the opponent team must be more than 9 m away from the corner from where the corner kick is being taken.

- (c) Nutmeg: When a player intentionally plays the ball between an opponent's legs, runs past the opponent and collects his own pass. Significances: A nutmeg can be used (i) Keep an opponent off balance (ii) Gain an advantage for your team (iii) Get behind a defender
- (iii) Write the following: [2x4]
- (a) Length: 90-120m
Breadth 45-90m
- (b) Duration of the match: two halves of 45 minutes each
Duration of extra time: two halves of 15 minutes each
- (c) Breadth of the goal post: 7.32 m
Height of the goal post: 2.43 m
- (d) Radius of centre circle: 9.15 m
Corner arc: 1 m

Question 8

- Terms in Football: [2x4]
- (a) Throw-In: When the ball passes over the touch line, either on the ground or in the air one player of the offending team throws the ball inside, from the point where it has crossed the touch line. It is a method of restarting play.
- (b) Offside: A player is in an off-side position, if: He is near to his opponent's goal line than both the ball and the second-last opponent and he receives the ball in this situation.
- (c) Yellow card: This card is used to communicate that a player, substitute or a substituted player has been cautioned.
- (d) Back heel: In football, a pass made using the heel
- (ii) (a) Ball out of play: A situation when the ball crosses over the boundary lines or the match has been stopped by match referee. A player is seriously injured, or the ball becomes defective. [3x3]
- (b) 5 to 7 substitutes are allowed in a football match.
Procedure of substitution during the game: The referee is informed before any substitution is made. A substitute only enters the field of play after the player being replaced has left and after receiving the signal from the referee. A substitute only enters the field of play at the half way line and during a stoppage in the match, a substitution is completed when a substitute enters the field of play.
- (c) Red Card (expulsion): Players is expelled if he commits a serious foul: is violent; strikes, charges: kicking or attempts to kick: trips on opponent, holds opponent; handles the ball intentionally; uses abusive language, offensive or insulting language; receives a second yellow card during the game. (any three)
- (iii) **Football field:** [4+4]



HOCKEY

Question 9

[2x4]

- (i)
- Scoop: Rising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.
 - 16-yard hit: when the attacking team plays the ball over the back line, the defence receives a sixteen yard hit. The free-hit is taken sixteen yards from the spot, where the ball crossed the back line.
 - Tackle: attempt to take possession of the ball from an opponent's control or an action to stop an opponent from retaining the possession of the ball.
 - Reverse stick: To turn the stick so that that the blade points to the right, allowing a hit or push in that direction

- (ii) (a) Duties of the referee:

[3x3]

- Ensures the time of play
- Signals fouls and enforces the laws
- Starts, restarts and ends the play
- Checks the equipment's of the players
- Gives warning to the players, coaches etc.
- To warn a player who is bullying.
- To signal when a goal is scored.

- (b) Ball out of play in the game of hockey:

- The ball is out of play when it passes completely over the side-line or back-line

- The ball is out of play during half-time.
- The ball is out of play when the referee stops play for any foul

(d) Method of scoring a goal in hockey:

A goal is scored when the ball is played within the shooting circle by an attacker and doesn't travel outside the shooting circle before passing completely over the goal line and under the cross bar between the goal post.

(iii) (a) Full form of: [2x4]

FIH: Federation International de hockey

IHF: Indian Hockey Federation

(b) Push pass: this pass is used to send the ball to the shorter distance. The skill is mostly used to pass the ball own team player when he is close.

(c) Indian dribbling: The base of the technique is the continuous pushing of the ball from left to right and back in a rapid fashion.

(d) Straight dribble

Question 10 [2x4]

- (i)
- (a) Rebound: when a shot hits a goaltender and bounces back into play.
- (b) Under cutting: Penalty of a hard swing of the stick under the ball to raise it into the air.
- (c) Forehand: Playing a ball which is to the right of the player in a forward direction.
- (d) Rusher: Defensive player chosen to sprint toward an opposing player taking a shot at the top of the shooting circle during a penalty corner

(ii) (a) Three national tournament in Hockey. [3x3]

