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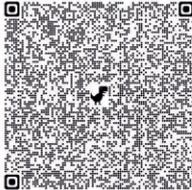
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Debashis Pati
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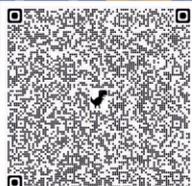
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350+ SAMPLE QUESTIONS

51 TEST PAPERS

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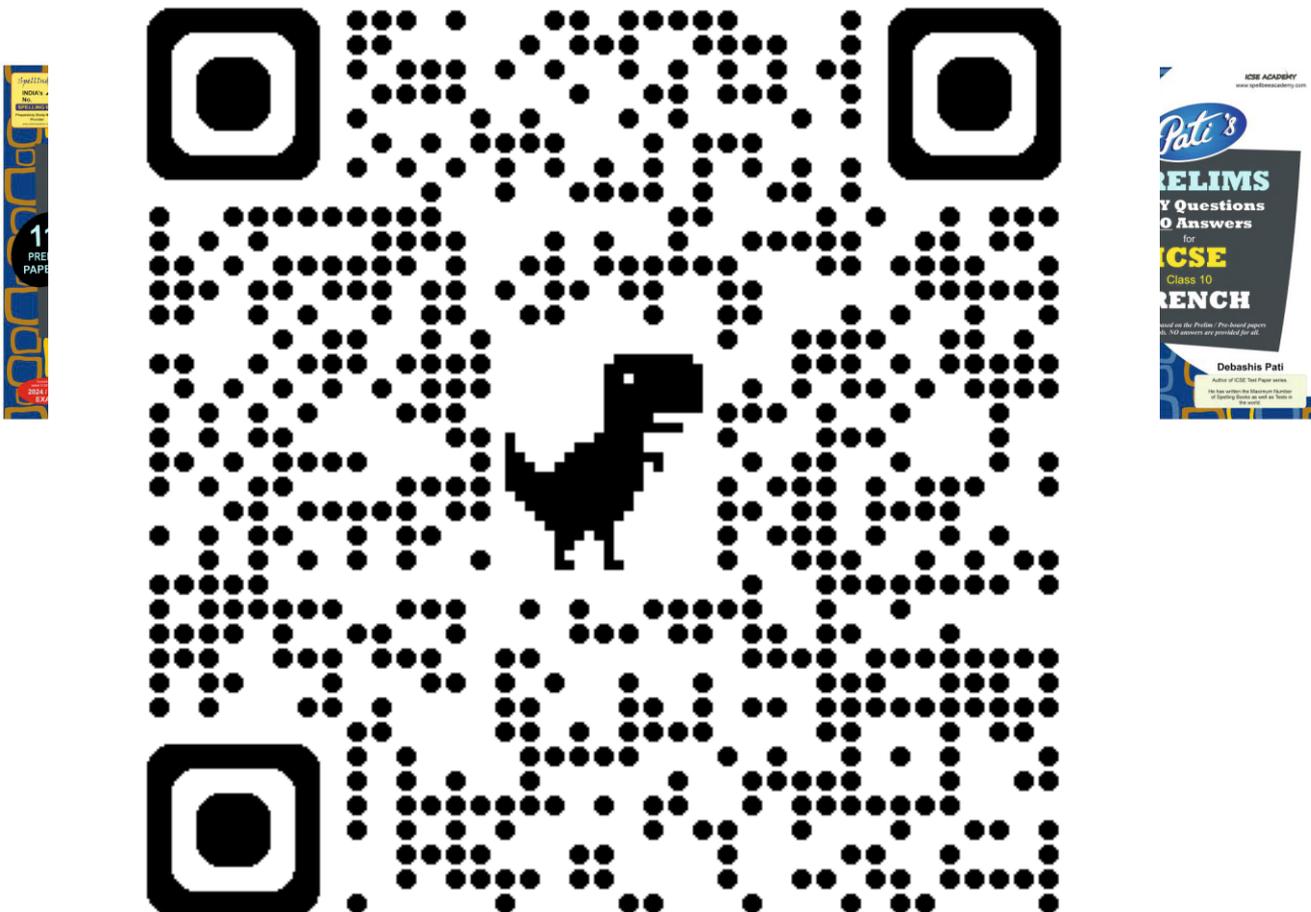
