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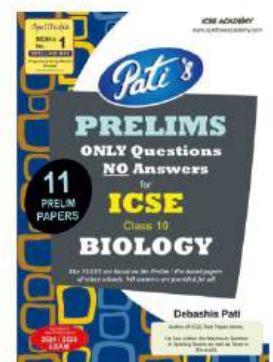
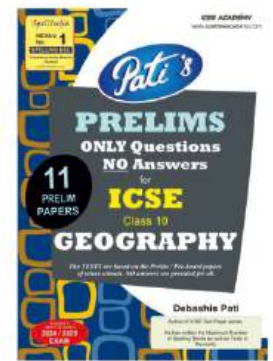
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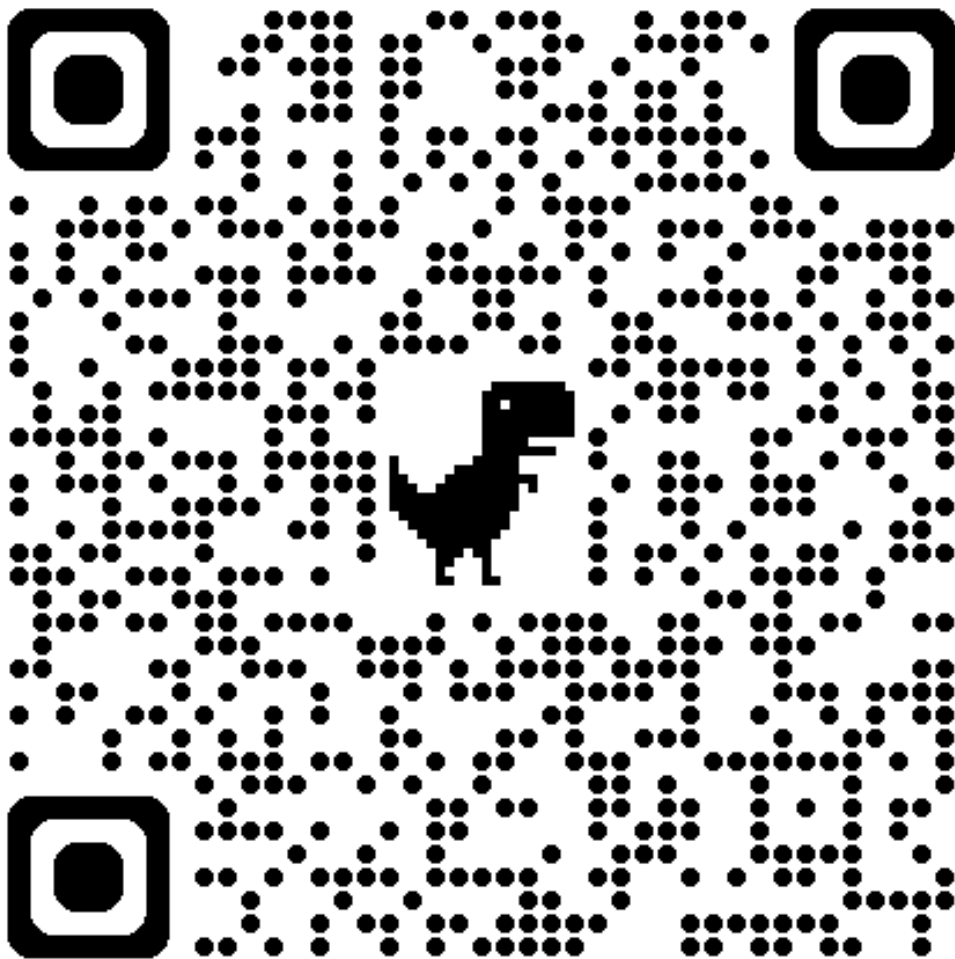
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SPECIMEN QUESTION PAPER
PHYSICAL EDUCATION

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[].

Instruction for the Supervising Examiner

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

SECTION A

(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) Identify the sports injury given below.



- (a) Shin Splint
- (b) Achilles Tendonitis
- (c) Planter Fasciitis
- (d) Runner's Knee

[Understanding]

- (ii) The form of nutrition in which the intake of nutrients is oversupplied is known as _____.

- (a) Undernutrition
- (b) Overnutrition
- (c) Special diet
- (d) Staple diet

[Recall]

- (iii) How is the MCL injury treated?

- (a) ABC
- (b) CPR
- (c) RICE
- (d) Direct pressure

[Application]

(ii)
(iv)

This injury is characterised by pain in the front part of lower leg

_____.

- (a) Sprained ankle
- (b) Shin splint
- (c) Stress fracture
- (d) Tennis elbow

[Recall]

(v) Which of the following aspect comes into the domain of Growth?

- (a) Changes in qualitative aspect
- (b) Changes in developmental aspect
- (c) Changes in the quantitative aspect
- (d) Change in quality

[Analysis]

(vi) Egg is a source of _____.

- (a) Mineral
- (b) Carbohydrate
- (c) Protein
- (d) Vitamins

[Recall]

(vii) Which of the following sports training principle suggests that minor changes in training regime yields more consistent gain in sports performance?

- (a) Principle of reversibility
- (b) Principle of adaptation
- (c) Principle of variance
- (d) Principle of specificity

[Understanding]

(viii) Being able to change direction quickly in a game of Basketball is a good example of which skill related component?

- (a) Co-ordination
- (b) Speed
- (c) Power
- (d) Agility

[Application]

(ix)

The unit used to describe the energy content of food is called

_____.

- (a) Calorie
- (b) Nutrition
- (c) Meal planning
- (d) Balanced diet

[Recall]

(x) Muscular strength can be tested through which activity?

- (a) Standing long jump
- (b) 50-meter sprint
- (c) The push up test
- (d) Stork balance test

[Analysis]

(xi) How does a fracture occur?

- (a) Lactic acid accumulation
- (b) Over stretching of the ligament
- (c) Impact of direct force or a severe blow
- (d) Overusing a muscle

[Analysis]

(xii) Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion (A): Adolescence is a stage of rapid physical growth and development.

Reason (R): During adolescence hormonal changes trigger significant physical changes in the body.

- (a) both assertion and reason are true and the reason is correct explanation of the assertion
- (b) both assertion and reason are true and the reason is not correct explanation of assertion
- (c) assertion is false but reason is true
- (d) assertion is true but reason is false

[Analysis]

(iii)

The process that starts in human from infancy and continues into late adolescent concentrating on gross and fine motor skills as well as puberty is:

- (a) Mental development
- (b) Emotional development
- (c) Physical development
- (d) Neuro-muscular development

[Recall]

(xiv) Performing daily chores without any fatigue is called as _____.

- (a) Mental wellness
- (b) Physical fitness
- (c) Dynamic ability
- (d) Physical education

[Understanding]

(xv) **Assertion (A):** Physical Education is recognised as an indispensable part of the school curriculum.

Reason (R): It helps the students to attain physical, mental, emotional progress and builds their self-esteem.

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

[Analysis]

(xvi) An ankle sprain is an example of _____.

- (a) Soft tissue injury
- (b) Concussion
- (c) Bone fracture
- (d) Abrasion

[Understanding]

(ii) (xvii) According to the principle of Overload, which of the following statement is correct?

- (a) There should be greater load on the body than the normal load
- (b) There should not be greater load on the body than the normal load
- (c) Training load should remain static
- (d) Training load should be extreme

[Analysis]

(xviii) _____ is the feeling of stability and control over your body.

- (a) Flexibility
- (b) Power
- (c) Accuracy
- (d) Balance

[Recall]

(xix) 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

[Understanding]

(xx) Match the following:

- | | |
|-------------|-----------------------------------|
| (I) macro | 1) Few days workout. |
| (II) meso | 2) Few weeks workout |
| (III) micro | 3) Few months workout |
| (IV) warmup | 4) Done prior to intense activity |

- (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.

[Analysis]

Question 2

- (i) Define the term development. [2]
[Understanding]
- (ii) What is plantar fasciitis injury? [2]
[Understanding]
- (iii) List *any three* main objectives of physical education. [3]
[Recall]
- (iv) What is a concussion? State *any two* symptoms of concussion. [3]
[Recall]

Question 3

- (i) State any two emotional development objectives which are a desired outcome of a well-planned Physical Education program. [2]
[Application]
- (ii) Mention any two causes of sports injuries. [2]
[Recall]
- (iii) Explain why Strength is a component of Physical Fitness. [3]
[Understanding]
- (iv) State *any three* characteristics of endomorph body. [3]
[Recall]

Question 4

- (i) Priya a talented sprinter is experiencing issues with her start in her 100 meter race. She often lags behind her competitors during the initial phase of the race. To improve Priya's sprint start, her coach devises a training program for her. He includes reflex and interval training to improve her start. [2]
- (a) Which principle of sports training did the coach apply?
- (b) Which component of motor fitness did the coach target to improve her start? [Application]

(ii) Define the term health education. [2]

[Understanding]

(iii) Write three responsibilities of a physical education teacher. [3]

[Analysis]

(iv) What is hip bursitis? State *any two* causes of hip bursitis injury. [3]

[Understanding

& Recall]

SECTION B

(Attempt *two* questions from this Section.)

