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## 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.*

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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 [ ].*

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### SECTION A (50 Marks)

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

#### Question 1

- (a) Define the term recreation. [2]
- (b) Write *any two* diseases caused due to lack of oral hygiene. [2]
- (c) State *any three* objectives of First Aid. [3]
- (d) What is Pneumonia? Write *any two* symptoms of Pneumonia. [3]

#### Question 2

- (a) What is meant by community health? [2]
- (b) What is an antiseptic? [2]
- (c) State *any three* causes of bad posture. [3]
- (d) What is the treatment for extensive and deep cuts? [3]

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**Turn over**

### Question 3

- (a) Write the full form of AIDS and HIV. [2]
- (b) What do you mean by personal health? [2]
- (c) State *any three* causes of a sprain injury. [3]
- (d) State any three harmful effects of drug abuse. [3]

### Question 4

- (a) What is Arthritis? [2]
- (b) State *any two* preventive measures to protect our sense of hearing. [2]
- (c) Define Insomnia. State *any two* symptoms of Insomnia. [3]
- (d) What is an Infectious disease? Give two examples. [3]

### Question 5

- (a) Name any two diseases spread by Protozoa. [2]
- (b) Write the full form of BMI and WHO. [2]
- (c) State *any three* steps to be taken to prevent obesity. [3]
- (d) Mention *any three* precautions to be taken while using electrical appliances. [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) Explain the following terms in Cricket: [8]
  - (i) An over
  - (ii) A wide ball

- (iii) An appeal
- (iv) A toss
- (b) (i) What is meant by 'extra runs'? Give two examples of extra runs. [9]
- (ii) Draw a diagram of a Cricket Pitch and mark the following:
1. The Bowling Crease
  2. The Popping Crease
  3. The Return Crease
- (iii) List *any three* Protective Equipments used by the batsman.
- (c) (i) What do you understand by the term 'Follow on'? [8]
- (ii) State the restrictions on the role of a substitute.
- (iii) What do you mean by ball tampering?
- (iv) Explain the role of the Third Umpire in a match.

**Question 7**

- (a) Explain the following terms in Cricket. [8]
- (i) Straight drive
  - (ii) Double-hit
  - (iii) Catch out
  - (iv) Clean bowled
- (b) (i) State any three duties of the Main Umpire in a cricket match. [9]
- (ii) Write any three fielding positions of "offside".
- (iii) Explain the term 'Full-toss' in Cricket.

- (c) (i) State any four instances when the ball is considered a 'dead ball'. [8]
- (ii) Answer the following with reference to cricket:
1. Circumference of the ball
  2. Widest part of cricket bat
  3. Breadth of stumps
  4. Size of the sight screen.

## FOOTBALL

### Question 8

- (a) Explain the following terms in Football: [8]
- (i) Kicking
  - (ii) Dribbling
  - (iii) Tackling
  - (iv) Trapping
- (b) (i) State any three duties of a match referee. [9]
- (ii) List the basic compulsory equipment used by a football player.
- (iii) What is the procedure adopted to restart the game from a throw in?
- (c) (i) When is the ball called out of play in Football? [8]
- (ii) Write the full form of FIFA.
- (iii) Answer the following:
1. Radius of centre circle
  2. Minimum and maximum number of players to start a match.
  3. Height and width of the goal post.
  4. Distance of penalty mark from the goal line.

### Question 9

- (a) Answer the following: [8]
- (i) Length and breadth of the football field
  - (ii) Length and breadth of the Penalty area
  - (iii) Radius of Penalty arc and Corner arc
  - (iv) Duration of a match and duration of extra time
- (b) (i) State any three duties of an Assistant referee. [9]
- (ii) What is the procedure of resuming a game from a goal kick?
- (iii) Mention any three circumstances where the referee awards an indirect free kick against the goalkeeper.
- (c) (i) Explain the following: [8]
- 1. A direct free kick
  - 2. A through-pass
- (ii) State any *four* offences committed by a player within his own penalty area which warrants the award of a penalty kick.

### HANDBALL

### Question 10

- (a) Explain the following terms in Handball: [8]
- (i) A free-throw
  - (ii) A goal-post
  - (iii) A suspension
  - (iv) A line cut

- (b) (i) Write any three privileges which the goalkeeper is allowed. [9]  
(ii) How is a goal scored in Handball?  
(iii) Describe the attire of a Handball player.
- (c) Draw a neat labelled diagram of a Handball court giving all its dimensions. [8]

### Question 11

- (a) Explain the following terms in Handball: [8]  
(i) A penalty throw  
(ii) A goal throw  
(iii) Utility of goal area  
(iv) A dive shot
- (b) (i) When is the ball considered to be in play in Handball? [9]  
(ii) When is a corner throw awarded in Handball?  
(iii) Explain the term 'playing with the ball' in Handball.
- (c) (i) Write four situations where a penalty throw is awarded. [8]  
(ii) List four situations when a goalkeeper throw is awarded.

## HOCKEY

### Question 12

- (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 13**

- (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

## BASKET BALL

### Question 14

- (a) Draw a neat labelled diagram of basketball court with its dimensions. [8]
- (b) (i) What is a team foul? [9]
- (ii) Explain the term 'double foul' in a game of Basketball.
- (iii) Explain in brief the term 'Held-Ball'.
- (c) Explain the following terms in Basketball: [8]
- (i) Screening
- (ii) A "5" second rule
- (iii) A zone press
- (iv) A multiple foul

### Question 15

- (a) Explain the following terms: [8]
- (i) A pivot foot
- (ii) A time out
- (iii) A throw in
- (iv) Holding
- (b) (i) Explain in brief the term 'Jump ball'. [9]
- (ii) How does a team advance with the ball in an attempt to score?
- (iii) List down the officials in the game of Basketball.
- (c) Write the following: [8]
- (i) An illegal screening
- (ii) A live-ball
- (iii) A dead-ball
- (iv) A lay-up-shot

## VOLLEY BALL

### Question 16

- (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 17

- (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

### **SOFTBALL**

#### **Question 18**

- (a) Explain the following terms: [8]
- (i) A chopped ball
- (ii) A batter
- (iii) Tagging
- (iv) An illegally caught ball
- (b) (i) How is a run scored in Softball? [9]
- (ii) Mention any three circumstances when the batter is out.
- (iii) State *three* duties of a plate umpire.

- (c) (i) State any two specific duties of the Base umpire. [8]
- (ii) What is the length and breadth of a catcher's box?
- (iii) What do you mean by batting order in Softball?
- (iv) Which team is called the defensive team in Softball?

**Question 19**

- (a) Explain the following terms: [8]
- (i) A force out
- (ii) A bunt
- (iii) A fair ball
- (iv) An obstruction
- (b) (i) Under what circumstances is the base runner entitled for more than one base? [9]
- (ii) What do you mean by an interference?
- (iii) What is a foul tip?
- (c) (i) Mention any four circumstances when base runners should return to their base. [8]
- (ii) Explain what is meant by '*Fair territory*' and '*Foul territory*' in Softball.