
PHYSICAL EDUCATION

(Two hours)

Answers to this Paper must be written on the paper provided separately.

*You will **not** be allowed to write during the first 15 minutes.*

This time is to be spent in reading the question paper.

The time given at the head of this Paper is the time allowed for writing the answers.

Attempt all questions from Section A and two questions from Section B.

The intended marks for questions or parts of questions are given in brackets [].

SECTION A (50 Marks)

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

Question 1

- (a) Define Health Education. [2]
- (b) Write any two important career options in Physical Education. [2]
- (c) Mention any three factors that influence the growth and development of an individual. [3]
- (d) Give any six components of balanced diet. [3]

Question 2

- (a) Define Physical Education. [2]
- (b) Mention any four ways of preventing injuries. [2]
- (c) Give any three principles of sports training. [3]
- (d) State any three sources of protein. [3]

Question 3

- (a) Mention any four factors affecting physical fitness. [2]
- (b) Explain briefly psychological development through Physical education. [2]
- (c) Why is warming up and cooling down important in sports? [3]
- (d) Mention any three Sports related injuries. [3]

Question 4

- (a) Briefly explain Mental development. [2]
- (b) What is periodization? [2]
- (c) State the importance of Health Education. [3]
- (d) Name any six components of physical fitness. [3]

Question 5

- (a) What is the difference between strength and power? [2]
- (b) Explain the need for active participation in sports training. [2]
- (c) Explain growth and development in adolescence. [3]
- (d) Give the first aid treatment procedure for a person rescued from drowning. [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 6

- (a) Briefly explain the following terms [8]
 - (i) Substitute
 - (ii) Declaration

- (iii) No ball
- (iv) Follow on
- (b) (i) Write any three strokes played by the batsman between the wicketkeeper and leg umpire. [9]
- (ii) Write any three instances when a ball becomes dead.
- (iii) What procedure will be followed by the umpire when the ball is unfit for play?
- (c) Give any one difference between: [8]
- (i) Hook and Pull
- (ii) Run out and Stumped out.
- (iii) Bowling Crease and Popping Crease.
- (iv) Draw and Tie.

Question 7

- (a) Draw a neatly labelled diagram of the cricket pitch and mark any six fielding positions on the offside of the field. [8]
- (b) (i) Write any five ways of getting the batsman out for which the bowler gets credit. [9]
- (ii) Write down any four protective equipments worn by the batsman.
- (c) (i) Write down the full form of ICC and BCCI. [8]
- (ii) Write any four bowling variations of Pace bowling.
- (iii) Define the following terms:
 - 1. Retired hurt
 - 2. Extra runs

FOOTBALL

Question 8

- (a) Define the following terms. [8]
- (i) Drop Ball
 - (ii) Through Pass
 - (iii) Quarter Circle
 - (iv) Bicycle Kick
- (b) (i) When do you consider that a goal has been scored? [9]
- (ii) Define ball in play and out of play.
- (iii) Explain the procedure of changing the position of the goalkeeper with a player.
- (c) (i) Explain the following signals given by the referee during a match: [8]
- 1. When a goal is scored
 - 2. Indirect free kick
 - 3. Corner kick
 - 4. Advantage
- (ii) Mention two offences of cautionable offence and two of sending-off offences.

Question 9

- (a) What decision will the referee take in the following cases: [8]
- (i) When a player commits two fouls at the same time?
 - (ii) When the goalkeeper takes more than six seconds to release the ball?
 - (iii) When the player receives the ball inside the penalty area from a goal kick?
 - (iv) When the referee finds a player playing without shin guards?

- (b) (i) Draw a neat diagram of the penalty area giving the measurements of the following: [9]
1. Goal area
 2. Penalty area
 3. Penalty arc
 4. Penalty spot from the goal line
- (ii) Define the procedure of a goal kick.
- (c) (i) List four important duties of the fourth official. [8]
- (ii) Mention four types of infringements committed by the goalkeeper when an indirect free kick is awarded.