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

CRICKET

Question 5

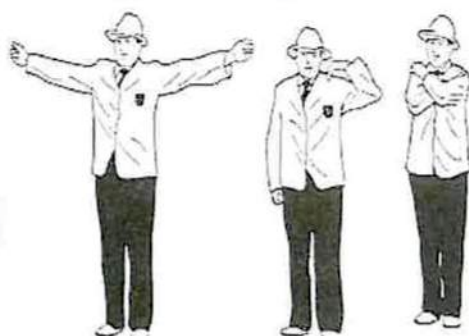
(i) Explain the following terms: [8]

- (a) Free hit
- (b) Powerplay
- (c) Reverse swing
- (d) Late cut

[Understanding]

(ii) (a) Explain *danger area* on the cricket pitch. [9]

(b) Identify the following umpire signals. [Recall]



(1)

(2)

(3)

[Analysis]

(c) Mention *any three* fielding positions on the on side of the field. [Recall]

[Recall]

- (i)(ii)
- (a) In a cricket match Anthony (Fielder) seeks to gain an advantage by insulting, abusing or gesturing to the opposing batter (Sawant). What is this term called in cricket? [8] [Analysis]
 - (b) Explain the term *short run*. [Recall]
 - (c) What is a *bouncer*? [Understanding]
 - (d) Explain the term *middle order*. [Recall]

Question 6

- (i) Explain the following terms in cricket: [8]
 - (a) Duck
 - (b) Stance
 - (c) Out swing
 - (d) Beamer [Understanding]
- (ii)
 - (a) What is meant by obstructing the field? [9]
 - (b) Write the following: [Recall]
 1. Length of the bat.
 2. Length of the Cricket pitch.
 3. Height of the stumps when pitched. [Understanding]
 - (c) What is the importance of *30 yard circle*? [Recall]
- (iii)
 - (a) Cricket is a sport that requires specific equipment to ensure the safety and performance of players. Durga Prasad seems to be a talented young batting cricketer all though he has started training recently and has got selected to play for an upcoming match. Durga Prasad is not aware of the compulsory equipment he needs to carry with him for the game. Which equipment do you think needs to be taken by him for the match? [8] [Understanding]
(Any four)
 - (b) Explain the term *run up* in cricket. [Understanding]
 - (c) What do you mean by the term *substitute*? [Recall]
 - (d) Explain the term *Bodyline Bowling* in cricket. [Understanding]

FOOTBALL

Question 7

- (i) Write short note on: [8]
- (a) Halfway line
 - (b) Penalty mark
 - (c) Full time
 - (d) Final pass [Understanding]
- (ii) (a) Differentiate between short pass and long pass in football. [9]
[Recall]
- (b) Write *any three* occasions when the ball is said to be out of play in the game of football. [Understanding]
- (c) When is a corner kick awarded and from where is it taken? [Recall]
- (iii) (a) What is the shape and circumference of the ball? [8]
[Understanding]
- (b) Explain the term a *through pass*. [Understanding]
- (c) What is *penalty arc*? [Recall]
- (d) In a football match, Bengal Tigers are playing against Delhi Wizards. Delhi Wizards player while trying to score a goal causes the ball to go out of bounds. As a result, Bengal Tigers is awarded a goal kick. Why do you think the goal kick was awarded? [Analysis]

Question 8

- (i) Explain the following terms in football: [8]
- (a) Back heel
 - (b) Place kick
 - (c) Yellow card
 - (d) Extra time [Understanding]

- (ii) (a) Write down the procedure of substitution during the game. [9]
[Recall]
- (b) Write down how the game restarts in the following situations during the match.
1. An indirect free kick is kicked directly into the team's own goal
 2. An indirect free kick is kicked directly into the opponent's goal.
 3. A player intentionally pushes an opponent. [Analysis]
- (c) State *any three* fouls for which the referee can show a yellow card to the player. [Understanding]
- (iii) (a) Draw a neat labelled diagram of goalpost with all its measurements. [8]
[Application & Recall]
- (b) Mention *four* instances for which a direct free kick is awarded. [Understanding]

HOCKEY

Question 9

- (i) Explain the following terms: [8]
- (a) 23 m area
 - (b) Center mark
 - (c) Free hit
 - (d) Aerial [Understanding]
- (ii) (a) What do you mean by *reverse stick* in hockey? [9]
[Understanding]
- (b) Mention *any three* duties of the table official. [Recall]
- (c) Explain the procedure of penalty corner. [Understanding]

- (ii) (a) Write the full form of FIH and IHF. [8]
[Recall]
- (b) What do you mean by *tackling*? [Understanding]
- (c) Explain the term *astro turf*. [Recall]
- (d) List *any four* equipment that a goalkeeper should wear during the game. [Recall]

Question 10

- (i) Explain the following terms in hockey: [8]
- (a) Shooting
- (b) Midfielder
- (c) A back stick
- (d) Flat stop trapping [Understanding]
- (ii) (a) When is the ball out of play in the game of hockey? [9]
[Recall]
- (b) Mr. Arijit Singh is the coach of the school's field hockey team. His team consists of both trained players and newcomers. Mr. Singh has several responsibilities to ensure the team's success. What are Mr. Arijit Singh's duties as a coach? (Any three) [Understanding]
- (c) Explain procedure of center pass in hockey. [Understanding]
- (iii) (a) Explain what type of substitution is done in hockey. [8]
[Recall]
- (b) What do you mean by the term *bully*? [Understanding]
- (c) Explain the term *sweep pass* in hockey. [Recall]
- (d) Upon receiving which colour card should the player immediately leave the field of play and serve a temporary suspension of 2 minutes, during which time their team will play with one less player. [Analysis]

BASKETBALL

Question 11

(i) Explain the following terms: [8]

- (a) Back court
- (b) Center line
- (c) 24 second rule
- (d) Violation [Understanding]

(ii) (a) Give *any three* jump ball situations in basketball. [9]

(b) Explain the term *game lost by default*. [Understanding]

(c) Identify the referee signal in the following pictures: [Recall]



(1)



(2)



(3)

[Analysis]

(iii) (a) What do you mean by *Double dribble*? [8]

[Recall]

(b) Explain the term *goal tending*. [Understanding]

(c) Explain the *Three second rule*. [Understanding]

(d) What do you mean by *technical foul*? [Recall]

Question 12

(i) Explain the following terms: [8]

- (a) A foul
- (b) Match commissioner
- (c) Low dribble
- (d) Slam dunk [Understanding]

- (ii) (a) Explain the term *lay up shot*. [9]
[Recall]
- (b) What is *pivoting*? State *any two* categories of pivoting. [Understanding]
- (c) Mention *any three* rules of *throw-in* related to basketball. [Recall]
- (iii) (a) Explain the term a *direct shot*. [8]
[Understanding]
- (b) A defensive formation in which a coach assigns each player to cover a specific area of the court is termed as which defense? [Analysis]
- (c) Explain the term *defensive rebounding*. [Understanding]
- (d) In a high school basketball game, Menadevi School is playing against Ryan School. During a crucial play, Zayn from Menadevi attempts a layup when Hrithik from Ryan School pushes him from behind, causing Zayn to fall and miss the shot. The referee notices the push and calls a foul on Hrithik. Define the term pushing in basketball. [Understanding]

VOLLEYBALL

Question 13

- (i) Explain the following terms in volleyball: [8]
- (a) Center line
- (b) Penalty area
- (c) Block and team hit
- (d) Libero [Understanding]
- (ii) (a) When the ball is considered in play and out of play? [9]
[Analysis]
- (b) List *any three* duties of coach. [Understanding]
- (c) How is a game resumed after a prolonged interruption exceeding 4 hours? [Analysis]

- (ii)(iii) (a) During a volleyball match, Mumbai Ballers are ready to serve. [8]
Right before the serve, the referee blows the whistle and signals an overlap violation against Mumbai Ballers. Define the term Overlapping in volleyball. [Understanding]
- (b) What is a *rally*? [Recall]
- (c) Explain the term *ace*. [Understanding]
- (d) What is meant by *single block*? [Understanding]

Question 14

- (i) Explain the following terms in volleyball: [8]
- (a) Side out
- (b) Substitution
- (c) A catch
- (d) Free zone [Understanding]
- (ii) (a) What is the height, length and breadth of the net? [9]
[Recall]
- (b) Name *any three* national tournaments of volleyball. [Understanding]
- (c) Explain the term *net violation* in volleyball. [Understanding]
- (iii) Draw a neat diagram of volleyball court and mark the following: [8]
- (a) Side line
- (b) Attack zone
- (c) Service line
- (d) Attack line
- (e) Back court
- (f) Length and width of ground [Creativity & Recall]

BADMINTON

Question 15

- (i) Explain the following terms: [8]
- (a) Service court
 - (b) Back alley
 - (c) Long service line
 - (d) Jump smash [Understanding]
- (ii) (a) Explain the term *drive* in Badminton. [9]
[Understanding]
- (b) When do teams change ends during a game? [Analysis]
- (c) Explain the term *clear shot* in Badminton. [Understanding]
- (iii) (a) What do you mean by *lobbing*? [8]
[Understanding]
- (b) Explain the term *long serve*. [Recall]
- (c) During a school badminton match, Balwant Rai serves the shuttlecock to his opponent with his foot on the short service line. The service judge calls a service fault. Explain what is service fault in badminton. [Understanding]
- (d) What do you mean by *net kill*? [Understanding]

Question 16

- (i) Explain the following terms: [8]
- (a) Flick
 - (b) Love
 - (c) Forehand grip
 - (d) Center service line [Understanding]

- (a) Explain the rule of *scoring* and *serving in singles*. [9]
[Understanding]
- (b) State *any three* duties of umpire in a Badminton game. [Understanding]
- (c) Explain the technique of drive serve in badminton. [Recall]
- (iii) (a) Name *any two* international tournaments of Badminton. [8]
[Understanding]
- (b) Explain the term *disqualification*. [Understanding]
- (c) What will be the referee decision?
1. If a shuttle after being struck by a player hits the ceiling.
 2. If a shuttle after being struck by a player gets caught on the top of the net. [Analysis]
- (d) What do you mean by *rally scoring* in Badminton? [Understanding]

Question 1		[20]
(i)	(b) Achilles Tendonitis	
(ii)	(b) Overnutrition	
(iii)	(c) RICE	
(iv)	(b) Shin splint	
(v)	(c) Changes in the quantitative aspect	
(vi)	(c) Protein	
(vii)	(c) Principle of variance	
(viii)	(d) Agility	
(ix)	(a) Calorie	
(x)	(c) The push up test	
(xi)	(c) Impact of direct force or a severe blow	
(xii)	(a) both assertion and reason are true and the reason is correct explanation of the assertion	
(xiii)	(c) Physical development	
(xiv)	(b) Physical fitness	
(xv)	(a) Both A and R are true, and R is the correct explanation of A.	
(xvi)	(a) Soft tissue injury	
(xvii)	(a) There should be greater load on the body than the normal load	
(xviii)	(d) Balance	
(xix)	(d) The systematic planning of athletic or physical training	
(xx)	(b) I-3, II-2, III-1, IV-4.	
Question 2		
(i)	Development: Development means progressive series of changes that occur in an orderly predictable pattern as a result of maturation and experience. It is the sequence of age-related changes that occur as a person progresses from conception to death. It includes both the biological and the behavioral changes that take place as people grow older, e.g. infant's ability to grasp, object, a child's gradual mastery of grammar.	[2]

