

City International School

FIRST TERMINAL EXAMINATION – 2013 - 2014

Date : 03/08/2013

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 from Section A and two questions from Section B.

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

SECTION – A [40 MARKS]

Attempt all questions.

- Q. 1**
- a. Define Posture. (2)
 - b. State any three advantages of recreation. (2)
 - c. Write any three symptoms of Tuberculosis. (3)
 - d. What is infectious disease? Give two examples. (3)
- Q. 2**
- a. Define Drug. (2)
 - b. What is Athlete's foot? What are its symptoms? (3)
 - c. List any five ways of maintaining personal cleanliness. (5)
- Q. 3**
- a. What is Oral Hygiene? (2)
 - b. What is arteriosclerosis? (2)
 - c. Name the causal agents for the following diseases: (3)
 - i. Rabies ii. Pneumonia iii. Ring-worm
 - d. Write 3 causes of obesity. (3)
- Q. 4**
- a. State any two harmful effects of smoking. (2)
 - b. State any three postural defects. (3)
 - c. Name the vaccine given from the following diseases? (5)
 - i. Whooping Cough ii. Diphtheria
 - iii. Poliomyelitis iv. Typhoid v. Tetanus
- Q. 5**
- a. Mention any two causes of Insomnia. (2)
 - b. What is meant by the term Vector Infection? Give one example. (2)
 - c. State any three precautions while exercising. (3)

- d. State any two harmful effects of consuming alcohol. (3)

SECTION – B [40 MARKS]

Attempt all questions.

- Q. 6** Draw a neat diagram of the cricket field showing any six fielding position inside the 30 yard circle on the field. (8)

- Q. 7** State types of spin bowling and give two variation of each. (3)

- Q. 8** Explain the following terms in cricket. (5)

- | | | |
|--------------|-----------------------|------------------|
| a. Block | b. Lofted shot | c. Reverse sweep |
| d. Hook shot | e. A good length ball | |

- Q. 9** Write down the measurement in cricket. (4)

- Number of players in a cricket team.
- Distance between two sets of wicket.
- Radius of Boundary.
- Breath of wickets.

- Q. 10** State the signals of umpire for the followings. (4)

- | | |
|--------------|---------------------|
| a. Wide ball | b. Free hit |
| c. Bye | d. Boundary for six |

- Q. 11** Write the meaning and duties of following. (6)

- | | |
|------------|------------|
| a. Captain | b. Manager |
|------------|------------|

- Q. 12** a. List down Goalkeeper equipment. (3)

- b. Write the minimum and maximum number of players required to begin a match. (2)

- Q. 13** Mention any 3 situation when a direct free kick is awarded and 3 situation when Indirect free kick is awarded. (6)

- Q. 14** Under which four conditions is a player not considered offside even being an Offside position. (4)

- Q. 15** With the help of neat diagram of the football ground mark the following with the measurements. (5)

- | | | |
|------------------|----------------|-----------------|
| a. Half way line | b. Corner Arc | c. Penalty mark |
| d. Touch line | e. Centre mark | |