- All India Gurmeet Memorial Hockey Tournament, Chandigarh
- All India Chhatrapati Shivaji Hockey Tournament, Delhi
- All India Indira Gold Cup Hockey Tournament, Jammu
- All India Aagha Khan Hockey Tournament, Mumbai
- All India Jawaharlal Nehru Hockey Tournament, Delhi
- All India Ramesh Chander Memorial Hockey Tournament, Jalandhar
- All India Lal Bahadur Shastri Hockey Tournament, Delhi (Any 3)

(b) Six fundamental skills involved in the game of Hockey:

Passing, trapping, dribbling, dodging, shooting, scoop, tapping, flick etc. (Any 6)

(c) Procedure of Centre pass in Hockey:

- Taken at the centre of the field
- It is permitted to play the ball in any direction
- All the players other than the player taking a centre pass must be in the half of the field which includes the goal they are defending
- The procedures for a taking a free hit apply
- Player should be away at least 5 yards

(iii) Answer the following: [2x4]

(a) The width of the goal post: 3.66m (12feet)

Height of the goal post: 2.14m (7 feet)

(b) Weight of the hockey ball: 156 – 163 grams (5.50 ounces – 5.74 ounces)

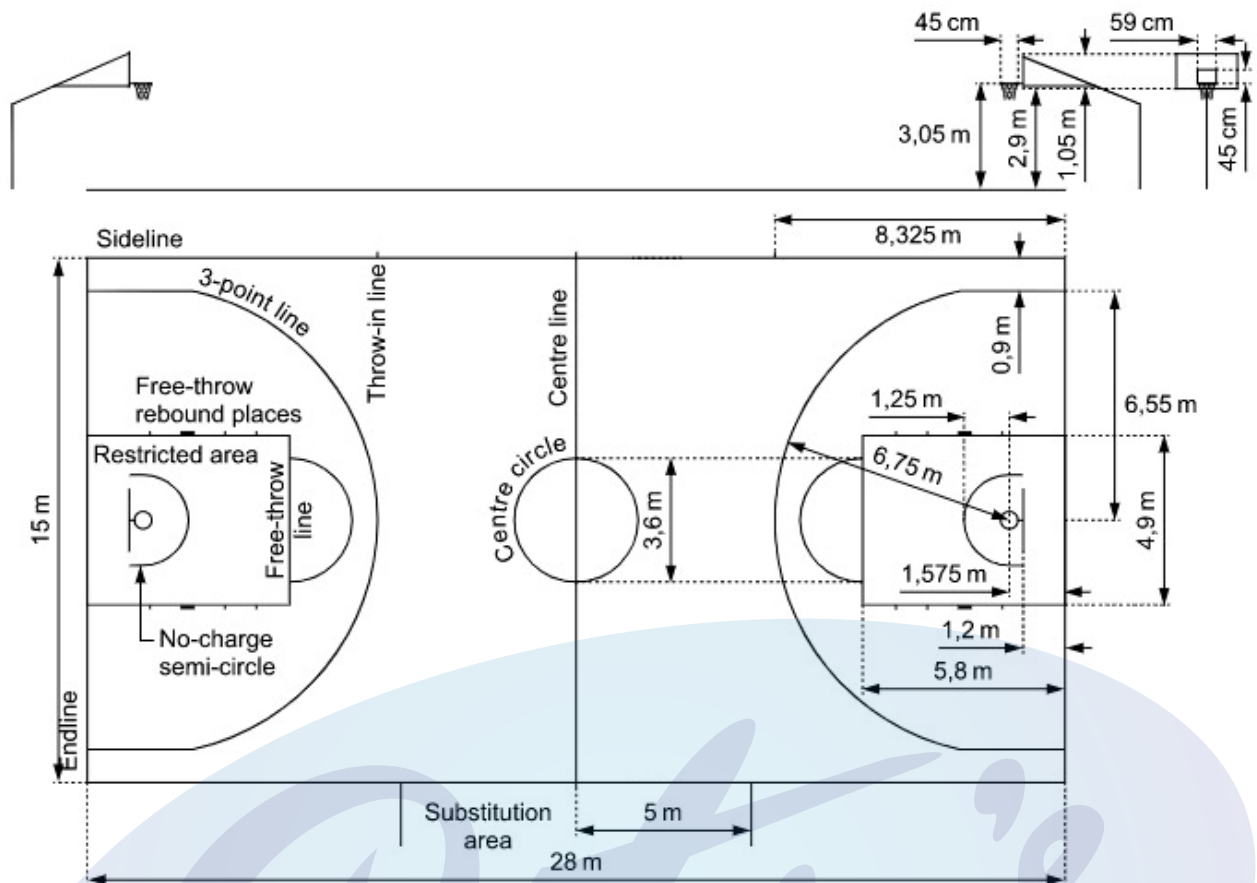
Circumference of the hockey ball: 224mm – 235mm. (22.4 – 22.5 cm)