(ii) (i)	Plantar Fasciitis Injury: It is the inflammation of the plantar fascia ligament which supports the arch of the foot. It results in pain in the heel. It is common in runners and in menopausal women.	[2]
(iii)	Physical development objectives of physical education: 1. Physical development. 2. Psychological development. 3. Social development. 4. Emotional development. <i>(Any three)</i>	[3]
(iv)	Concussion: A concussion is a traumatic brain injury that affects your brain function. Symptoms of concussion: 1. Loss of consciousness, loss of balance. 2. Difficulty in communicating, memory loss. 3. Repeated vomiting or nausea, Headache. <i>(Any two)</i>	[3]
Question 3		
(i)	Emotional development objectives of physical education: 1. To develop the ability to control various emotions like fear and pleasure. 2. To develop the ability to control various emotions like hope and anger. 3. To develop the ability to control various emotions like love, hate, anxiety. 4. To develop the ability to deal with success and failure with equanimity. 5. To develop the ability to use one's body to express one's ideas, attitudes and emotions. 6. To develop the ability to motivate oneself. 7. To develop the ability of not brooding over a disappointing or painful incident. 8. To develop emotional maturity, social competence by interacting with other children. 9. To develop respect for others in the game. <i>(Any two)</i>	
(ii)	Causes of sports injuries: 1. Poor physical fitness of players / student. 2. Poor mental /psychological preparation to take part in a particular game.	[2]

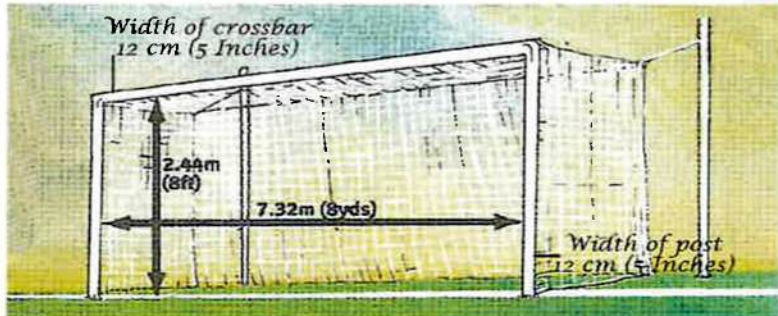
(ii)	<ol style="list-style-type: none"> 3. Inadequate warming up before competition. 4. By using substandard sports equipment. 5. By adopting faulty skills of the particular game. 6. Poor maintenance of sports field/ surfaces of gymnasium/ swimming pool. 7. Absence of a qualified supervisor /a coach/a teacher on sports field. <p style="text-align: right;"><i>(Any two)</i></p>	
(iii)	<p>Strength as a component of physical fitness: Muscular strength is defined as the maximum amount of force that a muscle can exert against some form of resistance in a single effort. Strength exercise is any activity that makes your muscles work harder than usual. Examples of exercises that develop muscular strength include resistance training, such as weightlifting, bodyweight exercises, push-ups, and pull-ups, heavy gardening, such as digging. The muscular strength reduces the risk of injury, help you keep a healthy body weight. The push up test and handgrip dynamometer test are used to test muscular strength.</p>	[3]
(iv)	<p>Characteristics of endomorph body:</p> <p>The endomorph is physically quite 'round' and is typified as the 'barrel of fun' person.</p> <ol style="list-style-type: none"> 1. They tend to have wide hips and narrow shoulders, which make them pear-shaped. 2. They tend to have quite a lot of fat spread across the body. 3. They tend to have quite slim ankles and wrists. 4. They tend to have wide bone structure, thick rib cage and shorter limbs. 5. They tend to have a high body fat percentage level. 6. They gain weight easily. They tend to have a slow metabolism. <p style="text-align: right;"><i>(Any three)</i></p>	
Question 4		
(i)	<ol style="list-style-type: none"> (a) The Principle of specificity (b) Speed. 	[2]
(ii)	<p>Health Education: Health education is the process by which individuals and groups of people learn to promote, maintain, and restore health. It is a process aimed at stimulating the wish to be healthy, to know how to stay healthy. The purpose of health education is to positively influence the health behavior of individuals and communities as well as the living and working conditions that influence their health.</p>	[2]

<p>(i) (ii)</p>	<p>Responsibilities of Physical Education Teachers:</p> <ol style="list-style-type: none"> 1. To plan, organize, supervise and motivate students to improve their performance. 2. To organize and supervise physical education activities and events. 3. To teach students the skills useful to take part in physical activities and sports. 4. To teach the rules and techniques of different sports 5. To teach theoretical concepts of physical education 6. To prepare students for physical education examinations 7. To provide knowledge related to diet and nutrition, sports injuries. 8. To analyze students' performance. 9. To train, officiate and organize intramural and extramural activities. <p style="text-align: right;"><i>(Any three)</i></p>	<p>[3]</p>
<p>(iv)</p>	<p>Hip Bursitis: Hip bursitis is inflammation of the bursa (fluid-filled sac near a joint) at the part of the hip called the greater trochanter.</p> <p>Causes of Hip bursitis:</p> <ol style="list-style-type: none"> 1. Falling on the outside of the hip or banging the hip on any hard surface. 2. Repetitive pressure on the hip. 3. People who bike, run or stand for long periods of time may be prone to hip bursitis. <p style="text-align: right;"><i>(Any two)</i></p>	<p>[3]</p>
<p>Question 5</p>		
<p>(i)</p>	<ol style="list-style-type: none"> (a) Free hit: If a bowler bowls a no ball by overstepping the popping crease or touching (crossing) the return crease, the next delivery will be a free hit for the facing batter. He cannot be out on the free hit except being run out. (b) Power play: A block of overs that in ODI and T20 which offers a temporary advantage to the batting side is called power play. It is mounting pressure over batter by placing close fielders. (c) Reverse Swing: When the ball becomes very old, around 40 or more over's old, it begins to swing towards the shine. This is known as reverse swing. (d) Late cut: It is a cut shot made by striking an off-side ball at the last possible moment after it has passed the batter, sending the ball is hit towards the third man position. 	<p>[2x4]</p>
<p>(ii)</p>	<ol style="list-style-type: none"> (a) The danger area: It is the central portion of the pitch—a rectangle running down the middle of the pitch, 2 feet wide, and beginning 5 feet from each popping crease. No player from either side is permitted to enter the protected area of the pitch and that includes the batter. 	<p>[3x3]</p>

(ii)	<p>(b) Umpire's signals:</p> <p>(i) Wide ball.</p> <p>(ii) Short run.</p> <p>(iii) Cancel call.</p> <p>(c) Fielding positions on On side of the field: Fine leg, long leg, mid-wicket, mid-on, silly mid-on, square leg, long on, deep square leg, leg slip, forward short leg, backward short leg, leg gully, deep Sweeper.</p>	
(iii)	<p>(a) Sledging.</p> <p>(b) Short run: A run is short if a batter fails to make good his ground on turning for a further run that is not reckoned as run. This is called short run.</p> <p>(c) Bouncer: A bouncer is a type of short-pitched delivery, usually bowled by a fast bowler, which bounces once and then reaches the batter at head-height.</p> <p>(d) Middle order: The batters who bat in between 5 to 8 in batting order can conclude some all-rounder, a wicket keeper and specialist bowler with some skills at batting.</p>	[2x4]
Question 6		
(i)	<p>(a) Duck: If a batter gets out without scoring any runs, he is said to be out for a duck.</p> <p>(b) Stance: The striker stands before his wicket, on or near the popping crease in a batting style, ready to hit the ball which will be bowled from the other end of the pitch by bowler is called as stance.</p> <p>(c) Out swing: It is defined as a delivery delivered to a right-handed batter in which the ball is moving far to the offside while in flight, generally outwards towards his body.</p> <p>(d) Beamer. A ball which comes to the batter (Above waist height) without any bounce on the pitch is called a beamer.</p>	[2x4]
(ii)	<p>(a) Obstructing the field: It is a method of getting out, if either batter willfully obstructs or distracts the opposing side by words or action. If such willful obstruction by either batter prevents the ball from being caught the batter is given out.</p> <p>(b) Write the following:</p> <ol style="list-style-type: none"> 1. The length of the bat: 38 inches (96.5cms) 2. The length of the cricket pitch: 20.12 m (22 yards) 3. Height of the stumps when pitched: 28 inches 	[3x3]

(i)	(c) Importance of 30-yard circle: It is used in policing the fielding regulations for certain one day and T20 matches. During mandatory power play only two players are standing outside the 30-yard circle for fielding.	
(iii)	<p>(a) Compulsory equipment: Cricket whites (Shirt and trousers), batting pads, helmet, cricket shoes, gloves, arm pad, thigh pad, abdomen guard, etc. <i>(Any four)</i></p> <p>(b) Run up: An approach run taken by bowler during bowling is called run up. Every different bowler approaches the wicket in a personal way, and so there can be many and varied "run-ups".</p> <p>(c) Substitute: A substitute in cricket is a replacement player that the umpires allow when a player has been injured or become ill after the nomination of the player at the start of the match.</p> <p>(d) Body line bowling: When the ball comes to the batter's body or closer to the body is called body line bowling. It is negative bowling in which the ball is aimed at the body of batter.</p>	[2x4]
Question 7		
(i)	<p>(a) Halfway line: The field of play is divided into two halves by halfway line. It is 45 m to 90 m in length. These lines are 12 cm (5inches) wide.</p> <p>(b) Penalty mark: Within each penalty area a penalty mark is made at 11m (12yds) from the midpoint between the goal post and equivalent to them. The penalty kick is taken from this mark.</p> <p>(c) Full time: The football match is played in two equal periods of 45 minutes each. The total time of 90 minutes is called full time.</p> <p>(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. The final pass is key to finding the player in the best position to score a goal.</p>	[2x4]
(ii)	<p>(a) Short pass: The ball is passed for short distance. To make a short pass, turn the foot you are going to make the pass with outwards and lock the ankle, so it is strong on contact with the ball.</p> <p>Long pass: The long pass is used to clear the ball to the opposite side of the field to a teammate who is open and has no defenders around him.</p> <p>(b) Ball out of play: The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air and the play has been stopped by the referee.</p> <p>(c) Corner kick: A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line; either on ground or in the air and a goal is not scored according to the rule. It is taken from a corner arc at the nearest corner flag post.</p>	[3x3]

