

SECOND TERM EXAMINATION 2025-2026

STANDARD - X

SUBJECT - PHYSICAL EDUCATION

TIME: 2 HRS.

M.M:100

Answer to this paper must be written on the sheet provided separately

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

The intended marks for part of questions, for parts of questions are given in brackets.

SECTION -A [50MARKS]

(Attempt all question from this section)

Question 1

[20MARKS]

Choose the correct answer to the question from the given options

(Do not copy the question write the correct answer only)

i. Power means.....

- a. Ability of muscles to exert maximum force in short amount of time
- b. Ability to change direction rapidly without loss of speed or body control
- c. Ability to move all or part of body as quickly as possible

- ix. General preparation focuses on
- Personality
 - Functional capacity
 - Cardiovascular efficiency
 - Overall fitness component
- x. Meso-cycle is a training of
- One week
 - 4 to 10 days
 - 4 to 6 weeks
 - 3 months
- xi. Due to systematic training the resting heart rate of a marathon player will
- Remain normal
 - Decrease
 - Increase
 - Become critical
- xii. Which of the following is not a principal of training
- Regularity
 - Doping
 - Progression
 - Rest and recovery
- xiii. Technique is
- Scientific way of doing skill or action
 - Forceful action
 - Correct action to deceive opponent
 - All of these
- xiv. Warming-up improve the
- Social relation between team members
 - Health of player
 - Skill perfection
 - Body structure
- xv. Ligament damage is a..... injury.
- Strain
 - Sprain

basketball?

(4)

Question 6

a. Explain the following

(8)

- | | |
|-------------------|---------------|
| i. Chest pass | ii. Jump ball |
| iii. Travelling l | iv. Dunk |

b.

i. Explain the playing time. when is Game clock started.

(3)

ii. How many time outs are permitted in each quarter?

What is the duration of each time out?

(3)

iii. State the duties of a Timekeeper.

(3)

c. Explain the following.

(8)

- | | |
|-----------------|-----------------|
| i. Substitution | ii. Penalty |
| iii. Pivoting | iv. Front court |

VOLLEYBALL

Question 7

a. Explain the following

(8)

- | | |
|------------------------|-----------------------|
| i. Libero | ii. Positional -Fault |
| iii. Carrying the ball | iv. Service zone |

b.

i. Explain three rules of Volleyball

(3)

ii. What are the variations of service? Explain.

(3)

iii. State any three rules related to a libero player

(3)

c.

i. Draw a neat diagram of a volleyball court and mark the following

(8)

- | | |
|----------------------|-----------------|
| 1. Attack line | 2. Central Line |
| 3. Service line | 4. Side line |
| 5. Substitution zone | 6. Penalty area |
| 7. Free-zone area | |

Question 8

- a. Explain the following. (8)
- | | |
|----------------|------------|
| i. Touch out | ii. Dink |
| iii. Bump pass | iv. Spiker |
- b.
- What is the advantage of block? how is it performed (3)
 - What is the difference between position of fault and rotational fault (3)
 - State the various type of delays in the game of volleyball (3)
- c.
- Duties of coach and captain. (4)
 - List any six service faults. (4)

BADMINTON

Question 9

- a. Explain the following (8)
- | | |
|-----------------|----------------|
| i. Let | ii. Foot fault |
| iii. Game point | iv. Net |
- b.
- How are points awarded during game (3)
 - Explain three skills of Badminton game (3)
 - What is the difference between drop and smash (3)

c. Explain the following... (8)

- i. Stroke
- ii. Rally
- iii. Back gallery
- iv. Deuce

Question 10

a. Explain the following (8)

- i. Love all
- ii. Service
- iii. Cross court
- iv. Drive

b.

- i. What is the procedure for conducting a tiebreaker to resolve a tied match in badminton (3)
- ii. What are the duties of an Umpire? Explain any three duties. (3)
- iii. What are the new general rules of badminton? (3)

c.

- i. Draw a neat diagram of a badminton court and mark the following. (8)
 - 1. Service courts
 - 2. Back alley
 - 3. Net post
 - 4. Short service line for doubles
 - 5. Side alley
 - 6. Long service line for single
 - 7. Long service line for doubles