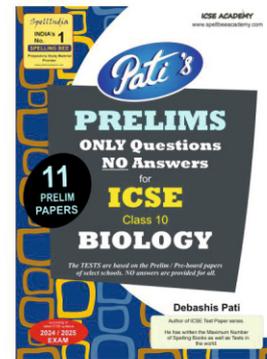
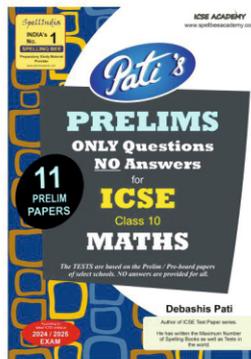
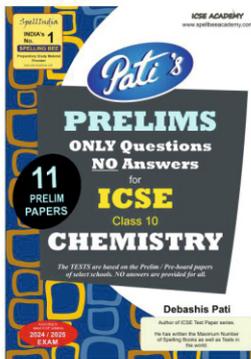
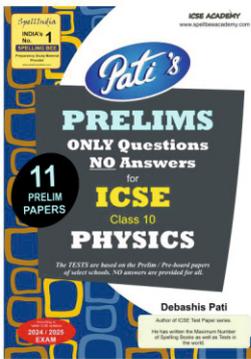
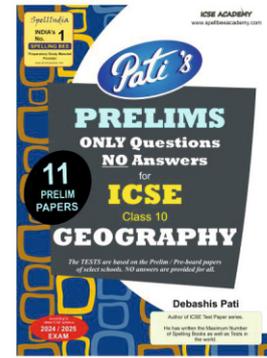
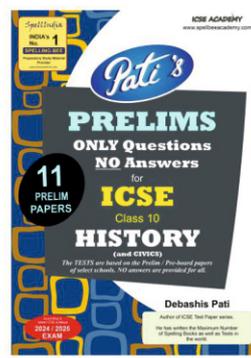
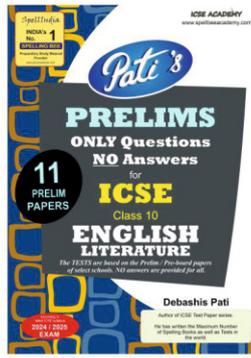
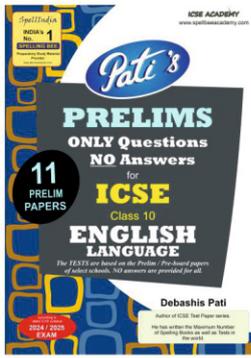
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KARNATAKA ICSE SCHOOLS ASSOCIATION