- (c) The duration of the game for men: 35 minutes of two halves with 5 to 10 minutes of interval.
The duration of the game for women: 30 minutes of two halves with 5 to 10 minutes of interval
- (d) Length of the hockey play field: 91.40m (100 yards)
Breadth of the hockey play field: 55m (60 yards)

BASKETBALL

Question 11

- (i) Terms in Basketball. [2x4]
- (a) Double dribble: this penalty, which results in a turnover, occurs when a player dribbles the ball with both the hands. It also occurs when a player dribbles, stops dribbling and begins to dribble again
- (b) Box out: When a shot goes up, players use this technique, which involves widening their stance and arms and using their body as a barrier to get in better rebounding position
- (c) Triple threat: A situation when the basketball is being held by the player at hip, right or left, in an athletic stance.
- (d) Dunk: To score by putting the ball directly through the basket with one or both the hands.
- (ii) (a) Ball is considered dead: [3x3]
1. Free throw has been made
 2. Whistle is blown by an official
 3. At a signal of official clock of the game
 4. At a signal of 24 second device (Any three)
- (b) Differentiate between unsportsman like foul and disqualifying foul: An unsportsman like foul is a contact foul which in the judgement of the official, is not legitimate attempt to directly play the ball within the spirit and intent of the rule. A disqualifying foul is a non-contact foul by a player, team or coach for unsportsman like behaviour or failure to follow the rules and regulation.
- (c) Pushing in a basketball: Pushing is a foul that occurs when a player forcibly pushes an opponent from their position, usually with their hands or arms, but it can be with any body part.
- (iii) Basketball court with the following measurements: [8]



Question 12

- (i) Terms in Basketball: [2x4]
- (a) Fast break: An offensive action where the team attempts to advance the ball and score as quickly as possible after a steal, blocked shot or rebound.
 - (b) Free throw: A free throw is an opportunity given to a player to score one point, uncontested from a position behind the free throw line and inside the semi-circle. The player will be awarded 1, 2, or 3 free throws as per their shooting position of the player when he was fouled.
 - (c) Loose ball: A ball that is alive, but not in the position of either team.
 - (d) Charging: It is personal contact, with or without the ball by pushing or moving into an opposing player. It is a foul
- (ii) (a) Three scenarios during a basketball match when the ball is considered 'live'.
1. A jump ball is tapped by a jumper
 2. Throw-in ball is tapped by any player
 3. Free-throw ball is at the disposal of free-throw shooter. [3x3]
- (b) Zone defence and man-to-man defence: In zone defence, defender is assigned a specific area of floor and when guards if any offensive player enter his area. In man-to-man defence each player is guarded by an opponent so they check the marked player in full court.

(c) Umpire signals:



Illegal dribble



Blocking



Technical foul

- (iii) (a) Types of Screening in basketball: Legal and illegal screening [2x4]
 (b) Any two jump ball situation:
- To the start the match
 - A held ball is called
 - When there is a confusion about the last touch of the ball
 - A doubletree throe violation occurs during the last and only free throw
 - When the ball lodges between board and ring.
- (c) When the match ends in a draw: extra time of 5 minutes is given to break the tie, there is no limit to extra periods and are given till the tie is broken.
 (d) Held ball: It occurs when two opponents have firmly gripped the ball, neither can possession without undue roughness. With new changes, throw in (by turn) is taken nearest side or end line (earlier jump ball was performed under condition).

