

**ICSE EXAMINATION - 2023**  
**PHYSICAL EDUCATION**  
**Class-10**

**Time : 2 Hours**

**Max. Marks : 100**

**General Instructions :**

- (i) Answer to this Paper must be written on the paper provided separately.
- (ii) You will not be allowed to write during the first 15 minutes.
- (iii) The time is to be spent in reading the question paper.
- (iv) The time given at the head of this Paper is the time allowed for writing the answer.
- (v) Attempt all questions from Section A and two questions from Section B.

**SECTION - A**

(50 Marks)

(Attempt all questions from this Section.)

**Question 1. Choose the correct answers to the questions from the given options.**

**20**

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

- (i) Adulthood starts from \_\_\_\_\_ years onwards.
  - (a) 17
  - (b) 18
  - (c) 19
  - (d) 20
- (ii) What is the full form of ACL?
  - (a) Anatomy Cruciate Ligament
  - (b) Anterior Cramp Ligament
  - (c) Anatomy Collateral Ligament
  - (d) Anterior Cruciate Ligament
- (iii) The passing of traits from parents to their offspring is known as \_\_\_\_\_.
  - (a) Puberty
  - (b) Infancy
  - (c) Childhood
  - (d) Heredity
- (iv) The ability to stay upright in control of body movement:
  - (a) Balance
  - (b) Strength
  - (c) Power
  - (d) Agility
- (v) To develop the ability to respect the attitudes and values of others is \_\_\_\_\_.
  - (a) Emotional development
  - (b) Physical development
  - (c) Social development
  - (d) Psychological development
- (vi) Which body type can be characterised by a round body?
  - (a) Endomorph
  - (b) Ectomorph
  - (c) Mesomorph
  - (d) None of these
- (vii) The ability to cover the maximum distance in minimum time is:
  - (a) Endurance
  - (b) Speed
  - (c) Strength
  - (d) Flexibility

- (viii) Which option is not a prevention of an injury?
- (a) Warming up and cooling down to be done.
  - (b) Fitness of the participant.
  - (c) Proper Training of skills.
  - (d) Not resting between workout, using faulty skills and equipment.
- (ix) A diet containing right amount of nutrients for efficient working of body is called:
- (a) Food
  - (b) Diet
  - (c) Stapled diet
  - (d) Balanced diet
- (x) Which of the following statements correctly defines strength?
- (a) The power that helps to lift and carry objects.
  - (b) The capacity to move a body part or whole body at a faster rate.
  - (c) The ability to resist fatigue.
  - (d) The ability to stretch muscles using external help.
- (xi) \_\_\_\_\_ is an important element which makes-up for almost 70% of our bodyweight.
- (a) Water
  - (b) Fiber
  - (c) Minerals
  - (d) Fats
- (xii) Training at an appropriate intensity and gradually increasing the amount of stress placed on the body is known as:
- (a) Progressive Overload
  - (b) Intensity
  - (c) Adaptation
  - (d) Specificity
- (xiii) \_\_\_\_\_ is not a factor which affects our diet.
- (a) Age
  - (b) Gender
  - (c) Body weight
  - (d) Personality
- (xiv) The body cannot repair itself without rest and \_\_\_\_\_.
- (a) Continuity
  - (b) Adaptation
  - (c) Recovery
  - (d) Frequency
- (xv) The full form of PRICE is:
- (a) Provide, Rest, Infect, Compress, Elevate
  - (b) Protect, Rest, Ice, Compress, Elevate
  - (c) Protect, Rest, Ice, Compact, Elevate
  - (d) Provide, Rest, Ice, Compact, Elevate
- (xvi) The ability of the body to change direction quickly:
- (a) Ability
  - (b) Co-ordination
  - (c) Flexibility
  - (d) Speed
- (xvii) \_\_\_\_\_ means increase in size, height, length or weight.
- (a) Growth
  - (b) Development
  - (c) Body types
  - (d) Obesity
- (xviii) Periodization means:
- (a) The regular training of sports and games.
  - (b) The irregular workout during sports and games.
  - (c) The specific process of training and work load every day.
  - (d) The systematic planning of athletic or physical training.
- (xix) The physical strength decreases in \_\_\_\_\_ stage.
- (a) Adolescence
  - (b) Infancy
  - (c) Old age
  - (d) Adulthood

