

FIRST TERM EXAMINATION 2025-2026
STANDARD X
SUBJECT - PHYSICAL EDUCATION

TIME: 2 HRS.

M.M: 100

- Attempts all questions from section A and two questions from section B. Answer to this paper must be written separately.
- The intended marks for questions/parts of questions are given in brackets....()

SECTION -A (50 MARKS)

(Attempt all questions from this section)

Question 1.

(20)

Choose the correct answer to the questions from the given options.

(Do not copy the questions, write the correct answer only)

- 1. Infancy stage of growth and development**
A. From birth to 5 year B. From 5 to 12 year
C. From 12 to 19 year D. From 19 to 65 year
- 2. Adolescence changes**
A. Physical changes B. Psychological changes
C. Emotional changes D. All of above
- 3. Endomorph 711**
A. Smooth round body B. Naturally lean
C. Skinny/ liner D. Lightly muscle
- 4. Ectomorph 117**
A. Low body fat B. Naturally muscular
C. High level of body fat D. Naturally strong
- 5. Sheldon somatotype**
A. Muscular and well build B. Big high body fat
C. Lean and long D. Ectomorph, endomorph, mesomorph
- 6. Physical education is activities related with**
A. Reading and writing B. Playing video games
C. Activities of big muscles D. Watching sports matches
- 7. Which of the following is not the object of physical education**
A. Physical development B. Psychological development

- C. Social development D. Spiritual development
8. In 1800s, Physical education was known as
 A. Physical culture B. Physical training
 C. Gymnastic D. Hygiene
9. Growth is aprocess
 A. Qualitative B. Quantitative
 C. Uncertain D. Continuous
10. Early childhood stage is between
 A. 13 to 19 years B. 2 to 6 years
 C. 7 to 12 years D. 1 to 2 years
11. Increase in weight is called
 A. Growth B. Development
 C. Both D. None of these
12. Psychology is the study of
 A. Mind B. Behavior
 C. Body system D. Brain
13. Growth of child is very rapid during
 A. Infancy B. Early childhood
 C. Later childhood D. Adolescence
14. The study of behavior of sports person is known as
 A. Psychology B. Sports psychology
 C. Sports physiology D. Sports medicine
15. Which of the following is not the objective of physical education
 A. Physical development B. Psychological development
 C. Social development D. Spiritual development
16. Body fat can be checked by
 A. Skin fold caliper B. BMI
 C. Weighing machine D. All of these
17. Who propound the theory of Body type
 A. Charles Bucher B. J.F.Williams
 C. W.H.Sheldon D. Newton
18. Which body type students would be good in endurance activities
 A. Mesomorphic B. Endomorphic
 C. Ectomorphic D. None of these
19. Which body type students would be good in skill games
 A. Mesomorphic B. Endomorphic

- iii. (8)
- Give any four instances when an umpire declare a batsman out.
 - Give any four instances when umpire call or declare 'no ball'

HOCKEY

Question: 6 (8)

(a) Explain the followings

- Backstick
 - Push Pass
 - Flick
 - Sudden Death
- (b) i) How penalty corner and penalty stroke taken (9)
- ii) what are the dimension of hockey playing field
- iii) explain any three fundamental skill of hockey.
- (c) Explain the followings (8)
- Yellow Card
 - Advantage
 - Astro Turf
 - Railing Substitution

FOOTBALL

Question 7-

- i. **Explain the following terms: (8)**
- Kick-off
 - Injury time
 - Sudden death
 - Corner arc
- ii. (9)
- How many warning cards used by referee? What does each card indicate?
 - State three ways of trapping the ball.
 - Explain any three offences committed by a player for which the yellow card is Shown
- iii. **Write the following: (8)**
- Breadth and the height of goal post.
 - Radius of centre circle and corner arc.

