

City International School

FIRST PRELIMINARY EXAMINATION 2015 - 2016

Date : 28/11/2015

Marks : 100

Std : X

Subject : Physical Education

Time : 2 hrs

Answer to this question paper must be written on the answer sheets provided separately.

You will not be allowed to write during first 15 mins.

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

The intended marks for the questions are given in the brackets. ()

The paper contains two sections A and B.

SECTION A [50 MARKS]

Attempt all questions from this section

- Q. 1**
- a. State any two harmful effects of excessive alcohol consumption. (2)
 - b. What is droplet infection? How will you prevent the spread of droplet infection? (2)
 - c. Write the complete form of: (2)
 - i. MMR
 - ii. BCG
 - d. Name the pathogen which causes. (2)
 - i. Malaria
 - ii. Pneumonia
 - e. Give any two examples of sports injury. (2)
- Q. 2**
- a. What is a cramp? State the first aid given for cramps. (2)
 - b. Explain the importance of sleep in our daily routine. (2)
 - c. What precautions would you take in order to prevent accidents from electricity? (4)
 - d. State any two symptoms of bronchitis. (2)
- Q. 3**
- a. What is a degenerative disease? Give an example (2)
 - b. Differentiate between Antioxin and Antibody. (2)
 - c. State any two advantages of warm water bath on the body. (2)
 - d. Mention the effect of postural defect on the body. (2)
 - e. Why is the selection of appropriate footwear important for a sports person? (2)
- Q. 4**
- a. Differentiate between defect and injury. (2)
 - b. What is arthritis? State its symptom. (2)
 - c. Suggest first aid administered in case of (3)
 - i. Severe bleeding due to deep cut
 - ii. Closed fracture of lower limb
 - iii. Superficial burn
 - d. Define drug abuse. State any three effects of drug abuse on the human body. (3)

- Q. 5**
- Differentiate between arteriosclerosis and atherosclerosis. (2)
 - State any two causes of tuberculosis. (2)
 - How is ringworm caused? State its symptom. (2)
 - State any two measures to avoid food contamination. (2)
 - List any two transmission modes of venereal diseases. (2)

SECTION – B [50 MARKS]

Attempt two questions from this section.

You must attempt one question on each of the following two games of your choice.

FOOTBALL

- Q. 6**
- In which situation does the referee award Penalty kick? (4)
 - Mention the duties of the referee and the assistant referee?
 - Explain in short: - (4)

1. Extra time	2. Off Side Position
3. Centre Circle	4. Penalty Area
 - Draw a Neat Labelled Diagram of the Football Play field with all measurements. (9)
 - Explain the following terms as used in football: - (8)

i. Corner Kick	ii. Throw in
iii. Sudden Death	iv. Golden Goal
- Q. 7**
- Write a brief note on:- (8)
 - Net in the football field.
 - Air pressure in the ball and weight of a ball.
 - Fouls in the game of football.
 - Final pass.
 - Write short notes: (9)
 - What is a kick off?
 - When can a player be sent off by the referee?
 - What is a Direct Free Kick?
 - Give measurements of the following: (8)
 - Radius of the centre circle.
 - Distance between the length and breadth of the goal post.
 - Distance between penalty mark and Goal line.
 - When is a ball in play and out of play?

CRICKET

- Q. 8** a. Answer in short: (8)
- What is a No ball?
 - What is a Dead ball?
 - What is a Wide ball?
 - When is a player out L.B.W.?
- b. Explain in brief: (8)
- In which situation is a Runner permitted?
 - How does the game of Cricket begin?
 - What is a OFF Break?
 - How is a player said to be Run Out?
- c. Draw a Neat labeled diagram of a cricket field showing the following fielding positions: (9)
- | | |
|--------------------------|-------------------|
| i. Cover | ii. Fine leg |
| iii. Forward Short leg | iv. Silly point |
| v. Square leg | vi. Wicket keeper |
| vii. 3 rd Man | viii. Mid on |
| ix. Mid Wicket | |
- Q. 9** a. Explain: (8)
- When & how can an Umpire declare the batsman out?
 - What is a boundary?
 - What is a handled the ball situation?
 - What is a Wide ball?
- b. Write in Short: (9)
- Mention the duties of the Manager?
 - What are the duties of the Captain?
 - When and who signals a boundary?
- c. Answer in brief: (8)
- What is a Dot ball?
 - What is a Hook shot?
 - What is Googly?
 - Explain Stance.