- (xx) Over stretching of ligament causes:
- |                |                 |
|----------------|-----------------|
| (a) Fracture   | (b) Sprain      |
| (c) Concussion | (d) Shin Splint |

**Question 2.**

- |   |   |
|---|---|
| (i) State <i>any two</i> differences between growth and development | 2 |
| (ii) What is first aid?   | 2 |
| (iii) List <i>any three</i> main objectives of physical education.  | 3 |
| (iv) State <i>any three</i> characteristics of Mesomorph body.      | 3 |

**Question 3**

- |   |   |
|---|---|
| (i) What is flexibility?  | 2 |
| (ii) Explain the term sports training.  | 2 |
| (iii) State <i>any three</i> preventive measures to be taken in order to avoid Sports Injuries. | 3 |
| (iv) Mention <i>any three</i> points on the importance of health education.                     | 3 |

**Question 4**

- |   |   |
|---|---|
| (i) Explain the term Physical Fitness.  | 2 |
| (ii) Define the term balanced diet.   | 2 |
| (iii) State <i>any three</i> responsibilities of a coach in physical education. | 3 |
| (iv) List <i>any three</i> components of physical fitness.                      | 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 5**

- |   |                   |
|---|-------------------|
| (i) Explain the following terms:  | 8                 |
| (a) Maiden Over   | (b) Reverse sweep |
| (c) Substitute  | (d) Declaration   |
| (ii) (a) Give <i>any three</i> instances when the umpire can call and signal a 'Dead Ball'. | 9                 |
| (b) Explain the <i>three</i> types of formats played in cricket.                            |                   |
| (c) State <i>any three</i> variations of pace bowling.                                      |                   |
| (iii) Explain the following terms in cricket  | 8                 |
| (a) Hat trick   | (b) Bump ball     |
| (c) Yorker  | (d) Nick          |

**Question 6**

- |   |                 |
|---|-----------------|
| (i) Explain the following terms in cricket:   | 8               |
| (a) Bouncer   | (b) Golden duck |
| (c) Overthrow   | (d) Dead Rubber |
| (ii) (a) State the full form of ICC, BCCI, LBW.                                     | 9               |
| (b) Write the following:  |                 |
| 1. Weight of the Cricket ball.  |                 |
| 2. Length of the Cricket pitch.   |                 |
| 3. Height of the stumps.  |                 |
| (c) What is the inner circle on the cricket field called? What is its significance? |                 |

- (iii) (a) List *any four* compulsory equipment used by the batsman in cricket. 8  
 (b) Explain the term Dot ball in cricket.  
 (c) Give *any four* instances when an umpire can declare a batsman out.  
 (d) Explain the term Body line Bowling in cricket.

#### FOOTBALL

##### Question 7

- (i) Write short note on: 8  
 (a) Zonal marking (b) Technical area  
 (c) Advantage (d) Wall pass
- (ii) (a) Name *any three* fundamental skills of football. 9  
 (b) Write *any three* occasions when the ball is said to be out of play in the game of football.  
 (c) When is a goal kick awarded and from where is it taken?
- (iii) Write the following: 8  
 (a) Height of the corner flag.  
 (b) Height and width of the goal post.  
 (c) Weight and circumference of the football.  
 (d) Minimum and maximum number of players required to start a football match.

##### Question 8

- (i) Explain the following terms in football: 8  
 (a) Offside (b) Throw-In  
 (c) Indirect Free kick (d) Additional time
- (ii) (a) How many substitutes are allowed in a football match? Write down the procedure of substitution during the game. 8  
 (b) State *any three* ways of restarting the play.  
 (c) State *any three* fouls for which the referee can show a Red Card to the player.
- (iii) Draw a neat and labelled diagram of a football field showing the following measurements: 8  
 (a) Length and breadth (b) Penalty area  
 (c) Goal area (d) Penalty mark  
 (e) Penalty arc (f) Centre circle  
 (f) Corner arc

#### HOCKEY

##### Question 9

- (i) Explain the following terms: 8  
 (a) Push pass (b) Flick  
 (c) Reverse stick (d) Tackle
- (ii) (a) What do you mean by Penalty corner in hockey? 9  
 (b) Mention *any three* duties of the referee.  
 (c) Explain shooting circle along with its importance in the game of hockey.
- (iii) (a) Write the full form of FIH and IHF. 8  
 (b) Explain *any two* situations when a free hit is awarded to the opponent.  
 (c) Explain the term Centre pass.  
 (d) List *any four* equipment that a goalkeeper should wear during the game.