(ii)	<p>(a) The shape of the ball: Spherical. The circumference of the ball: 27 to 28 inches (68 to 71.12cm).</p> <p>(b) Through pass: A through pass is given towards forward direction between 2 or 3 defensive players either on ground or in the air to the forward player where he gets a scoring opportunity is called through pass.</p> <p>(c) Penalty arc: A penalty spot is marked 11m (12 Yards) in front of the midpoint of the goal line. The penalty arc with a radius of 9.15 m (10 yards) from the penalty spot is drawn outside the penalty area.</p> <p>(d) Goal kick: When the ball passes over the goal line having last been touched by an offensive player (attacker), and goal is not scored, the defensive team is awarded a goal kick. A goal kick is a method of restarting play.</p>	[2x4]
Question 8		
(i)	<p>(a) Back heel: The player brings his foot in front of the ball and uses his back heel to flick the ball towards to a teammate or to score a goal. This type of pass is commonly played to fool the defenders of the opposing team into thinking that the ball is to pass forward.</p> <p>(b) Place kick: It is a kick, to the ball with low or full force when the ball is kept stationary at one place. Place kick is used in football games during kick-off, penalty, field goals.</p> <p>(c) Yellow card: The player receives a caution if he regularly breaks the rules and does not respect the referee's decision. A yellow card is shown to the player when cautioned.</p> <p>(d) Extra time: During a tournament, if there is a tie at the end of full time 90 minutes then the teams play for extra time of 2 halves of 15 minutes over time period.</p>	[2x4]
(ii)	<p>(a) Substitution procedure:</p> <ol style="list-style-type: none"> 1. The referee is informed before any substitution is made. 2. A substitute only enters the field of play after the player being replaced has left and after receiving the signal from referee. 3. The players who are being taken off and replaced must now leave the pitch by the nearest point on the touchline. 4. A substitute enters the field of play from touch line and during a stoppage in the match. <p>(b)</p> <ol style="list-style-type: none"> 1. Corner kick. 2. Goal kick to defending team. 3. A direct free kick to the opponent team. 	[3x3]

<p>(ii)</p>	<p>(c) Cautionable offences: A player is cautioned and shown yellow card if he commits any of the following offences:</p> <ol style="list-style-type: none"> 1. He is guilty of unsporting behavior. 2. He shows dissent by word or action. 3. He persistently infringes the laws of the game. 4. He delays the restart of play. 	
<p>(iii)</p>	<p>(a) Diagram of goal post:</p>  <p>(b) A direct free kick is awarded: A direct free kick is awarded to the opposing team in the following situations (offences):</p> <ol style="list-style-type: none"> 1. Kicks or attempts to kick an opponent, 2. Trips or attempts to trip an opponent, 3. Jump at an opponent, 4. Charges on opponent, 5. Strikes or attempts to strike an opponent (Including head-butt). 	<p>[4x2]</p>
<p>Question 9</p>		
<p>(i)</p>	<p>(a) 23 m area: The area enclosed by and includes the line across the field 22.90 meters from each back line, the relevant part of the side lines, and the back-line.</p> <p>(b) Center mark: The spot at the center of the field on which the ball is placed to start play at the beginning of the first half, the second half, or following a goal.</p> <p>(c) Free hit: A free hit is given to a player when they have been fouled by an attacking player or for an unintentional foul by a defending player outside of the shooting circle.</p> <p>(d) Aerial: A pass across the field where the ball is lifted into the air over the players' heads with a scooping or flicking motion.</p>	<p>[2x4]</p>
<p>(ii)</p>	<p>(a) Reverse stick: It means to raise the ball with the reverse stick to give pass over the stick of an opponent towards the right side or to place the ball into the goal.</p>	<p>[3x3]</p>

(ii)

- (b) Duties of the Table Official:
1. Collect the line ups of both teams 10 minutes before the start of the game.
 2. See that the substitution area is appropriately marked with cones.
 3. Oversee the clock is stopped and started correctly and correct any mistake.
 4. Keep track of all the cards and the times of all cards.

(Any three)

- (c) An attacker takes a penalty corner from a spot on the back line 10 yards from a goal post. At least one of the attacker's feet must be out of bounds; no other player may be within 5 yards. The other players of the attacking side must be outside the shooting circle. Not more than 5 defensive players, including the goalkeeper may be behind the back line, the remaining defenders must be beyond the center line.

(iii)

- (a) FIH: Federation International de Hockey.

IHF: The Indian Hockey Federation

- (b) Tackling: An action taken by one player to stop another player from keeping possession of the ball is called tackling. This is to take away the ball from the opponent.
- (c) Astro turf: It is made of artificial synthetic grass Hockey field, in which the modern and international Hockey is played.
- (d) Goalkeeper must wear a uniform which is different from that of their own team and that of their opponents. The goalkeeper may wear upper body protectors. Goalkeeper is allowed to use: Helmet, skin guard, elbow guards, mouth guards, gloves and mask, chest guards, leg guards, kickers, neck guards, arm guards and a stick.

(Any four)

[2x4]

Question 10

(i)

- (a) Shooting: A shot is any attempt made by a player to score a goal. Shooting is easily the most common way for goals to be scored. The speed of the shot and the placement are important.
- (b) Midfielder: A position that covers the middle of the field. Players at this position have both offensive and defensive responsibilities. Their job is to get the ball from their team's defense and move it up to the field to the offense.
- (c) A back stick: It is an illegal shot in which the ball strikes the rounded face of the hockey stick.
- (d) Flat stop trapping: The stick is almost parallel to the ground and the ball is stopped to the front of the body with the flat side of the stick.

[2x4]

(i)

- (a) Ball out of play: The ball is out of play when it passes completely over the side-line or back-line or when referee stops play for any foul. Play is restarted by a player of the team which was not the last team to touch or play the ball before it went out of play. [3x3]
- (b) The Duties of Coach:
1. To educate players through communicating ideas and concepts.
 2. To improve players technical ability by applying knowledge and skills.
 3. To promote fair play and laws of the game.
 4. To gain trust of players, parents and fellow employees.
 5. To establish and outline realistic goals and objectives.
 6. He decides the team and their positions. *(Any three)*
- (c) Procedure of center pass:
1. It is taken from the center of the field.
 2. The player taking center pass can only stand in the other half of field while his team members should stand within their half of defending goal.
 3. It is permitted to play the ball in any direction.
 4. All players other than the player taking the center pass must be in the half of the field which includes the goal they are defending.

(iii)

- (a) Rolling substitution: It is a continuous replacement of one player from another throughout the game, as long as each side has 11 players on the field at once. [2x4]
- (b) Bully: This method is used to start or restart the game after interruption. The referee puts the ball between two opposing players.
- (c) Sweep pass: This move is typically used for a shot on goal and long field passes. The sweep pass begins with the body being perpendicular to the target.
- (d) Green card.

Question 11

(i)

- (a) Back court: A team's backcourt consists of its team's own basket, the inbounds part of the backcourt and that part of the playing court, limited by the end line behind the team's own basket, the side lines and the center line. [2x4]
- (b) Center line: The center line shall be marked parallel to the end lines from the mid-points of the side lines and shall extend 15 cm beyond each sideline. The center line is part of the backcourt.
- (c) 24 second rule: Whenever a player gains control of a live ball on the playing court, his team must attempt a shot for a field goal within 24 seconds. If a team does not attempt a field goal within 24 seconds of

2 of 1

(i)	<p>gaining possession of the ball, a violation is committed, and possession is awarded to the other team.</p> <p>(d) Violation: A violation means an infraction of the rules. A violation occurs when players break the rules in a way that does not involve contact.</p>	
(ii)	<p>(a) Jump ball situations: A jump ball situation occurs when:</p> <ol style="list-style-type: none"> 1. A held ball is called. 2. The ball goes out of bounds, and the officials are in doubt about which of the opponents last touched the ball. 3. A double free-throw violation occurs during an unsuccessful last or only free throw. 4. All periods other than the first period are to begin. 5. Ball gets stuck on the outside of the ring. <i>(Any three)</i> <p>(b) Game lost by default: A team shall lose a game by default if, during the game, the team has fewer than 2 players on the playing court ready to play. If the team to which the game is awarded is ahead, the score shall stand as at the time when the game was stopped. If the team to which the game is awarded is not ahead, the score recorded as 2 to 0 in its favour.</p> <p>(c)</p> <ol style="list-style-type: none"> 1. Jump ball. 2. Travelling. 3. Blocking. 	[3x3]
(iii)	<p>(a) Double dribble: A double dribble is a violation occurs when a player stops dribbling the ball, clearly holds it with the combination of one or two hands and starts dribbling again without first either attempting a field goal or a touch of the ball by an opponent, a pass or fumble that has touched by another player.</p> <p>(b) Goaltending: A violation called when a shot is blocked by a defensive player as it is on its way down towards the basket or when a defensive player touches the ball as it is directly above the basket or in the rim. This is illegal.</p> <p>(c) Three second rule: A player shall not remain in the opponent's restricted area for more than 3 consecutive seconds while his team is in control of a live ball in the frontcourt and the game clock is running.</p> <p>(d) Technical foul: A technical foul is a foul committed by anyone players on the court or bench coaches, other team officials that does not involve contact with the opponent while the ball is live. e.g. use of bad language or gesture, delay of game, excessive timeouts, unsporting conduct and violence.</p>	[2x4]
Question 12		
(i)	<p>(a) A foul: A foul means an infraction of the rules. Irrespective of the penalty, each foul shall be charged, entered on the score sheet against the offender and penalized accordingly. Each player can be debarred from further play if they commit five fouls.</p>	[2x4]

(i)	<p>(b) Match commissioner: The match commissioner plays an important function in ensuring fairness. A match commissioner shall sit between the scorer and the timekeeper.</p> <p>(c) Low dribble: It is used when the offensive in the ball is guarded closely. Low dribble is controlled dribble. The ball is dribbled below the knee level. The ball is protected while putting the body between the ball and the defensive player.</p> <p>(d) Slam dunk: It is a type of shot that is performed when a player jumps in the air, controls the basketball above the horizontal plane of the rim, and scores by putting the ball directly through the basket with one or both hands.</p>	
(ii)	<p>(a) Lay-up shot: A layup in basketball is a two-point shot attempt made by leaping from below, laying the ball up near the basket, and using one hand to bounce it off the backboard and into the basket. In this shot the player reaches the ring by taking one and a half steps.</p> <p>(b) Pivot: A pivot is the legal movement in which a player who is holding a live ball on the playing court steps once or more than once in any direction with the same foot, while the other foot, called the pivot foot, is kept at its point of contact with the floor.</p> <p>Categories of pivoting:</p> <ol style="list-style-type: none"> 1. When trapped, for instance against a press defense, the player with the ball can pivot through the double team and pass ahead or toward the basket. 2. The pivot move can be used by players attempting to score in the post. 3. Perimeter players can use a pivot to create space and scoring opportunities. <p style="text-align: right;"><i>(Any two)</i></p> <p>(c) Rules of Throw-in:</p> <ol style="list-style-type: none"> 1. Take more than five seconds to release the ball. 2. Step into the playing court while having the ball in his hand(s). 3. Touch the ball on the playing court before it has touched another player. 4. Move from the designated throw-in place behind the boundary line, other than from his team's end line after a successful field goal or a successful last free throw, laterally in one or in both directions, exceeding a total distance of 1 m before releasing the ball. He is, however, permitted to move directly backwards from the boundary line as far as circumstances allow. <p style="text-align: right;"><i>(Any three)</i></p>	[3x3]
(iii)	<p>(a) Direct shot: The shot taken from any area directly is called a direct shot. In this shot mostly the ball does not contact the rim and then goes straight in the basket.</p> <p>(b) Zone defence</p>	[2x4]