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?
- Childhood
 - Infancy
 - Adulthood
 - Adolescence
- (ii) What is cardiovascular endurance?
- It is the ability of a muscle or group of muscles to sustain repeated contractions.
 - It is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues.
 - It is the ability of muscles to overcome resistance and produce force.
 - 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?
- Nutrition
 - Heredity
 - Training
 - 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
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- (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.
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- (viii) Which among the following improves the agility of a tennis player?
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 - Medicine ball throws.
- (ix) _____ is essential for the healthy development of the child.
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 - 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
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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

- I-2, II-3, III-4, IV-1.
- I-2, II-4, III-1, IV-3
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- I-2, II-1, III-4, IV-3.

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

- Hip Bursitis
- Concussion
- Low back pain
- 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?

- 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
- 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?

- Vitamin A – Carrots
- Vitamin D – Fortified dairy products
- Vitamin C – Oranges
- Vitamin K – Spinach

Question 2

- How is sports training important in building resistance to injury and illness? [2]
- Elucidate *any two* key responsibilities of a sports coach. [2]
- What is roughage? State any two sources of roughage. [3]
- 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)

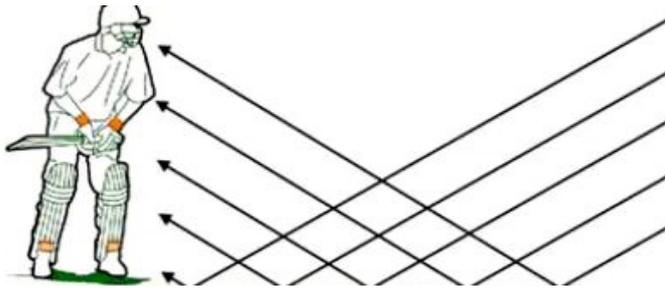
(You must attempt *one* question on each of the *two* games of your choice)

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]
- Sweep shot
 - Wooden spoon
 - Golden duck
 - Off-spin

Question 06

- (i) Explain the following term: [8]
- Dead ball
 - Late cut
 - Stance
 - 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]
- Timed out
 - Hit wicket
 - Innings
 - Skittle

FOOTBALL

Question 7

- (i) Explain the following term: [8]
- Thigh trapping
 - Over lap
 - Nutmeg
 - 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
-

Question Paper 1 (Answers)

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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- 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.

(i) 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]

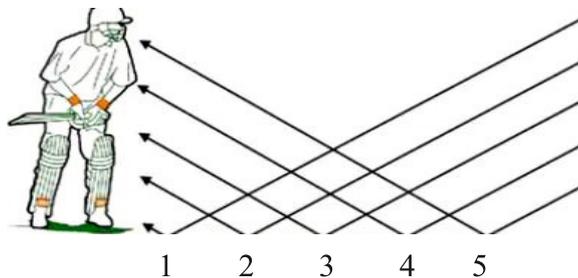
Ans:- silly point , short leg , silly midpoint , silly mid off , forward short leg

(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 accidently 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.

(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.

(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.

