



# KARNATAKA ICSE SCHOOLS ASSOCIATION

## ICSE STD. X Preparatory Examination 2025

### Subject – Physical Education

Duration: **Two hours**

Maximum Marks: **100**

Date: **16 .01.2025**

**General Instructions:** Answers 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 answers.

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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 [ ].

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### SECTION A (50 Marks)

(Attempt *all* questions from this section)

#### Question 1

[20]

Choose the correct answers to the questions from the given option.

- (i) Identify the process in the following picture.



- (a) Physical fitness  
(b) Growth  
(c) Mental development  
(d) Psychological development
- (ii) The form of nutrition in which the intake of nutrients is oversupplied is known as \_\_\_\_\_.
- (a) Special diet.  
(b) Overnutrition.  
(c) Undernutrition  
(d) Staple diet.
- (iii) What is the aim of physical education?  
(a) Physical development

- (b) Psychological development
  - (c) Motor development
  - (d) Overall/optimum development of an individual
- (iv) In technical terms, muscle pull is also known as \_\_\_\_\_.
- (a) Sprain
  - (b) Strain
  - (c) Contusion
  - (d) Abrasion
- (v) The period of infancy stage extends from birth to the end of:
- (a) 2 years
  - (b) 3 years
  - (c) 7 years
  - (d) 5 years
- (vi) Exercises help in increasing \_\_\_\_\_ to the brain.
- (a) Ideas
  - (b) Energy
  - (c) Oxygen flow
  - (d) Rest
- (vii) The year-long cycle of Periodization is known as \_\_\_\_\_
- (a) Meso cycle
  - (b) Macro cycle
  - (c) Nano cycle
  - (d) Micro cycle
- (viii) Which of the following is not a symptom of concussion?
- (a) Blurred vision
  - (b) Blacking out
  - (c) Back pain
  - (d) Headache
- (ix) Somatotype classification was given by:
- (a) WH Sheldon
  - (b) Stufflebeam
  - (c) H M Barrow
  - (d) Jack Nelson
- (x) Given below are the two statements labelled Assertion (A) and Reason (R).  
**Assertion:** Ectomorphs have a quick metabolism to burn fat.  
**Reason:** Ectomorphs have a pear-shaped structure.  
In the context of the above two statements, which one of the following is correct?
- (a) Both (A) and (R) are true and (R) is correct explanation of (A)
  - (b) Both (A) and (R) are true, but (R) is not correct explanation of (A)

- (c) (A) is true, but (R) is false  
(d) (A) is false, but (R) is true
- (xi) The ability to cover the maximum distance in minimum time is:  
(a) Strength  
(b) Endurance  
(c) Speed  
(d) Flexibility
- (xii) The term used for gradually increasing the stress on the body through appropriate intensity training:  
(a) Progressive Overload  
(b) Intensity  
(c) Adaptation  
(d) Specificity
- (xiii) The ability to stay upright in control of body movement is called as \_\_\_\_\_.  
(a) Strength  
(b) Flexibility  
(c) Balance  
(d) Power
- (xiv) The body cannot repair itself without rest and \_\_\_\_\_.  
(a) Continuity  
(b) Adaptation  
(c) Recovery  
(d) Frequency
- (xv) Psychology is said to be the science of:  
(a) Muscles  
(b) Bones  
(c) Behaviour  
(d) Emotions
- (xvi) Cartwheel in gymnastics is an example of \_\_\_\_\_.  
(a) Dynamic balance  
(b) Static balance  
(c) Active balance  
(d) Passive balance
- (xvii) Given below are the two statements labelled Assertion (A) and Reason (R).  
**Assertion:** In sports training, overload should be greater than normal load on the body as required for training adaptation to take place.  
**Reason:** It means that the training load should be increased for improving the performance of sportspeople.  
In the context of the above two statements, which one of the following is correct?

- (a) Both (A) and (R) are true and (R) is correct explanation of (A)
- (b) Both (A) and (R) are true, but (R) is not correct explanation of (A)
- (c) (A) is true, but (R) is false
- (d) (A) is false, but (R) is true

- (xviii) 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.
- (xix) A diet containing right amount of nutrients for efficient working of body is called:
- (a) Dietary plan
  - (b) Nutritional intake
  - (c) Staple diet
  - (d) Balanced diet

(xx) Match the following:

	Column A		Column B
I.	Cardiovascular endurance	1.	Sit and reach test
II.	Muscular endurance	2.	The ball toss test
III.	Flexibility	3.	Push up test
IV.	Coordination	4.	The cooper run test/aerobic fitness test