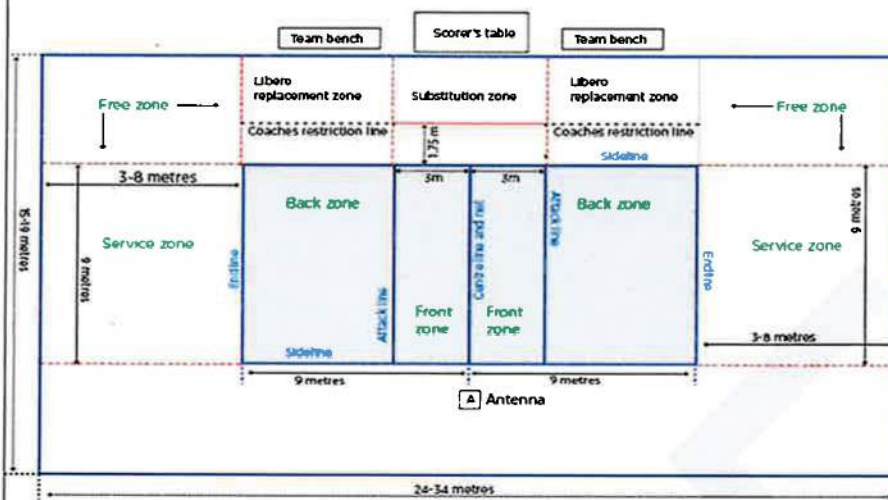
(i)	<p>(c) Defensive rebounding: A term used to describe a rebound is secured by the defending team. The majority of rebounds are defensive because the team on defence tends to be in a better position.</p> <p>(d) Pushing: Illegal personal contact with any part of the body where a player forcibly moves or attempts to move an opponent with or without the ball.</p>	
Question 13		
(i)	<p>(a) Center line: The axis of centre line divides the playing court into two equal halves measuring 9mx9m each. This line extends beneath the net from sidelines to sidelines.</p> <p>(b) Penalty area: A penalty area, sized 1m X 1m and equipped with 2 chairs, is located in the control area, outside the prolongation of each end line. They may be limited by a 5cm. wide red line.</p> <p>(c) Block and team hit: A block contact is not counted as a team hit. After the block the team is entitled to three hits to return the ball. The first hit after the block may be executed by any player, including the one who has touched the ball during the block.</p> <p>(d) Libero: He plays a special role in team defence and passing. He can come into the game and replace any player on the back row. He may not serve, block smash.</p>	[2x4]
(ii)	<p>(a) Ball in play: The ball is in play from the service hit to the moment the referee blows his whistle.</p> <p>Ball out of play: The ball is out of play at the moment of the fault which is whistled by one the referees. In the absence of a fault, at the moment of the whistle.</p> <p>(b) Duties of the coach:</p> <ol style="list-style-type: none"> 1. The coach writes the names and numbers of his/her players on the score sheet. 2. He writes the positions of the players on the score sheet and signs it. 3. He may direct warm-up sessions of his players on the playing court prior to the match. 4. He requests time outs & substitutions. <p style="text-align: right;"><i>(Any three)</i></p> <p>(c) For prolonged interruption exceeding 4 hours in total: In this case the whole match shall be replayed.</p>	[3x3]
(iii)	<p>(a) Overlapping: In volleyball, overlapping occurs when two players on the same team cross paths while moving to their respective position. It refers to the positions of the players in the rotation prior to the contact of the ball when serving.</p>	[2x4]

(ii)	<p>(b) A rally: It is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. The team that wins the rally gets a point and the serve.</p> <p>(c) Ace: A serve that results directly in a point, usually when the ball hits the floor untouched on the receiving team's side of the court.</p> <p>(d) Single block: When only one player takes part in the block is called as single block. It is essential to select a place to make a jump for block.</p>	
Question 14		
(i)	<p>(a) Side out: Change of service when a serving team has failed to score a point. When the active ball touches or contacts the floor outside the boundary line is called side out.</p> <p>(b) Substitution: It is the act by which the referees authorize a player to leave the court and another player to occupy his position on the court after being recorded by the scorer.</p> <p>(c) A catch: A catch is called if the ball comes to a full rest on any part of a player. It is a fault. e. g. ball resting in a player's hand, ball landing and coming to rest on a player's chest, shoulder, between the elbows, etc.</p> <p>(d) Free zone: The free zone is the area that borders the volleyball court. It is 3 to 5 m wide area. The border must be at least 3m wide and in international matches it is 5m to 8m wide.</p>	[2x4]
(ii)	<p>(a) 1. Height of the net:</p> <p style="padding-left: 20px;">(i) Height for men: 2.43m</p> <p style="padding-left: 20px;">(ii) Height for women: 2.24m.</p> <p>2. Length of the net: 9.50. to 10 m</p> <p>3. Breadth of the net: 1m.</p> <p>(b) National tournaments of Volleyball: Indian Volleyball league, The federation cup, Poornima trophy, Pro Volleyball League, National Junior volleyball championship, The national super league championship. <i>(Any three)</i></p> <p>(c) Net violation: Touching the net by any part of the body while the ball is in play is known as net violation. It is a fault. There is an exception to the rule of net violation, that is if the ball is driven into the net with so much force that it causes the net to contact a player of opposing team then no foul will be called, and the ball will be continue in play.</p>	[3x3]

(ii)(iii)

Volleyball court:

[8]



Question 15

(i)

- (a) Service court: The service courts are marked by a center line dividing the width of the court, by a short service line at a distance of 1.98 m (6 feet 6 inch) from the net, and by the outer side and back boundaries. In doubles, the service court is also marked by a long service line, which is 0.76 m (2 feet 6 inch) from the back boundary.
- (b) Back alley: The area between the back boundary line and the long service line for doubles. It is 0.76m in width and 6.10 m in length. The side alley extension marks the area between the singles and doubles sidelines.
- (c) Long service line: The line, which the serve should not cross, to be legal is called the long service line. The base line or the back boundary line serves as the long service line for the singles play. A line 0.76 m (2 feet 6 inches) inside the baseline serves as the long service line for doubles.
- (d) Jump smash: The jump smash is the most powerful shot in badminton, and it is performed in mid-air. It is hit with steeper angle and the higher level of power. It is the one of most powerful overhead shot in badminton. Executed well and your opponent will have a hard time returning the shot.

[2x4]

(ii)

- (a) Drive: A hard-driven shot that travel parallel with the floor. This shot clears the net but does not go high enough for the opponent to smash. It can be played both on the forehand and backhand sides. The drive is an attacking shot that is usually played from the sides of the court when the shuttle has fallen too low for it to be returned with a smash.
- (b) Teams change ends during a game: The players shall change ends at the end of the first game and at the end of second game, if the third game is to be played then the players should change ends when the leading player or players score 11 points. If for some reason, a change is not made at this score it should be made as soon as the mistake is noticed.

[3x3]

(ii)	(c) Clear shot: In this stroke, contact the shuttlecock around the middle of your racket head. The aim of the clear is to cause the shuttle to go up high in the air and land at your opponent's back court. It is also strategic to use when your opponent is near to the forecourt, forcing him to retract to the back to retrieve the shuttle.	
(iii)	<p>(a) Lobbing: Lobbing is a stroke executed at the player's baseline, hitting the shuttle far to the back of the opponent's court.</p> <p>(b) Long serve: This is basic singles serve and directs the shuttle high and deep. The shuttle should turn over and fall as close to the back boundary line as possible.</p> <p>(c) Service fault: A foot touching the boundary line of the service court is referred to as a service fault made by a player in which he or she oversteps the boundary of the service court.</p> <p>(d) Net kill: Net kills are a chance to finish the rally at the net. For a good kill, just take the shuttle early and hit it downwards. Using the right grip and bending back the wrist. Hitting with a short tapping movement. It travels down steeply towards the opponent side.</p>	[2x4]
Question 16		
(i)	<p>(a) Flick: A quick wrist and forearm rotation that surprises an opponent by changing an apparently soft shot into a faster passing one; used primarily on the serve and at the net. With your wrist and forearm, generate enough power to flick or snap the shuttle over your opponent so they don't have a chance to hit it back.</p> <p>(b) Love: The term used to indicate zero in scoring. The zero score from which all competitors begin games and matches. This is termed "love-all". When one player or team has won a point, the score moves on to "one-love" or "love one".</p> <p>(c) Forehand grip: Gently hold the racket and you should still be able to move and twist the racket with flexible wrist movement. Clench tightly only when hit is executed. This grip method is safe to be used in almost all forehand shots.</p> <p>(d) Center service line: There is a small line called the center mark at the mid-point of each baseline, and this is used when a player is serving, as they are required to serve diagonally across the court and must stand on the correct side to do so.</p>	[2x4]
(ii)	<p>(a) Rule of scoring and serving in singles: Scoring and serving in singles:</p> <ol style="list-style-type: none"> 1. If the server wins the rally, the server shall score a point. 2. The server shall then serve again from the alternate service court. 3. If the receiver wins a rally, the receiver shall score a point. 4. The receiver shall then become the new server. 	[3x3]

(ii)

- (b) The duties of umpire in Badminton game:
1. He conducts the toss and start of the game.
 2. He checks the condition of playing surface, all the lines and net.
 3. He calls decisions on service faults, lets, and any other player fault
 4. He announces the match score to the players and audience throughout the match. *(Any three)*
- (c) Drive serve: The drive serve is executed using forehand underarm actions. It should be a quick serve and the birdie should go low over the net and deep into your opponent's court. If you determine that your opponent has a slow reaction time, it is best to throw in the drive serve occasionally, as you are likely to get the point.

(iii)

- (a) International tournaments of Badminton: World Badminton Championship, The Thomas cup, Uber cup, The Sudirman Cup, BWF World Juniors Championship. *(Any two)*
- (b) Disqualification: When a player continues to breach the laws after even receiving a red card, the Umpire calls in the referee with a view to disqualification. If the referee agrees to disqualify the offending player, a black card is given to the player.
- (c)
1. It is a fault if the shuttle hits the ceiling.
 2. A let is called.
- (d) Rally scoring: Rally point scoring simply means every time a rally ends a point is scored by one player/pair or the other. It doesn't matter which player/team serves the shuttle; points can be scored by either the serving or the receiving team.

