

PHYSICAL EDUCATION
PAPER 1
(THEORY)

G6000107

Maximum Marks: 70

Time Allotted: Three Hours

Reading Time: Additional Fifteen Minutes

Instructions to Candidates

1. You are allowed an **additional fifteen minutes** for **only** reading the question paper.
2. You must **NOT** start writing during reading time.
3. This question paper has **11 printed pages and one blank page**.
4. There are **fifteen questions** in this paper.
5. There are **three** sections in the paper: **A, B and C**. **Internal choices** have been provided in **two** questions in **Section B** and in one question in **Section C**.
6. **Section A** consists of one question having fifteen sub-parts of **one mark** each. Attempt all questions.
7. While answering **Multiple Choice Questions** in **Section A**, you are required to **write ONLY one correct option** as the answer.
8. **Section B** consists of **five** questions of **five marks** each. Attempt all questions.
9. **Section C** consists of **nine questions** of **fifteen marks** each. Attempt all subparts of a question on **any two** games in this section.
10. The intended marks for questions are given in brackets [].

Instructions to Supervising Examiner

1. Kindly read **aloud** the Instructions given above to all the candidates present in the examination hall.

SECTION A – 15 MARKS

Question 1

- (i) Ms. Nisha, a Physical Education teacher, organised an inter-house competition of Basketball to promote participation in sports and identify potential players for the school team. [1]

What type of competition did Ms. Nisha organise?

- (a) Extramural
(b) State level
(c) Intramural
(d) District level
- (ii) Who was the first President of the Indian Olympic Association? [1]
- (a) P. T. Usha
(b) Dorabji Tata
(c) Jawaharlal Nehru
(d) A G. Noehren
- (iii) Identify the method shown below that is used to make a fixture of a league tournament. [1]

	A	B	C	D	E	F	G	H
A		1	2	3	4	5	6	7
B			3	4	5	6	7	2
C				5	6	7	1	4
D					7	1	2	6
E						2	3	1
F							4	3
G								5
H								

- (a) Knock-out
(b) Tabular
(c) Staircase
(d) Cyclic

- (iv) Which one of the following is **NOT** a basic exercise of warming up? [1]
- (a) Arm rotation
 - (b) Shoulders rotation
 - (c) Torso rotation
 - (d) Pull ups
- (v) Identify the career based on the image given below. [1]



(Source: www.jobsinsports.com)

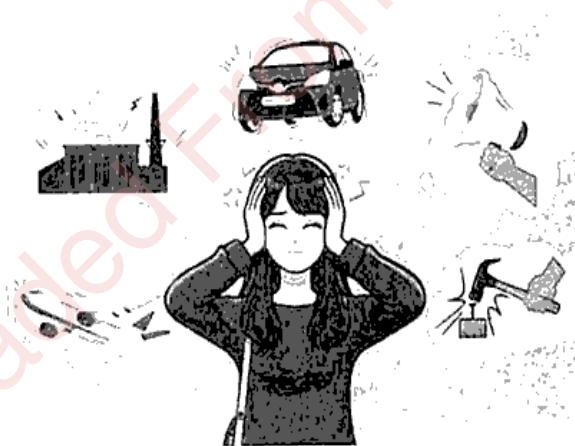
- (a) Sports Physiotherapy
 - (b) Sports Anchoring
 - (c) Sports Photography
 - (d) Sports Marketing
- (vi) Given below are two statements marked Assertion and Reason. Read the two statements carefully and choose the correct option. [1]
- Assertion:** Flexibility training primarily aims at improving the range of the motion of the muscles and joints.
- Reason:** This training enhances muscle elasticity and improves overall posture and coordination.
- (a) Both Assertion and Reason are true and Reason is the correct explanation of Assertion.
 - (b) Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.
 - (c) Assertion is true and Reason is false.
 - (d) Both Assertion and Reason are false.

- (vii) _____ pollution is a threat to marine life. [1]
- (viii) In _____ exercise, the body remains in a static position as the contraction of the muscles occurs without them being stretched or shortened. [1]
- (ix) _____ method of training alternates between short periods of high intensity exercises and rest. [1]
- (x) _____ tournament involves a single elimination format and is efficient in terms of money and resources. [1]
- (xi) Expand NSNIS. [1]
- (xii) What is *fixture* in tournaments? [1]
- (xiii) State the meaning of *ringworm*. [1]
- (xiv) What is *doping*? [1]
- (xv) What is a *spiral fracture*? [1]

SECTION B – 25 MARKS

Question 2 [5]

Discuss *any three* adverse effects of the pollution shown below. State *any two* measures to prevent it.



Question 3

[5]

- (i) Write short notes on each of the following:
- (a) L.N.I.P.E.
 - (b) Limbering down exercises

OR

- (ii) Answer the following:
- (a) Write *any three* advantages of organising a Knock-out tournament.
 - (b) Explain *tournament*.

Question 4

[5]

Rajat, a class XII student of Physical Education was travelling on a train with his father. His father had a history of heart ailment. During the journey, he experienced a severe pain on the left side of his chest and collapsed.

Suggest the first aid treatment that Rajat would have given to his father immediately. Explain the procedure of this treatment.

Question 5

[5]

Explain *any five* ways in which Physical Education develops an individual's personality.

Question 6

[5]

- (i) State the formula for conducting the number of matches in a tournament comprising ten teams. Draw a fixture for these teams by using Staircase method.

OR

- (ii) Write the full form of NADA. Mention *any four* roles of NADA in prohibiting the consumption of drugs among the athletes in India.

SECTION C – 30 MARKS

Attempt all questions on *any two* games from this section.

