

City International School

FIRST TERMINAL EXAMINATION – 2015 - 2016

Date : 01/08/2015

Marks : 100

Std : X

Subject : Physical Education

Time : 2 hrs

Answer 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 answer.

Attempt all questions form Section A and two questions form Section B.

The intended marks for questions or parts of questions are given in brackets ().

SECTION – A [50 MARKS]

Attempt all questions from this section.

- Q. 1**
- a. Give any 2 ways to keep our skin healthy and disease free. (2)
 - b. Define recreation. Give any two advantages of recreational activities. (2)
 - c. State three preventives steps from receiving an electric shock. (3)
 - d. State any three ill – effects of drugs. (3)
- Q. 2**
- a. Suggest any four precautions to avoid accidents caused by cooking gas. (4)
 - b. Write any two advantages of Health education. (2)
 - c. Give any 2 causes of obesity. (2)
 - d. Explain how nails can be taken care of? (any 4 points) (2)
- Q. 3**
- a. Define : 1. Insomnia 2. Community health (4)
 - b. List any 2 safety measures to prevent poisonous substances being consumed by children. (2)
 - c. Mention any 4 harmful effects of smoking. (4)
- Q. 4**
- a. Differentiate between prescribed and non – prescribed drugs. (2)
 - b. Explain any two activities of health centers. (2)
 - c. State any three advantages of a correct posture. (3)
 - d. State any 3 causes of accidents (3)
- Q. 5**
- a. Define Malnutrition. (1)
 - b. Give any four points should be kept in mind while exercising. (4)
 - c. Define shock? (1)
 - d. What precautions will you take in order to prevent accidents from fire? (4)

SECTION – B [50 MARKS]

Attempt all questions.

- Q. 6** With the help of a neat diagram of the football, mark the following with the measurement. (8)
- a. Centre circle
 - b. Flag post
 - c. Touch line
 - d. Goal area
- Q. 7** What decision will be given by the referee in the following cases? (4)
- a. A player spit at an official during the game.
 - b. If the ball bursts or becomes defective during the course of the match.
 - c. A player intentionally pushes an opponent.
 - d. When the goal is scored unintentionally by the centre referee.
- Q. 8** Define the following term. (8)
- a. The penalty area
 - b. An offside
 - c. Tie break
 - d. Dribbling
- Q. 9** a. How many warning cards are used by the referee? (3)
What does each card indicate?
- b. State the different ways of restarting the game. (3)
- Q. 10** State the meaning and the procedure of the following. (9)
- a. Throw in
 - b. Corner kick
 - c. Goal kick
- Q. 11** Make the following fielding position on the field of cricket. (4)
- a. Third Man
 - b. Mid on
 - c. Deep cover
 - d. Square leg
- Q. 12** Explain the following terms in cricket: (8)
- a. Batting order
 - b. Power play
 - c. Hook shot
 - d. Yorker
- Q. 13** State the following. (3)
- a. Distance between two sets of wicket.
 - b. BCCI
 - c. Time for changing player in a match.