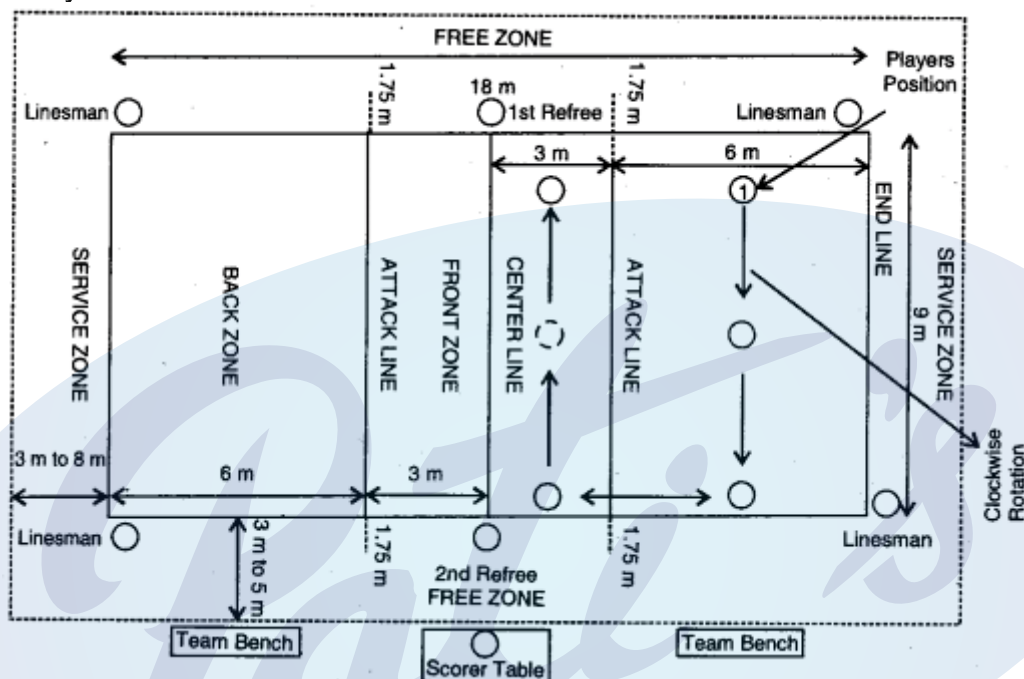
VOLLEYBALL

Question 13

- (i) Terms in Volleyball: [2x4]
- (a) A spike: A ball contacted when a server put his foot over or steps on the back line while serving or when a player puts his foot over the center line into the opposition side of the court
- (b) Free ball: Returning the ball to the opponent without the intent to get a kill
- (c) Side bands: Two white bands are fastened vertically to the net and placed directly above each side-line. They are 5cm. wide 1m long, and are considered as a part of the net.
- (d) A Misconduct: Behaviour towards officials, opponents, spectators or team may be incorrect by a team member and depending upon the degree of the offence the concerned player is sanctioned. According to the judgement of the first referee and depending on the seriousness of the offence, the sanctions will be applied and recorded on the score sheet as penalty, expulsion or disqualification.
- (ii) (a) Service change: when the serving team loses a point, this is called service change, which means the opposition becomes the serving team and serves for the next point, [3x3]
 (b) Three blocking faults of Volleyball player:
- The blocker touches the ball in the opponent's space either before or simultaneously with opponents attack hit.
 - The back row player completes a block or participates in a completed block
 - Blocking the opponents service

- The ball is sent “out” off the block.
 - Blocking the ball in the opponents space from outside the antenna
 - A libero attempts an individual or collective block
 - Blocking the ball in the opponents space from outside the antenna
 - A libero attempts an individual or collective block
 - The ball goes into a net and terminates the play
 - The blocker commits a net violation or centre line violation
- (c) Maximum number of time-outs and substitutions permitted in a single set:
Two time-outs and six substitutes

(iii) Volleyball court:



Question 14

- (i) Explain the following terms in Volleyball: [2x4]
- Floater:** The floater serve is one of the type of service in the game of volleyball the serve involves hitting the volleyball in such a way to minimize the rotation of the ball, causing unpredictability in the balls movement
 - Joust:** when two opposing player contact the ball simultaneously above the net causing the ball to momentarily come to rest, the point is replayed if this is called by the official
 - Ball down:** a down ball occurs when an attacker hits the ball over head while standing on the ground, usually of the net it is similar to spike
 - Trap set:** the set closer to the net that gives the blocker the advantage. This move ensures the attacker can plant and jump straight up to avoid drifting into or landing under the net
- (ii) (a) Three fundamental skills of Volleyball. [3x3]
- Service

- Passing
- Attack
- Block
- Sliding
- Bump under arm lift
- One hand under arm lift etc.