[2x4]

ICSE 2024 EXAMINATION
SPECIMEN QUESTION PAPER
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

*(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) 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) Undernutrition
 - (b) Overnutrition
 - (c) Special diet
 - (d) Staple diet
- (iii) What is the full form of ACL?
- (a) Anatomy Cruciate Ligament
 - (b) Anterior Cramp Ligament
 - (c) Anatomy Collateral Ligament
 - (d) Anterior Cruciate Ligament
- (iv) This injury is characterised by pain in the front part of lower leg _____.
- (a) Sprained ankle
 - (b) Shin splint
 - (c) Stress fracture
 - (d) Tennis elbow
- (v) The passing of traits from parents to their offspring is known as:
- (a) Puberty
 - (b) Infancy
 - (c) Childhood
 - (d) Heredity
- (vi) This principle of Sports Training suggests that minor changes in training regime yields more consistent gain in sports performance.
- (a) Principle of reversibility
 - (b) Principle of adaptation
 - (c) Principle of variance
 - (d) Principle of specificity

- (vii) Which among these is not a macronutrient?
- (a) Lipids
 - (b) Carbohydrate
 - (c) Protein
 - (d) Vitamins
- (viii) Being able to change direction quickly in a game of Basketball is a good example of which skill related component?
- (a) Co-ordination
 - (b) Speed
 - (c) Power
 - (d) Agility
- (ix) The unit used to describe the energy content of food is called _____.
- (a) Calorie
 - (b) Nutrition
 - (c) Meal planning
 - (d) Balanced diet
- (x) The power that helps to lift and carry objects is _____.
- (a) Muscular strength
 - (b) Cardiovascular endurance
 - (c) Agility
 - (d) Co-ordination
- (xi) 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

- (xii) Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion: The athlete's workout gain and progress will be lost when he stops training.
Reason: A regular training stimulus is not required to maintain adaptations.
In the context of the above two statements, which one of the following is correct?
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 - (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
 - (c) (A) is true, but (R) is false
 - (d) (A) is false, but (R) is true
- (xiii) Which among the following is NOT the objective of physical education?
- (a) Physical development
 - (b) Recreation and fun
 - (c) Social development
 - (d) Psychological development
- (xiv) The ability to stay upright in control of body movement is called as _____.
- (a) Balance
 - (b) Strength
 - (c) Power
 - (d) Endurance
- (xv) The _____ is not a factor which affects our diet.
- (a) Age
 - (b) Gender
 - (c) Body weight
 - (d) Personality
- (xvi) An ankle sprain is an example of _____.
- (a) Soft tissue injury
 - (b) Concussion
 - (c) Bone fracture
 - (d) Abrasion

- (xvii) According to the principle of Overload, which of the following statement is correct?
- (a) There should be greater load on the body than the normal load
 - (b) There should not be greater load on the body than the normal load
 - (c) Training load should remain static
 - (d) Training load should be extreme
- (xviii) The _____ is the range of motion of muscle and connective tissues at a joint or group of joints.
- (a) Flexibility
 - (b) Power
 - (c) Accuracy
 - (d) Balance
- (xix) 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
- (xx) Match the following:
- | | |
|------------------------------|-------------------------|
| (I) Cardiovascular endurance | 1) Sit and reach test. |
| (II) Muscular endurance. | 2) The ball toss test. |
| (III) Flexibility. | 3) Push up test. |
| (IV) Co-ordination. | 4) The cooper run 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) Define the term development. [2]
- (ii) What is plantar fasciitis injury? [2]
- (iii) List *any three* main objectives of physical education. [3]
- (iv) What is a concussion? State *any two* symptoms of concussion. [3]

Question 3

- (i) What is accuracy? [2]
- (ii) Explain the term nutrition. [2]
- (iii) State *any three* preventive measures to be taken in order to avoid Sports Injuries. [3]
- (iv) State *any three* characteristics of endomorph body. [3]

Question 4

- (i) During one of the league matches of the CISCE Football Tournament Amar, one of the players of the Global Modern school tripped and fell down due to a tackle from an opponent and was injured. He had difficulty in standing up. The referees ran immediately to the spot of the incident, Akbar the coach was called on to the field to attend to Amar. Anthony another team player of Amar's team had certain queries which are listed below. Kindly clear the doubts of Anthony by answering the following questions? [2]
 - 1. If there is a broken bone it will be a:
 - (a) Shin Splint
 - (b) Contusion
 - (c) Concussion
 - (d) Fracture
 - 2. In case of sprain the first-aid given will be
 - (a) Give massage to affected part
 - (b) Wait till the doctor arrives
 - (c) PRICER
 - (d) Apply muscle relaxant ointment

- (ii) Define the term health education. [2]
- (iii) State *any three* responsibilities of a commentator. [3]
- (iv) What is hip bursitis? State *any two* causes of hip bursitis injury. [3]

SECTION B

(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) Free hit
 - (b) Wooden spoon
 - (c) Reverse swing
 - (d) Late cut
- (ii) (a) Explain *danger area* on the cricket pitch. [9]
- (b) When is a batter said to be run out? Explain.
- (c) Mention *any three* fielding positions on the on side of the field.
- (iii) (a) What do you mean by *sledging*? [8]
- (b) Explain the term *short run*.
- (c) What is a *bouncer*?
- (d) Explain the term *middle order*.

Question 6

- (i) Explain the following terms in cricket: [8]
- (a) Duck
 - (b) Stance
 - (c) Out swing
 - (d) Beamer

- (ii) (a) What is meant by obstructing the field? [9]
- (b) Write the following:
1. Length of the bat.
 2. Length of the Cricket pitch.
 3. Height of the stumps when pitched.
- (c) What is the importance of *30 yard circle*?
- (iii) (a) List *any four* compulsory equipment used by the batsman in cricket. [8]
- (b) Explain the term *run up* in cricket.
- (c) What do you mean by the term *substitute*?
- (d) Explain the term *Bodyline Bowling* in cricket.

FOOTBALL

Question 7

- (i) Write short note on: [8]
- (a) Halfway line
 - (b) Penalty mark
 - (c) Full time
 - (d) Final pass
- (ii) (a) Differentiate between short pass and long pass in 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 corner kick awarded and from where is it taken?
- (iii) (a) What is the shape and circumference of the ball? [8]
- (b) Explain the term a *through pass*.
- (c) What is *penalty arc*?
- (d) Explain the term *set piece*.

Question 8

- (i) Explain the following terms in football: [8]
- (a) Back heel
 - (b) Place kick
 - (c) Yellow card
 - (d) Extra time
- (ii) (a) Write down the procedure of substitution during the game. [9]
- (b) State *any three* duties of referee during the match.
- (c) State *any three* fouls for which the referee can show a yellow card to the player.
- (iii) (a) Draw a neat labelled diagram of goalpost with all its measurements. [8]
- (b) Mention *four* instances for which a direct free kick is awarded.

HOCKEY

Question 9

- (i) Explain the following terms: [8]
- (a) 23 m area
 - (b) Center mark
 - (c) Free hit
 - (d) Aerial
- (ii) (a) What do you mean by *reverse stick* in hockey? [9]
- (b) Mention *any three* duties of the table official.
- (c) Explain the procedure of penalty corner.
- (iii) (a) Write the full form of FIH and IHF. [8]
- (b) What do you mean by *tackling*?
- (c) Explain the term *astro turf*.
- (d) List *any four* equipment that a goalkeeper should wear during the game.

Question 10

- (i) Explain the following terms in hockey: [8]
- (a) Shooting
 - (b) Midfielder
 - (c) A back stick
 - (d) Flat stop trapping
- (ii) (a) When is the ball out of play in the game of hockey? [9]
- (b) Write *any three* duties of a coach in hockey.
- (c) Explain procedure of center pass in hockey.
- (iii) (a) Explain how *substitution* is done in hockey. [8]
- (b) What do you mean by the term *bully*?
- (c) Explain the term *sweep pass* in hockey.
- (d) Explain the term *carry the ball*.

BASKETBALL

Question 11

- (i) Explain the following terms: [8]
- (a) Back court
 - (b) Center line
 - (c) 24 second rule
 - (d) Violation
- (ii) (a) Explain the '*5' second rule* in basketball. [9]
- (b) Give *any three* jump ball situations in basketball.
- (c) Explain the term *game lost by default*.
- (iii) (a) What do you mean by *Double dribble*? [8]
- (b) Explain the term *goal tending*.

- (c) Explain the *Three second rule*.
- (d) What do you mean by *technical foul*?

Question 12

- (i) Explain the following terms: [8]
 - (a) A foul
 - (b) Match commissioner
 - (c) Low dribble
 - (d) Slam dunk
- (ii) (a) Explain the term *lay up shot*. [9]
 - (b) What is *pivoting*? State *any two* categories of pivoting.
 - (c) Mention *any three* rules of *throw-in* related to basketball.
- (iii) (a) Explain the term a *direct shot*. [8]
 - (b) What is *zone defence*?
 - (c) Explain the term *defensive rebounding*.
 - (d) What do you mean by *pushing* in Basketball?

VOLLEYBALL

Question 13

- (i) Explain the following terms in volleyball: [8]
 - (a) Center line
 - (b) Penalty area
 - (c) Block and team hit
 - (d) Libero

- (ii) (a) When the ball is considered in play and out of play? [9]
- (b) List *any three* duties of coach.
- (c) What is *spiking* and how is it performed?
- (iii) (a) What do you mean by *Overlapping*? [8]
- (b) What is a *rally*?
- (c) Explain the term *ace*.
- (d) What is meant by *single block*?

Question 14

- (i) Explain the following terms in volleyball: [8]
- (a) Side out
- (b) Substitution
- (c) A catch
- (d) Free zone
- (ii) (a) What is the height, length and breadth of the net? [9]
- (b) Name *any three* national tournaments of volleyball.
- (c) Explain the term *net violation* in volleyball.
- (iii) Draw a neat diagram of volleyball court and mark the following: [8]
- (a) Side line
- (b) Attack zone
- (c) Service line
- (d) Attack line
- (e) Back court
- (f) Length and width of ground

BADMINTON

Question 15

- (i) Explain the following terms: [8]
- (a) Service court
 - (b) Back alley
 - (c) Long service line
 - (d) Jump smash
- (ii) (a) Explain the term *drive* in Badminton. [9]
- (b) When is a shuttle not in play?
 - (c) Explain the term *clear shot* in Badminton.
- (iii) (a) What do you mean by *lobbing*? [8]
- (b) Explain the term *long serve*.
 - (c) Explain the term *foot fault*.
 - (d) What do you mean by *net kill*?