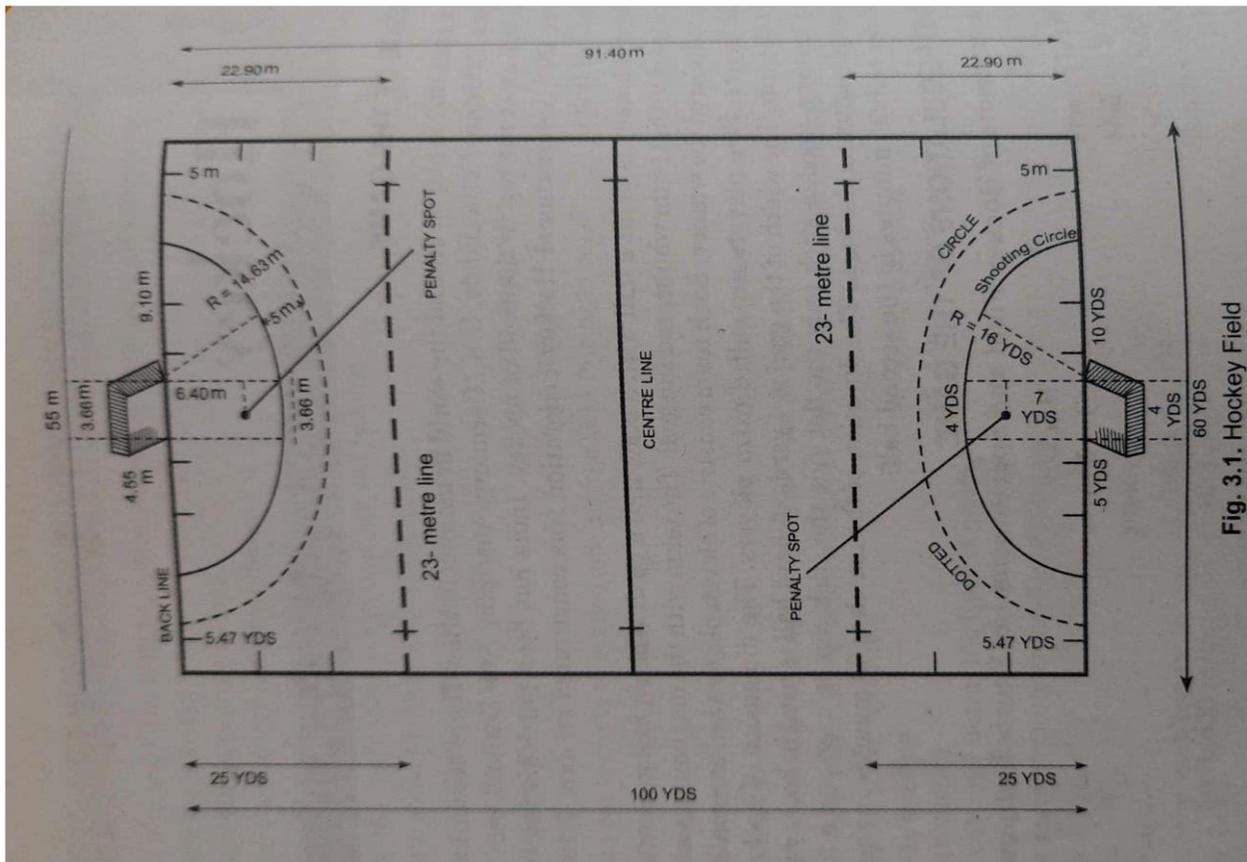


Fig. 3.1. Hockey Field

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.

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.

Question Paper 2



Gujarat Research Society's
JABUDBEN M. L. SCHOOL
AND BLOOMINGDALES PRE-PRIMARY

Dr. Madhuri Shah Campus, Ramakrishna Mission Road, Corner of 16th and 17th Roads, Khar, Mumbai 400 052

2025-2026

Preliminary Examination

Std: X

Subject: Physical Education

Date: 10/12/2025

Time: 2 hours

Marks: 100

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 [].

(This Paper has 10 printed sides)

Section A

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

Question 1

Choose the correct answer from the given options.

[20]

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

- (i) Health education is primarily concerned with:
- (a) Promoting medical treatment to individuals
 - (b) Promoting healthy behaviour and lifestyle
 - (c) Promoting medical research
 - (d) Promoting new medical technologies

(ii) Identify the type of fracture shown in the image given below:



- (a) Comminuted (b) Greenstick
(c) Spiral (d) Transverse

(iii) Given below are two statements one is Assertion (A) and the other is Reason (R)

Assertion (A): Development follows a definite and predictable pattern.

Reason (R): Development is a quantitative process.

In the light of above two statements choose the correct option from the answers given below:

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

(iv) Sprains are injuries to:

- (a) Ligaments (b) Tendons
(c) Bones (d) Skin

(v) The principle of reversibility refers to:

- (a) Gains are permanent once achieved
(b) Performance improves even without training
(c) Training effects are lost when training stops
(d) Training should always be continuous

(vi) What is Low back pain injury?

- (a) It is a swelling of the tendons that bend your wrist backwards away from your palm.
- (b) It is a condition characterised by discomfort or pain in the lower region of the back, typically involving the muscles and nerves.
- (c) It is a brain injury that affects how the brain works.
- (d) It is a stretching or tearing of ligaments that connect two bones together in your joints.

(vii) A career in sports management primarily involves:

- (a) Coaching players
- (b) Organising and administering sports events
- (c) Treating injuries
- (d) Designing sports equipment

(viii) According to W. H. Sheldon, which among the following body types can be characterised by a round body with wide hips and narrow shoulders?

- (a) Endomorph
- (b) Ectomorph
- (c) Mesomorph
- (d) Athletic shape

(ix) Match the body types with their descriptions.