(b) Three ways a team can score a point in a game of Volleyball:

- By successfully grounding the ball on the opponents court
- If the opponent team plays the ball more than three times
- The ball is held or pushed by the opponent player
- An opponent player touches the ball two times consecutively
- The opponent player touches the ball two times consecutively
- The opponent team is out of position at service

(c) Identify the following umpire signals.



Double hit



Time-out



Replay/Re-serve

(iii) (a) Four hits :A hit is any contact with the ball by the player in play. The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more contact are used the team commits the fault of four hits. [2x4]

(b) Number of libero players a team can include in the team list: each team has the right to designate from the list of players on the score sheet up to two libero players. (Specialist defensive players).

(c) Technical time out: it is given for 60 seconds in the final set when leading team reaches at the 8 and 16th point. It may be requested by each team.

(d) Two important tournaments of volleyball:

- Olympic games
- World championship
- Mens world cup
- Asian games
- World league
- Poornima trophy
- National games
- Federation cup

BADMINTON

Question 15

(i) Terms in Badminton:

[2x4]

(a) Bird: another name for shuttle cock

- (b) Drop shot: it is a very soft shot that can help in winning points if played well. This stroke can be executed from fore hand and backhand sides in front of the opponent. Drop shots are of two types fast and slow drop-shot
- (c) Full smash: smashing with full power is called full smash
- (d) Net lift: it is an excellent defensive technique to clear shots near the net area. The objective of this shot is to clear the shuttle all the way to your opponent's baseline. The reason a net lift is played is so what you can get yourself out of pressure and still in the game
- (ii) (a) Three duties of service judge in badminton: [3x3]
- He checks the service fault of serving player like waist fault, 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 delivery of the service
 - In doubles the partners are ready and have taken position
 - He makes the cleaning of surface in case of sweat falling over the court
- (b) Scoring system in badminton:
- In singles, at the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd the server serves from the left service court
 - In a rally, the shuttle may be hit by the server and the receiver alternately, from any position on that player's side of the net, until the shuttle ceases to be in play.
 - If the server wins a rally, the server shall score a point. The server shall then serve again from the alternate service court.
 - If the receiver wins a rally, the receiver shall score a point. The receiver shall then become the new server. They serve from the appropriate service court-left if their score is odd, and right if it is even
- (c) Shuttle not in play:
- If it touches the surface of the court
 - A fault has been committed or 'let' has been called
 - The shuttlecock gets trapped in the net mesh
 - It touches the net or the posts and falls toward the area of the court belonging to the player who has last hit the shuttlecock
- (iv) (a) Write the full form of: [2x4]
- BAI: Badminton Association of India
BWF: Badminton World Federation
- (b) Baseline smash: smash hit from your baseline is called baseline smash.
- (c) Rally: A service of shots between opposing players, starting with a service and ending when the point is won. This occurs when the player hit the bird back and forth several times before one side scores a point.
- (d) Arun will use short service (Low serve)