Question 16

- (i) Explain the following terms: [8]
- (a) Flick
 - (b) Love
 - (c) Forehand grip
 - (d) Center service line
- (ii) (a) Explain the rule of *scoring* and *serving in singles*. [9]
- (b) State *any three* duties of umpire in a Badminton game.
 - (c) Explain the technique of drive serve in badminton.
- (iii) (a) Name *any two* international tournaments of Badminton. [8]
- (b) Explain the term *disqualification*.
 - (c) Explain the term *dead bird* in Badminton.
 - (d) What do you mean by *rally scoring* in Badminton?

ICSE 2023 EXAMINATION
SPECIMEN QUESTION PAPER
PHYSICAL EDUCATION

Maximum Marks: 100

Time allowed: Two hours

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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

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

Question 1

[20]

Choose the correct answer and write the correct option.

- (i) A diet containing right amount of energy, carbohydrates, proteins, fats, fiber, vitamins, minerals and water to fulfil requirement of body is called:
- (a) Nutrition
 - (b) Balanced diet
 - (c) Perfect diet
 - (d) Food pyramid
- (ii) Which among the following is the responsibility of the official of the game?
- (a) Decide on competitive plans and strategies with coaches.
 - (b) Work on developing advanced technique and tactics.
 - (c) To inspect sports equipment's and examine all participants to ensure safety.
 - (d) To organize and supervise physical education activities and events.

Question 8 Growth is defined as:

- (a) Change in size and length of the body.
 - (b) Organization of all the body parts.
 - (c) A continuous process.
 - (d) Improvement in functioning and behavior.
- (iv) _____ is not a source of proteins.
- (a) Fish
 - (b) Poultry
 - (c) Eggs
 - (d) Green Tea
- (v) What is the symptom of muscle strain injury?
- (a) A loud “pop” or a “popping” sensation in the knee.
 - (b) Swelling around the affected area.
 - (c) Pain over the inside lower part of the tibia or shin bone.
 - (d) A feeling of instability or "giving way" with weight bearing.
- (vi) Development is a progressive series of changes which includes:
- (a) Only Biological change.
 - (b) Only Behavioral change.
 - (c) Both biological and Behavioral change.
 - (d) Environmental change.
- (vii) Which among the following is NOT the objective of physical education?
- (a) Physical development.
 - (b) Recreation and fun.
 - (c) Social development.
 - (d) Psychological development.

Question 8

(viii)

What is physical fitness?

- (a) The ability of a person to do daily work without fatigue.
 - (b) It is about eating a healthy and balanced diet.
 - (c) It is the state of being an individual.
 - (d) It does not help the athletes.
- (ix) According to the principle of Overload, which of the following statement is correct?
- (a) There should be greater load on the body than the normal load.
 - (b) There should not be greater load on the body than the normal load.
 - (c) Training load should remain static.
 - (d) Training load should be extreme.
- (x) An Endomorph tends to have _____.
- (a) high body fat percentage level.
 - (b) low body fat percentage level.
 - (c) a fast metabolism.
 - (d) small, long and slender muscles.
- (xi) The minimum educational qualification required for a physical education teacher is _____.
- (a) NIS
 - (b) B.P.Ed.
 - (c) M.P.Ed.
 - (d) Ph.D
- (xii) Co-ordination abilities primarily depends upon:
- (a) Central nervous system
 - (b) Respiratory system
 - (c) Digestive system
 - (d) Excretory system

Question 8

(xiii) The stage from the birth to end of 5 Years of age is called:

- (a) Childhood
- (b) Infancy
- (c) Early Childhood
- (d) Adolescence

(xiv) Health related physical fitness components are:

- (a) Cardio respiratory endurance and flexibility
- (b) Agility and speed
- (c) Balance and coordination
- (d) Power and speed

(xv) The process of preparation of sportsman, based on scientific and technical principles, for higher performance is called as:

- (a) Sports fitness
- (b) Sports training
- (c) Physical education
- (d) Physical fitness

(xvi) The physical strength decreases in _____ stage.

- (a) Adolescence stage
- (b) Adulthood stage
- (c) Old age
- (d) Childhood stage

(xvii) The year-long cycle of Periodization is known as _____.

- (a) Meso cycle
- (b) Macro cycle
- (c) Micro cycle
- (d) Nano cycle

Question 8 (xviii) An injury is:

- (a) It is the change in size, in proportion, disappearance of old features and acquisition of new ones.
 - (b) It is the damage to your body.
 - (c) It is the transmission of physical characteristics from parents to children.
 - (d) It is the process by which an organism takes food.
- (xix) The _____ makes the circulatory system stronger, more flexible and more expansive:
- (a) Growth
 - (b) Development
 - (c) Sports training exercise
 - (d) Obesity
- (xx) The ability of your joints to move through a full range of motion is called as:
- (a) Agility
 - (b) Co-ordination
 - (c) Flexibility
 - (d) Speed

Question 2

- (i) Explain nutrition as a factor affecting physical fitness. [2]
- (ii) State *any two* typical traits of an endomorph body. [2]
- (iii) State *any three* psychological development objectives of physical education. [3]
- (iv) What is tennis elbow injury? State *any two* causes of tennis elbow injury. [3]

Question 3

- (i) Write *any two* objectives of first aid. [2]
- (ii) What are the various career options in Physical Education? [2]
- (iii) What form of first aid should be given to a person suffering from fracture? [3]
- (iv) Explain muscle strength as a component of physical fitness. [3]

Question 8
Question 4

- (i) Name any two nutrients of balanced diet. [2]
- (ii) Explain recovery as a principle of sports training. [2]
- (iii) Explain the progression and recovery as a principle of sports training. [3]
- (iv) Write any three reasons to emphasize the importance of physical fitness. [3]

SECTION B

(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) Hat trick
 - (b) Bowled
 - (c) Golden duck
 - (d) Cover drive
- (ii) (a) State *any three* occasions when the umpire calls no ball in cricket. [9]
 - (b) Explain protected area on the cricket pitch.
 - (c) What is a 30 yard circle? What is the importance of the 30 yard circle in a cricket match?
- (iii) (a) Explain the term Bye in cricket. [8]
 - (b) Explain the term innings in cricket.
 - (c) Mention *any two* occasions when the umpire will change the ball in the match.
 - (d) Explain Obstructing the field as a method of getting the batsman out.

Question 8
Question 6

- (i) Explain the following terms in Cricket: [8]
- (a) Bad light
 - (b) Scorer
 - (c) How's That
 - (d) Maiden over
- (ii) (a) State *any three* duties of the leg umpire during the game. [9]
- (b) Mention *any three* international tournaments played in the game of cricket.
- (c) Draw a neat diagram of a Cricket Pitch and mark the following:
The bowling crease, the popping crease and the return crease.
- (iii) (a) Explain the term Boundary for six in Cricket. [8]
- (b) When is a batsman said to be run out? Explain.
- (c) Write the full form of ICC and BCCI.
- (d) What is the length and width of a Cricket bat?

FOOTBALL**Question 7**

- (i) Explain the following terms in Football: [8]
- (a) Goal line
 - (b) Dropped ball
 - (c) Man to Man Marking
 - (d) Sliding tackle
- (ii) (a) When is a corner kick awarded and from where is it taken? [9]
- (b) Write the position of the following while conducting a penalty kick:
1. The ball
 2. The defending goalkeeper
 3. Players other than the kicker
- (c) Write the shape, circumference, and weight of the ball used in the game of football.

Question 8

- (iii) (a) Write the full form of FIFA and AIFF. [8]
- (b) List *any two* equipment carried by the referee to conduct a football match.
- (c) Explain the term sudden death in football.
- (d) State *any two* basic skills of football.

Question 8

- (i) Explain the following terms in Football: [8]
- (a) Ball in play
- (b) Tie break
- (c) Goal kick
- (d) A banana kick
- (ii) (a) State *any three* expulsion offences that can be committed by a player in a football match. [9]
- (b) Write down the procedure to restart the game when the ball passes over touch line.
- (c) Mention *any three* duties of referee during the match.
- (iii) (a) Give any two situations when a kick-off is applied. [8]
- (b) Mention the *two* cards used by the referee in a football match.
- (c) Explain the term penalty arc.
- (d) Explain the term Inside Trap in football.

HOCKEY**Question 9**

- (i) Explain the following terms in Hockey: [8]
- (a) Rolling substitution
- (b) Free hit
- (c) Dribbling pull back
- (d) Side line

Question 8

- (i) (a) Mention *three* protective equipment a goalkeeper wears in the match. [9]
- (b) Write *three* offences for which a penalty corner is awarded by the referee in the match.
- (c) State *any three* duties of the umpire in a game of hockey.
- (iii) Draw a neat diagram of the Hockey field with its measurements. [8]

Question 10

- (i) Explain the following terms in Hockey: [8]
- (a) A goal line
- (b) Shooting
- (c) Side line hit
- (d) Advantage
- (ii) (a) Mention *three* occasions when the umpire blows his whistle in the game. [9]
- (b) Write *three* occasions which indicates that the penalty corner is complete.
- (c) Explain the importance of shooting circle in Hockey.
- (iii) (a) What is the weight and circumference of the hockey ball? [8]
- (b) Explain the term Raised ball.
- (c) What is a corner in hockey?
- (d) Explain the term reverse flick.

BASKETBALL**Question 11**

- (i) Explain the following terms in Basketball: [8]
- (a) Back court
- (b) Technical foul
- (c) An inside pivot
- (d) Charging

Question 8

- (ii) (a) Write *any three* duties of the scorer in a match. [9]
- (b) What is the duration of a time out and how many timeouts are allowed in the first half and how many in the second half of the match.
- (c) Explain the skill of low dribble in basketball.
- (iii) (a) What is the duration of a match in basketball? [8]
- (b) Explain the term change of pace dribble in basketball.
- (c) Write the full form of FIBA and BFI.
- (d) Explain the term Combination defense in basketball.

Question 12

- (i) Explain the following terms in Basketball: [8]
- (a) Eight second rule
- (b) Press
- (c) Rebounding
- (d) Carry
- (ii) (a) List *three* technical equipment used by the table officials to conduct a game. [9]
- (b) Mention *any three* duties of timekeeper in a match.
- (c) Explain the skill of Layup shot in basketball.
- (iii) (a) What is the length and breadth of the basketball court? [8]
- (b) Explain the term dunk in basketball.
- (c) Write *any two* fouls that may occur during the course of the game.
- (d) Explain the term substitution.