Column A (Body Type)	Column B (Description)
1. Endomorph	A. Medium framed and athletic
2. Mesomorph	B. Long and lean, with little body fat and muscle
3. Ectomorph	C. No such boy type exists
4. Pseudomorph	D. Large framed, lots of body fat and muscle

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

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

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

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



- (xiii) Which among these is not a macronutrient?
- (a) Lipids (b) Protein
(c) Carbohydrate (d) Vitamins
- (xiv) Which physical fitness test is used to assess cardiovascular endurance?
- (a) Cooper run test (b) Sit and reach test
(c) Sit ups test (d) Push up test
- (xv) A person interested in promoting sports through media should pursue a career in:
- (a) Sports medicine (b) Sports coaching
 (c) Sports journalism (d) Sports psychology
- (xvi) Vidushi is a 19-year-old competitive athlete preparing for a national competition in eight weeks. Her coach wants her to improve her speed and has designed a training plan. During one training session, Vidushi performs repetitions at 70 – 80 % of her maximum speed. Which principle of sports training is primarily being targeted in this session?
- (a) Intensity (b) Continuity
(c) Recovery (d) Periodization
- (xvii) Full form of LNIPE is:
- (a) Lakshmbai National Indian College of Physical Education
(b) Lakshadweep National Institute of Physical Education
(c) Lucknow National Institute of Physical Education
 (d) Lakshmbai National Institute of Physical Education
- (xviii) After six weeks of training, Malhar can stand on one leg for 45 seconds without wobbling and walk steadily on uneven surfaces. This improvement reflects which component in physical education.
- (a) Cardiovascular endurance (b) Balance
(c) Flexibility (d) Agility

- (xix) Which of the following best explains the importance of sports training for athletes?
- (a) It ensures athletes only compete without practicing
 - (b) It focuses solely on improving flexibility and ignoring strength and endurance
 - (c) It helps athletes develop skills, improve performance, and reduce the risk of injury
 - (d) It allows athletes to avoid following structured routine
- (xx) Speed is a component of which type of physical fitness?
- (a) Health related components
 - (b) Power related components
 - (c) Motor skill related components
 - (d) Strength related components

Question 2

- (i) Define the term growth. [2]
- (ii) What is tennis elbow? [2]
- (iii) List any three main objectives of physical education. [3]
- (iv) What is Achilles Tendonitis? State any two symptoms of it. [3]

Question 3

- (i) State any two emotional development objectives which are a desired outcome of a well-planned Physical Education programme. [2]
- (ii) State any two importance of health education [2]
- (iii) State any three benefits of cooling down. [3]
- (iv) State any three physiological characteristics of an ectomorph body. [3]

Question 4

- (i) Why is it important to build an athlete's strength and endurance as a part of sports training? [2]

- (ii) Rahul is a 40 year old software engineer who spends most of his day sitting at a desk. He often experiences stiffness in his lower back, shoulder, and hamstrings. He has no history of major injuries but reports difficulty bending, reaching overhead and performing basic stretches. Rahul wishes to improve which health related component to reduce discomfort, enhance posture and improve his overall mobility. Name an appropriate test that can be used to assess this component. [2]
- (iii) Explain the responsibilities of a coach. [3]
- (iv) Write three phases of periodization. [3]

Section B

(Attempt any two questions from this Section.)

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

Question 5

- (i) Explain the following terms in football: [8]
- (a) Extra Time
 - (b) Optional Mark
 - (c) VAR
 - (d) Goal line technology
- (ii) Answer the following questions: [9]
- (a) Write any three duties of the fourth official.
 - (b) Write any three instances in which a throw in will be considered a foul throw.
 - (c) Name the international football tournaments. (Any three)
- (iii) Write the answers to the questions below: [8]
- (a) During a football match between team A and team B, the ball has crossed the goal line near team A's goal post. The ball was last touched by a player from team A before crossing the goal line and no goal was scored. Write the procedure to follow for the same.

(b) What decision will the referee give in the following cases:

1. An indirect free kick is kicked directly into the opponent's goal.
2. The goalkeeper touches the ball with his hands outside the penalty area.
3. During a penalty kick the ball rebounds from the crossbar and the same player kicks the ball to score a goal.
4. He finds that a player is deliberately wasting time.