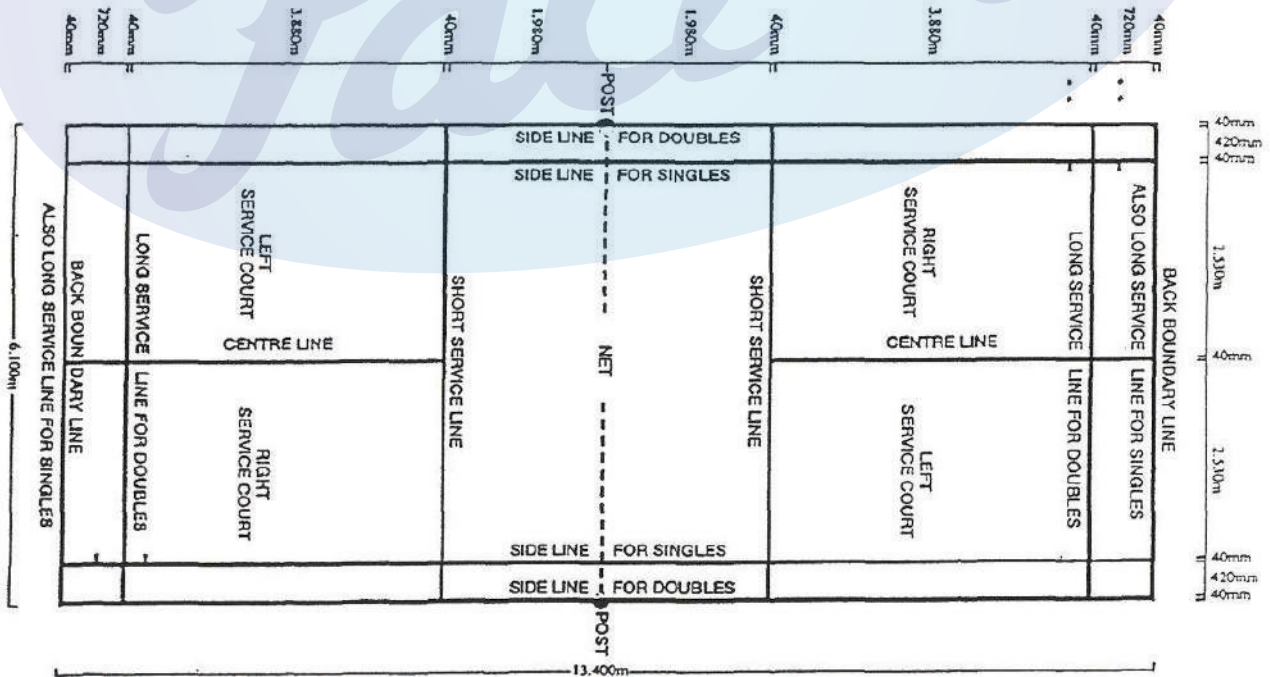
Question 16

- (i) Explain the following terms in Badminton: [2x4]
- (a) Forehand grip: The grip is used to hit shots that are on the forehand side of the body and around the head shots. Hold the racket head with non-playing

hand so that the handle points towards you and the racket face should be perpendicular to the floor.

- (b) Flick: A quick wrist-and-forearm rotation by changing an apparently soft shot into a faster shot.
 - (c) Back alley: The area between the doubles long service line and the base line.
 - (d) Love: The term used to indicate zero in scoring
- (ii)
- (a) Drive: Drive is a hard driven short that travels parallel with the floor. This shot clears the net but does not go high enough for the opponent to smash. [3x3]
 - (b) Three international tournaments in badminton:
 - Olympic Games
 - BWF world championship
 - Thomas cup
 - Uber cup
 - World junior championship
 - All England Championship
 - Asian games
 - (c) Scoring system in badminton:
 - A match should consists of the best of three games.
 - A game should be won by the side which first scores 21 points.
 - If the score becomes 20-all, the side which gains a two point lead first, should win that game.
 - If the score becomes 29-all, the side scoring 30th point should win that game.
 - The side winning the game should serve first in the next game.

(iii) Badminton court [8]