Question 8

VOLLEYBALL

Question 13

- (i) Explain the following terms in Volleyball: [8]
- (a) Center line
 - (b) Front zone
 - (c) Double touch
 - (d) Setter
- (ii) (a) State the *three* duties of scorer during the match. [9]
- (b) List *any three* blocking faults committed by a player in a volleyball match.
- (c) Mention *any three* rules related to a libero player.
- (iii) (a) Write the full form of FIVB and VFI. [8]
- (b) Explain Overlapping in the game of volleyball.
- (c) Mention the list of officials required to conduct a match.
- (d) Explain the term Joust in volleyball.

Question 14

- (i) Explain the following terms in Volleyball: [8]
- (a) Antenna
 - (b) Ball down
 - (c) Carrying the ball
 - (d) Default team
- (ii) (a) State *any three* duties of the assistant referee in a match. [9]
- (b) Mention *any three* playing faults in volleyball.
- (c) Explain jump service as a skill in volleyball.
- (iii) Draw a neat diagram of a volleyball court and mark the following: [8]
- (a) Side line
 - (b) Service line
 - (c) Attack line
 - (d) Front zone

Question 8

- (e) Back zone
- (f) Rotation position

BADMINTON

Question 15

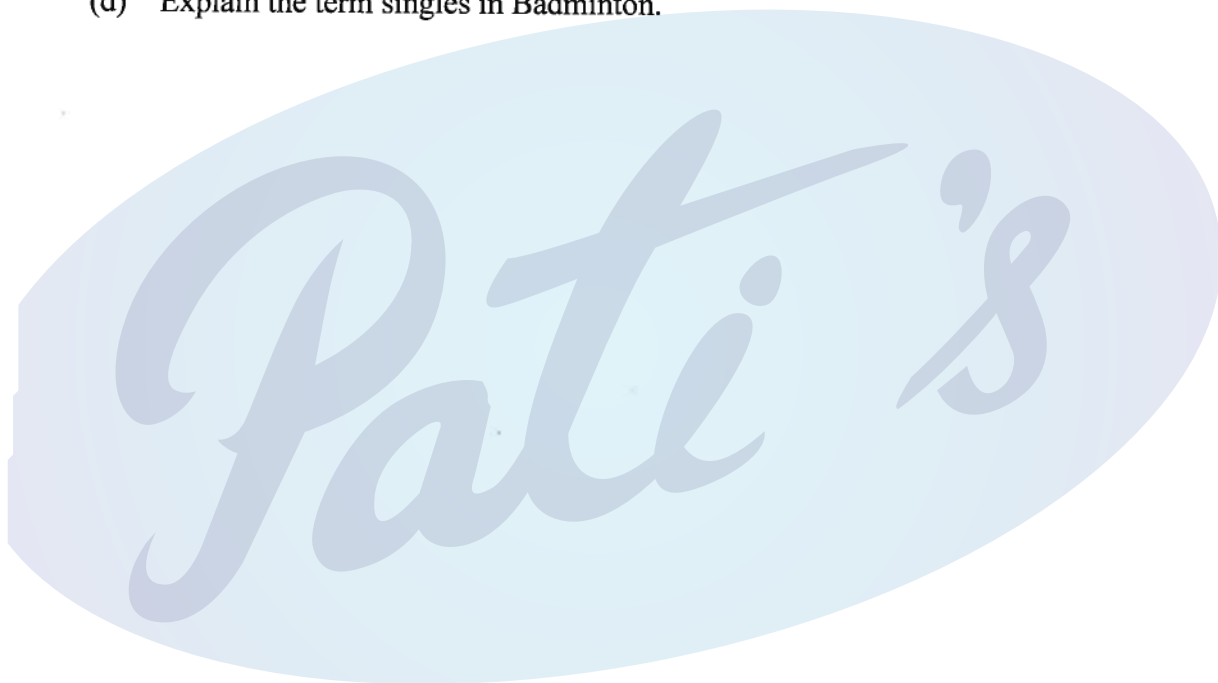
- (i) Explain the following terms in Badminton: [8]
 - (a) A deuce
 - (b) A net kill
 - (c) Long serve
 - (d) Forehand grip
- (ii) (a) Mention *any three* duties of the umpire in Badminton. [9]
 - (b) Write *any three* faults in Badminton.
 - (c) Write the dimensions of shuttlecock under the following headings:
 - 1. Weight
 - 2. Length of feathers
 - 3. Number of feathers
- (iii) (a) Write the full form of BWF and BAI. [8]
 - (b) When is the shuttle considered not in play?
 - (c) Explain the term mixed doubles in Badminton.
 - (d) What is a let in Badminton?

Question 16

- (i) Explain the following terms in Badminton: [8]
 - (a) A mid court
 - (b) Rubber
 - (c) Flick
 - (d) Stroke

Question 8
(11)

- (a) Explain the scoring system in Badminton. [9]
- (b) Write *any three* situations under which a let is called by the umpire.
- (c) Write the dimensions of the court under the following headings:
1. Full length of the court
 2. Full width of the court
 3. Distance between short service line and center line.
- (iii) (a) Write the *two* service court errors in Badminton. [8]
- (b) Explain the term footwork in Badminton.
- (c) When do the players change ends?
- (d) Explain the term singles in Badminton.



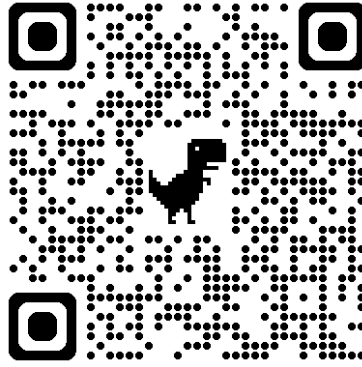


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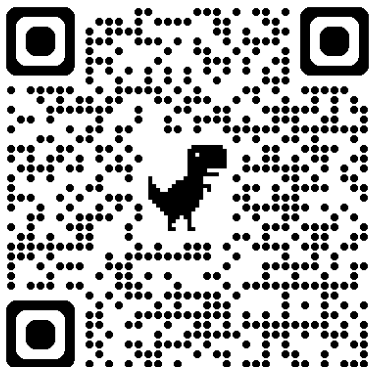
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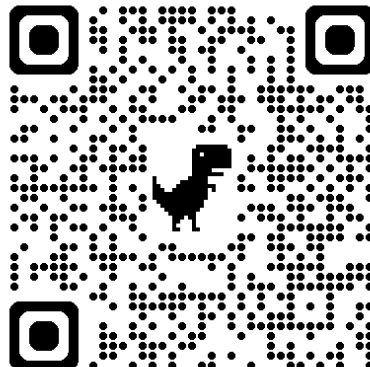
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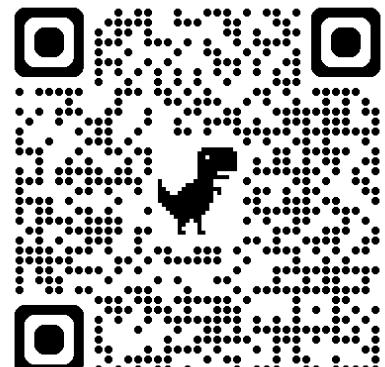
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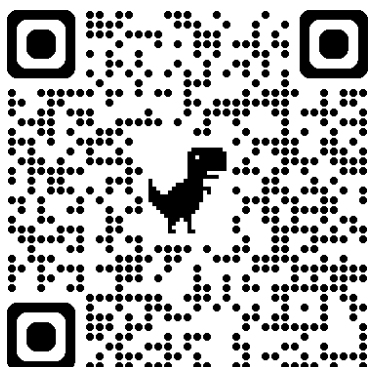
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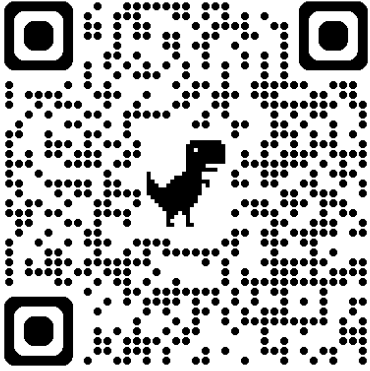
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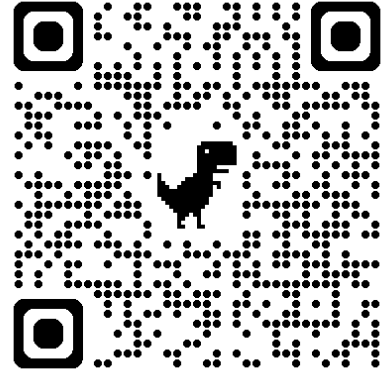
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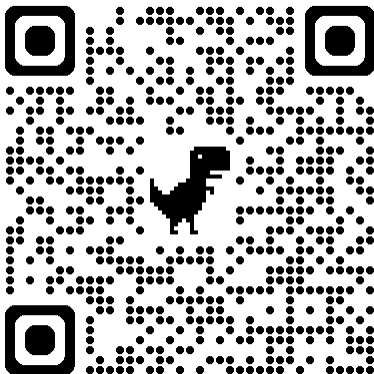
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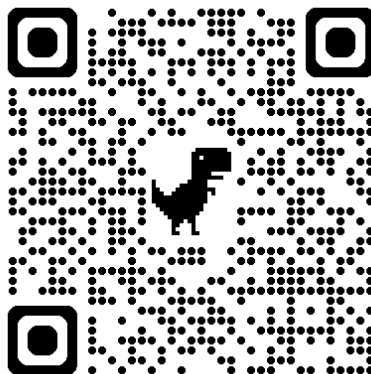
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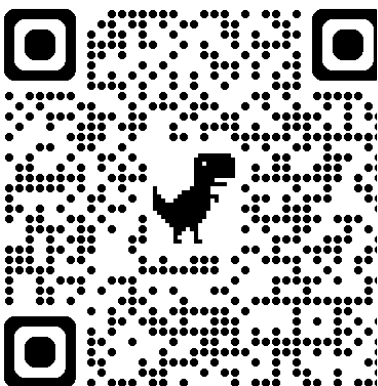
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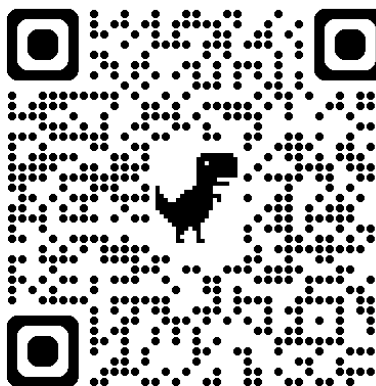
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