Question 6

- (i) Draw a neat labelled diagram of the Football field with all its measurements. [8]
- (ii) Answer the following questions: [9]
- (a) In a head-to-head football match, Team A and Team B scored three goals each at the end of regulation time and extra time. Since it is a knockout stage of the tournament and a decisive result is required, what procedure should be followed to determine the winner of the match?
- (b) What are the three cautionable offences in the game of football?
- (c) Write down how the game restarts in the following situations during the match:
1. A defending player intentionally handles the ball in the penalty area.
 2. A player spits at an official during the game.
 3. A player intentionally pushes an opponent.
- (iii) Explain the following terms in football: [8]
- (a) Abandoned match
 - (b) Sudden death
 - (c) offside
 - (d) Through pass

ICSE ACADEMY Question 7

- (i) Explain the following terms in Volleyball: [8]
- (a) Technical Time Out.
 - (b) Rotational Fault.
 - (c) Screening.
 - (d) Libero Replacement Zone.
- (ii) (a) List any three duties of the First Referee. [9]
- (b) In the match between Hitters and Dashers the referee awarded a point to Dashers as Hitters hit the ball out during an attack hit, in which other instances can a point be awarded during an attack hit.
- (c) Explain the Substitution Procedure in Volleyball.
- (iii) Draw a neat diagram of a Volleyball Court with measurements of the [8]
following:
- (a) Service Zone.
 - (b) Warm up Area.
 - (c) Length and Width of the Court.
 - (d) Free Zone.
 - (e) Centre Line.
 - (f) Attack Zone.

Question 8

- (i) Explain the following terms in Volleyball: [8]
- (a) Boundary Lines.
 - (b) Joust.
 - (c) Overlapping.
 - (d) Antenna.
- (ii) (a) Mention any three rules related to a Libero player. [9]
- (b) List three duties of a Linesmen.
- (c) What are the different types of service faults in Volleyball, how does it impact the scoring?

Question Paper 3

L. R. & S. M. VISSANJI ACADEMY
Secondary Section 2025-26
Second Preliminary Examination
Subject: Physical Education



Std: 10

Date: 16/01/2026

Marks: 100

Time: 2 Hrs.

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.
- This paper has 6 printed sides.

Attempt all questions from **Section A** and **two questions** from **Section B**
The intended marks for questions or parts of questions are given brackets [].

SECTION A (50 MARKS)

Attempt all questions from this Section.

Question 1.

Choose the correct answers to the questions from the given options. (Do not copy the question, write the correct answers only.) [20]

- (i) The stage from the age of 5 to 12 years is called _____.
a) Infancy b) Adolescence c) Adulthood d) Childhood
- (ii) Cartwheel in gymnastics is an example of
a) Dynamic Balance b) Static Balance
c) Active Balance d) Passive balance.
- (iii) The ability to stay upright in control of body movement is
a) Balance b) Strength c) Power d) Agility.
- (iv) An umpire, Referee, Scorer, Linesmen etc. at a sporting event is known as a/an _____.
a) Coach b) Official c) Manager d) Commentator.
- (v) Which of the following helps to improve cardio respiratory endurance?
a) Lifting weights b) Anareobic Exercises
c) Pull ups d) Aerobic Exercises.
- (vi) Which of the following body types is characterized by the pear-shaped structure?
a) Endomorph b) Mesomorph c) Ectomorph d) Pseudomorph.

d) The systematic planning of athletic or physical training.

(xvii) Which is the longest stage of Human growth and development?

- a) Adulthood b) Childhood c) Infancy d) Adolescence.

(xviii)

Match the following:	
I. Abrasion	1. Head.
II. Concussion	2. Ankle.
III. Torn ACL	3. Skin.
IV. Achilles Tendonitis	4. Knee.

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

(xix) **Assertion (A): A balance diet depends on age; gender and the type of work that one is required to platform.**

Reason(R): A balanced diet is composed of Carbohydrates, Proteins, fats, Vitamins, Minerals and water.