FOOTBALL

Question 7

- (i) Answer the following questions:
- (a) Write a brief history of FIFA. [3]
 - (b) During a football match, the coach realises that one of the players of his team is tired and unable to perform well. He wants to replace this player. [1]
What procedure will the coach follow to seek replacement?
 - (c) During a football tournament, the main Referee gets injured and cannot continue his duty. Which official will replace him? [1]
- (ii) (a) Mention *any five* basic skills a Football player should possess. [5]

OR

- (b) Enlist *any five* offenses that lead to an immediate expulsion of a player from the match.
- (iii) Explain each of the following terms: [5]
- (a) Technical area
 - (b) Handball

CRICKET

Question 8

- (i) Answer the following questions:
- (a) Explain *reverse swing*. [3]
 - (b) Name the full pitch delivery aimed at the batsman's toes. [1]
 - (c) In a T-20 match, the captain placed only two players outside the 30-yard circle. State the purpose of this fielding position. [1]

- (ii) (a) Expand each of the following: [5]
- (1) ICC
 - (2) BCCI
 - (3) MCC
 - (4) ECB
 - (5) NCB

OR

- (b) Describe *any five* situations when a ball is considered dead.
- (iii) Explain each of the following terms: [5]
- (a) Declaration
 - (b) Googly

HOCKEY

Question 9

- (i) Answer the following questions:
- (a) Explain *tackling*. [3]
 - (b) During a game, a striker hits the ball from outside the 16-yard circle. The ball goes directly into the goalpost without being touched by any other player. What will be the decision of the Referee? [1]
 - (c) In a hockey match, a player tries to score a goal within the 16-yard circle. He is pushed by the opponent player due to which he cannot score the goal. What will be the decision of the Referee? [1]
- (ii) (a) Draw a neat diagram of a Hockey goalpost with all its dimensions and specifications. [5]

OR

- (b) Enlist *any five* protective equipment used by a Hockey goalkeeper.
- (iii) Explain each of the following terms: [5]
- (a) Green card
 - (b) Penalty stroke

BASKETBALL

Question 10

(i) Answer the following questions:

(a) With reference to different categories in Basketball tournament, mention the different sizes of balls specified for the players. [3]

(b) During a game, a player cuts the side line by his foot while dribbling the ball. However, the ball remains within the court. [1]

What will be the decision of the Referee?

(c) During a match, a player jumps and hangs on the ring of the basket while placing the ball in it. What is this shot called? [1]

(ii) (a) What is *dribbling*? Explain *any three* types of Dribbling. [5]

OR

(b) State *any five* duties of the main Referees.

(iii) Explain each of the following terms: [5]

(a) Back court violation

(b) Rebound

VOLLEYBALL

Question 11

(i) Answer the following questions:

(a) Mention *any three* Service faults in the game of Volleyball. [3]

(b) During a match, a back zone player crosses the attack line and smashes from the front zone. What decision will be given by the Referee? [1]

(c) What will be the decision of the Referee if a libero player substitutes himself with another player without the Referee's approval? [1]

(ii) (a) Explain *any five* basic skills of a Volleyball player. [5]

OR

(b) Enlist *any five* duties of a Volleyball coach.

- (iii) Explain each of the following terms: [5]
- (a) Booster
 - (b) Spiker

TENNIS

Question 12

- (i) Answer the following questions:
- (a) Draw a neat diagram of Tennis racquet with all its dimensions and specifications. [3]
 - (b) What will be the decision of the Chair Umpire if an object is thrown in the court from the audience and the player gets distracted and misses the ball? [1]
 - (c) In a game of doubles, a player touches the net during the game which does not disturb the opponent. [1]
What will be the decision of the Chair Umpire?
- (ii) (a) Mention *any five* duties of linesmen in the game of Tennis: [5]

OR

- (b) Write a note on Wimbledon Championship.
- (iii) Explain each of the following terms: [5]
- (a) Lob
 - (b) Foot fault

BADMINTON

Question 13

- (i) Answer the following questions:
- (a) Describe the procedure followed by the players for testing the speed of the shuttle. [3]
 - (b) During a match, a player loses a point and smashes her racquet in aggression on court. What will be the decision of the Umpire? [1]
 - (c) What will be the decision of the Umpire if a player does not arrive for the match on time? [1]

- (ii) (a) Draw a neat diagram of a Standard Badminton Court with all its dimensions and specifications. [5]

OR

- (b) Enlist *any five* fundamental skills of a Badminton player.
- (iii) Explain each of the following terms: [5]
- (a) Hairpin shot
- (b) Flick

SWIMMING

Question 14

- (i) Answer the following questions:
- (a) State *any three* circumstances when an individual medley relay team is disqualified. [3]
- (b) In a diving competition, a diver delays in diving. What will be the decision of the Judge? [1]
- (c) A swimmer performs a stroke in which her face remains out of the water which makes breathing easy. [1]
- Name the stroke performed by the swimmer.
- (ii) (a) List *any five* duties of a timekeeper in Swimming competitions. [5]

OR

- (b) State *any five* safety requirements that the organisers must ensure for a Swimming competition.
- (iii) Explain each of the following terms: [5]
- (a) Marshal
- (b) Kickboard

ATHLETICS

Question 15

- (i) Answer the following questions:
- (a) Draw a neat diagram of a Triple jump pit with all its dimensions and specifications. [3]
- (b) In an event of high jump, an athlete initiated the jump with both feet planted on the ground. [1]
What will be the decision of the Judge?
- (c) During a hurdle race, an athlete hits a hurdle with his foot and it immediately falls. However, the athlete clears all the remaining hurdles. [1]
What will be the decision of the Lane Judge?
- (ii) (a) What is a *long jump* event in Athletics? Discuss *any two* techniques of a long jump. [5]

OR

- (b) Discuss *steeplechase* event.
- (iii) Explain each of the following: [5]
- (a) Technical Manager
- (b) Wind gauge operator