HOCKEY

Question 10

- (a) Define the following terms: [8]
- (i) Scoop
 - (ii) Hit
 - (iii) Tackle
 - (iv) Dangerous play
- (b) (i) Write any *three* fundamental skills of hockey. [9]
- (ii) When is a goal awarded in hockey?
- (iii) What cards are used in the game of hockey?
- (c) (i) How many umpires are involved to conduct a hockey match? [8]
- Write any four decisions given by the umpire.
- (ii) Draw a diagram of the ball and mark its size, weight, circumference and shape.

Question 11

- (a) Define the following: [8]
- (i) Rebound
 - (ii) Back stick
 - (iii) Playing distance
 - (iv) Push
- (b) (i) What is meant by a temporary suspension? [9]
Under what circumstances does an umpire suspend a player?
- (ii) Mention any three fouls committed by a goalkeeper.
 - (iii) Name any three methods of restarting a hockey match.
- (c) (i) When can a team be penalised for a penalty corner? [8]
- (ii) Mention any four fouls for which the umpire awards a penalty stroke to the opponent team.
 - (iii) Write the full form of FIH and IFH.

BASKET BALL

Question 12

- (a) Briefly explain the following terms: [8]
- (i) Alternating Possession
 - (ii) Free Throw
 - (iii) Rebound
 - (iv) Man to Man defense
- (b) (i) When does a team's control on the ball end? [9]
- (ii) How many time outs can a team get during the first half, second half and extra period?
 - (iii) Explain a team foul penalty situation in basketball.

- (c) (i) Explain Game lost by Default. [8]
- (ii) Define Ball returned to backcourt.
- (iii) What is the official signal for Technical Foul.
- (iv) Name any 2 international basketball tournaments.

Question 13

- (a) Draw a neat diagram of a basketball court and mark the following with their measurements: [8]
- (i) Side line
- (ii) End line
- (iii) Centre circle
- (iv) Radius of three point field goal area
- (v) Length of Restricted Area
- (vi) No Charge Semi - Circle
- (b) (i) State six items of equipment needed to conduct a basketball match. [9]
- (ii) State any three duties of the Coach.
- (iii) When is the ball considered to be dead?
- (c) Explain the following terms: [8]
- (i) Held Ball.
- (ii) Double Foul.
- (iii) Double Dribble
- (iv) Layup.

VOLLEY BALL

Question 14

- (a) Define the following terms: [8]
- (i) Floater
 - (ii) Attack Zone
 - (iii) Blocking
 - (iv) Screening
- (b) Give duties of the following: [9]
- (i) Captain
 - (ii) First referee
 - (iii) Line Judges
- (c) (i) Mention four functions of Libero. [8]
- (ii) Explain:
1. Legal substitution
 2. Players equipment.

Question 15

- (a) State the following: [8]
- (i) Height of net for men and women.
 - (ii) Weight and circumference of the ball.
 - (iii) Height and diameter of the antenna.
 - (iv) Number of substitutions and time outs in a set.
- (b) (i) Name three National Tournaments. [9]
- (ii) Mention any six skills.
- (iii) State any three serving faults.
- (c) Draw a neat diagram of a Volleyball court with all its dimensions. [8]

BADMINTON

Question 16

- (a) Draw a neat and labelled diagram of a badminton court. [8]
- (b) (i) Write any three duties of an umpire. [9]
(ii) How is a tie broken? Explain briefly.
(iii) Write any three National or International tournaments.
- (c) Explain the following: [8]
- (i) Hairpin net shot.
(ii) Carry.
(iii) Rally
(iv) Wood shot

Question 17

- (a) (i) Mention four skills of a badminton player. [8]
(ii) State:
1. Weight and diameter of the base of a shuttle.
2. Length and width of the racket.
- (b) (i) Mention any three differences between a singles match and a doubles match. [9]
(ii) Name the officials who conduct a match.
(iii) State any three service faults.
- (c) (i) Write the full form of BWF and BAI. [8]
(ii) How is a set won?
(iii) What do you understand by the term 'Lets'?
(iv) State any two types of service techniques.