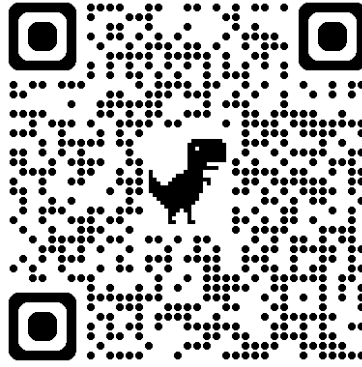


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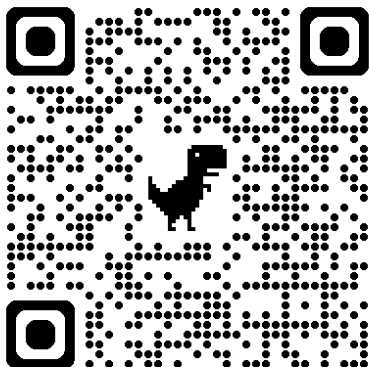
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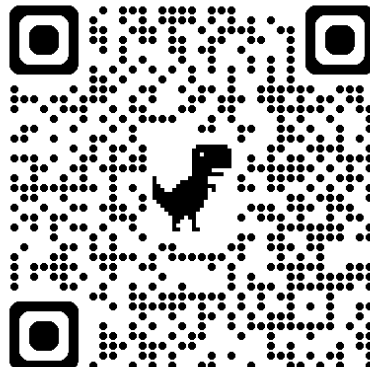
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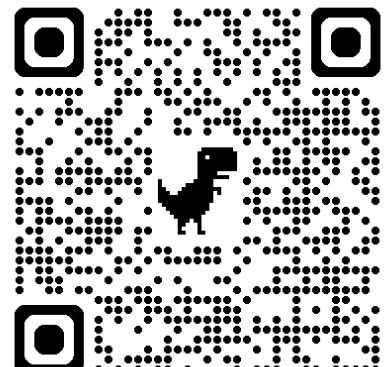
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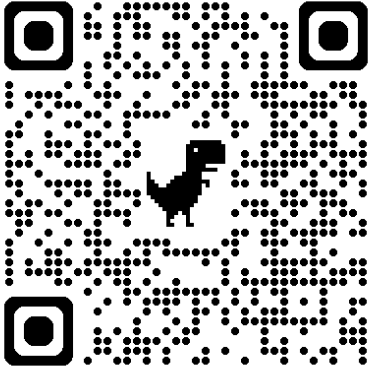
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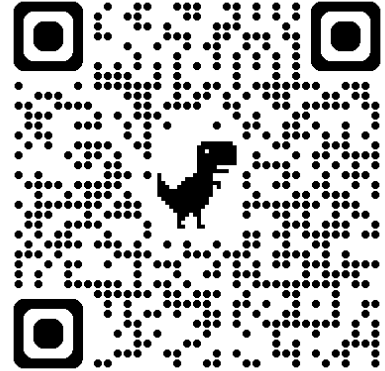
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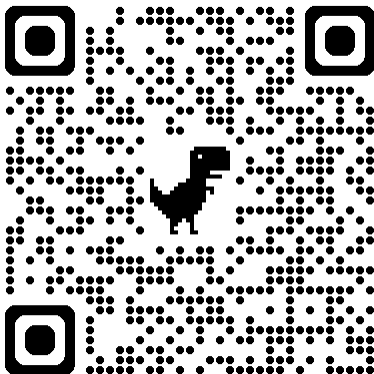
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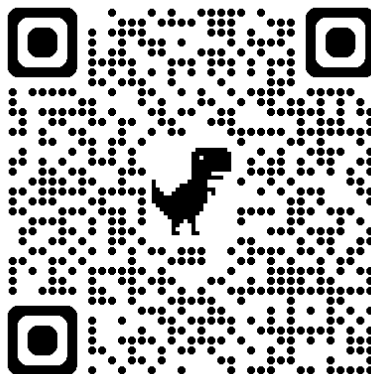
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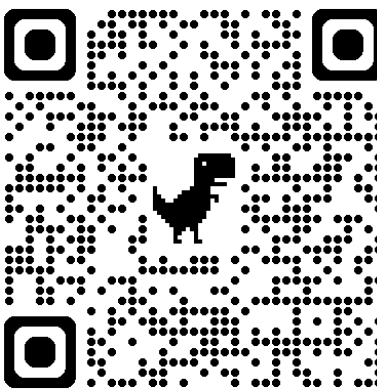
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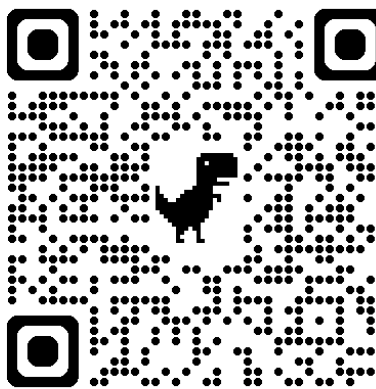
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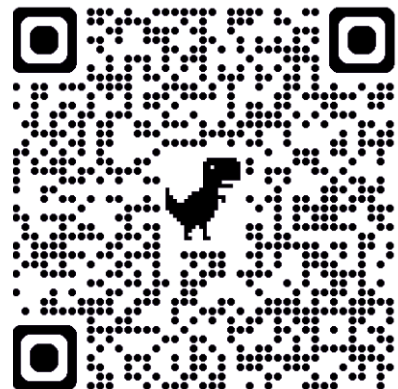
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