##### Question 10

- (i) Explain the following terms in hockey: 8  
 (a) Scoop (b) Long corner  
 (c) 16 yard hit (d) Obstruction

- 5**
- (ii) (a) When is the ball out of play in the game of hockey? **9**
- (b) Write *any three* duties of a captain in hockey.
- (c) What is the method of scoring a goal in hockey?
- (iii) (a) Explain how substitution is done in hockey. **8**
- (b) What do you mean by Indian dribbling?
- (c) Explain the term Give-and-Go in hockey.
- (d) Explain the term Rebound.

#### BASKETBALL

##### Question 11

- (i) Explain the following terms: **8**
- (a) Fast break (b) Held ball
- (c) Man to man marking (d) Fake
- (ii) (a) Explain the '8' second rule in basketball. **9**
- (b) Give *any three* jump ball situations in basketball.
- (c) State *three* occasions when the ball becomes dead during play.
- (iii) Explain the following terms: **8**
- (a) Double dribble (b) Box out
- (c) Twenty-four second rule (d) Triplethreat

##### Question 12

- (i) (a) What happens when the match ends in a draw? **8**
- (b) Name the types of Screening in basketball.
- (c) When is time-out given? What is the duration of a time-out?
- (d) Explain the term Zone defense.
- (ii) (a) List *any three* technical equipment required for conducting a basketball match. **9**
- (b) Name *any three* types of shots taken in basketball.
- (c) Mention *any three* rules of throw in related to basketball.
- (iii) Draw a neat and labelled diagram of the basketball field with the following measurements: **8**
- (a) Length (b) Breadth
- (c) Centre circle (d) Free throw line
- (e) Restricted area (f) Neutral zone
- (g) No charge zone

#### VOLLEYBALL

##### Question 13

- (i) Explain the following terms in volleyball: **8**
- (a) Block assist (b) Floater
- (c) Attack zone (d) Quickset
- (ii) Enumerate *any three* duties of: **9**
- (a) First referee
- (b) Assistant referee
- (c) Captain
- (iii) Explain the following terms: **8**
- (a) Ball down (b) Net violation
- (c) Joust (d) Jump float

**Question 14**

- (i) Explain the following terms in volleyball: 8
- (a) Extension roll (b) Freeball  
 (c) Closing the block (d) Trapset
- (ii) (a) Mention *any three* fundamental skills of volleyball. 9  
 (b) Name *any three* important tournaments of volleyball.  
 (c) List *any three* faults in the game of volleyball.
- (iii) (a) What is the difference between time out and technical time out? 8  
 (b) State *any two types* of delays in the game of volleyball.  
 (c) State the number of Libero players a team can include in the team list.  
 (d) Explain the term 'four hits'.

**BADMINTON****Question 15**

- (i) Explain the following terms: 8
- (a) Follow through (b) Woodshot  
 (c) An alley (d) Mid court
- (ii) (a) Write *any three* fundamental skills of badminton. 9  
 (b) When is a shuttle not in play?  
 (c) Enlist the types of serve in badminton.
- (iii) Explain the following: 8
- (a) Net lift (b) Tumbling net shot  
 (c) Full smash (d) Set

**Question 16**

- (i) Explain the following terms: 8
- (a) Bird (b) Halfsmash  
 (c) Wide serve (d) Dropshot
- (ii) (a) Mention *any three* duties of service judge in badminton. 9  
 (b) Mention the difference between long service and short service.  
 (c) Explain the scoring system in badminton.
- (iii) (a) Name *any four* tournaments of Badminton. 8  
 (b) Explain the term Hairpin net shot.  
 (c) What is a rally?  
 (d) Explain the term Baseline smash.