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

(xx) **Mahipal is a trainer of the Kolkata football team. In order to improve the endurance of his team, Mahipal designs a training program, which of the following training methods should we follow?**

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

Question 2

- (a) Define: Strength and coordination. [2]
 (b) Mention any four points on the importance of Health education. [2]
 (c) Sports injuries can have an adverse effect on the performance of an athlete. Write any three causes of sports injuries. [3]
 (d) Explain Sports management as a career. [3]

Question 3

- (a) Explain the term Sports training and principle of Recovery. [2]

- (b) State any four responsibilities of a coach in physical education. [2]
- (c) Write any three factors which effect a balanced diet. [3]
- (d) ~~Sanjeev~~ ^{John} is a 15-year-old boy who has a sedentary lifestyle. He studies in Class X and gives importance to academics and hardly plays any games. He gains weight easily. John decides to change his lifestyle. He wants to be physically fit. The coach prepares a training schedule exclusively for John to help him to achieve his goal. [3]
- 1) Which principle of sports training will the coach apply?
 - 2) What is the body type of john?
 - 3) Which factor of physical fitness does the case study of john highlight?

Question 4

- (a) Explain Stress fracture and Sprained Ankle [2]
- (b) What do the letters R and E in pricer stands for? [2]
- (c) Roshan, a 15-year-old student is an active participant in various sports activities at school. He excels in activities that require endurance and agility, such as long distance running and soccer. Roshan's body structure is lean with long limbs. [3]
- Reshma, a 16-year-old student, has a tendency to gain weight easily. She finds it challenging to engage in high intensity activities due to her body's natural inclination towards storing fat. However, she enjoys activities like yoga and Pilates.
- Anaisha, a 16-year-old student, is passionate about weight lifting and powerlifting. She consistently participates in strength training programs and competitions. Anaisha has a muscular and compact physique with Well-defined muscles.
- 1) Identify Roshan's body type-
 - 2) Identify Reshma's body type-
 - 3) Identify Anaisha's body type-
- (d) List any six components of physical fitness. [3]

SECTION B (50 MARKS)

(Attempt two questions from this section.)

(You must attempt one question of each of the two games given from this Section.)

FOOTBALL

QUESTION 1

- (i) Explain the following terms in football [8]
- | | |
|------------------|------------------|
| (a) Halfway line | (b) Penalty mark |
| (c) Full time | (d) Final pass |

- (ii) Write short note on: - [9]
- (a) Differentiate between short pass and long pass in football.
 - (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) Write short note on: - [8]
- (a) What is the shape and circumference of the ball?
 - (b) Explain the term a through pass.
 - (c) What is penalty arc?
 - (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?

QUESTION 2

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

- (ii) Write short note. [9]
- (a) Write down the procedure of substitution during the game.
 - (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.
 - (c) State any three fouls for which the referee can show a yellow Card to the Player.

- (iii) Write short note. [8]
- (a) Draw a neat labelled diagram of goalpost with all its measurements.
 - (b) Mention four instances for which a direct free kick is awarded.

VOLLEYBALL

QUESTION 3

- (i) Explain the following terms in Volleyball [8]
- (a) Penalty area
 - (b) Ball out of play
 - (c) Assisted hit
 - (d) Double fault

- (ii) Write short note on: - [9]
- (a) Write down the duties of the first referee prior to the match.
 - (b) Explain Under hand pass in volleyball.
 - (c) Explain Antenna in volleyball.

- (iii) Write note on: - [8]
- (a) Write any four duties of captain during the match.
 - (b) Write any four duties of scorer during match the match.

QUESTION 4

- (i) Explain the following terms in Volleyball [8]
- (a) Boundary lines
 - (b) Back zone
 - (c) Expulsion
 - (d) Bump Pass

- (ii) Write short note on: - [9]
- (a) Explain Disqualification in volleyball.
 - (b) What is positional fault in volleyball?
 - (c) Write any four playing fault in volleyball.

- (iii) Write note on: - [8]
- (a) Write any four duties of assistant coach.
 - (b) Write any four duties of coach before the match.
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