- (a) I-1, II-3, III-4, IV-2
- (b) I-3, II-4, III-2, IV-1
- (c) I-4, II-3, III-1, IV-2
- (d) I-2, II-3, III-4, IV-1

### Question 2

- (i) What is accuracy? [2]
- (ii) Write the full form of ACL and MCL. [2]
- (iii) State any three characteristics of an endomorph body. [3]
- (iv) What are the various career options in Physical education? [3]

### Question 3

- (i) Define Physical Education. [2]
- (ii) Define the term development. [2]
- (iii) Write any three benefits of cooling down exercise. [3]
- (iv) What is tennis elbow? How is it caused? How can it be prevented? [3]

#### Question 4

- (i) What is first aid? [2]
- (ii) Mention any two points on the importance of health education. [2]
- (iii) Rajesh, a 16-year old school athlete, plays basketball for his school team. Despite having good strength, speed and endurance, he struggles with changing directions quickly during the game which affects his game. [3]  
Which component of physical fitness he needs to practice to improve his game?
- (iv) What are the important components for a successful training programme? [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 in Cricket: [8]  
(a) A Stance (b) Duck (c) Reverse swing (d) Beamer
- (ii) (a) State any three variations of pace bowling. [9]  
(b) Explain the three types of formats played in cricket.  
(c) When is batter said to be run out? Explain.
- (ii) (a) What do you mean by sledging? [8]  
(b) Explain the term dot ball in cricket.  
(c) Give any four instances when an umpire can declare a batsman out.  
(d) During a cricket match, the opposing team's star bowler consistently delivers fast, accurate deliveries, putting pressure on the batting side. Despite their best efforts, the batting team struggles to score runs and loses wickets at regular intervals. Eventually, the opposing bowler executes a perfect deliver in block hole that cleanly knocks over the batter's stumps.  
What term is used to describe this method of dismissing a batter?

##### Question 6

- (i) Explain the following terms in Cricket: [8]  
(a) Tail ender (b) Century (c) An appeal (d) A Night-watchman
- (ii) (a) State the full form of ICC, BCCI, LBW. [9]  
(b) What is a 30 yard circle? What is the importance of a 30 yard circle?  
(c) Identify the following umpire signals.



(1)



(2)



(3)

- (ii) (a) Mention any four essential wicket keeping skills in cricket [8]  
 (b) Explain the term middle order.  
 (c) Write the following:  
 1. Weight of the cricket ball  
 2. Height of the stumps

## FOOTBALL

### Question 7

- (i) Write short notes on: [8]  
 (a) Advantage (b) Wall pass (c) Zonal marking (d) Final pass
- (ii) (a) Difference between short pass and long pass. [9]  
 (b) When is a corner kick awarded and from where is it taken?  
 (c) In a local football academy, Coach Ramesh is introducing various techniques to enhance players' skill sets. However, some players seem unfamiliar with the concept of a nutmeg. Explore the definition and significance of a nutmeg in football.
- (iii) Write the following: [8]  
 (a) Length and breadth of the field.  
 (b) Duration of the match and duration of extra time  
 (c) Breadth and height of the goal post.  
 (d) Radius of Centre circle and corner arc.

### Question 8

- (i) Explain the following terms in Football: [8]  
 (a) Throw-In (b) Offside (c) Yellow card (d) Back heel
- (ii) (a) Write any three occasions when the ball is said to be out of play in the game of football. [9]  
 (b) How many substitutes are allowed in a football match? Write down the procedure of substitution during the game.  
 (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]  
 1. Penalty area  
 2. Goal area  
 3. Centre circle  
 4. Penalty mark

## HOCKEY

### Question 9

- (i) Explain the following terms in Hockey: [8]  
(a) Scoop (b) 16-yard hit (c) Tackle (d) Reverse stick
- (ii) (a) Mention any three duties of the referee. [9]  
(b) When is the ball out of play in the game of hockey?  
(c) What is the method of scoring a goal in hockey?
- (iii) (a) Write the full form of FIH and IHF [8]  
(b) Explain the term 'Push pass'.  
(c) What do you mean by Indian dribbling?  
(d) Mr. John a hockey player is practicing alone and wants to improve his ability to move the ball in a straight line while keeping it close to his stick. What dribbling method should he focus on?

### Question 10

- (i) Explain the following terms in Hockey: [8]  
(a) Rebound (b) Under cutting (c) Forehand (d) Rusher
- (ii) (a) Name any three national tournament in Hockey. [9]  
(b) Write down the six fundamental skills involved in the game of Hockey.  
(c) Explain the procedure of Centre pass in Hockey.
- (iii) Answer the following: [8]  
(a) The width and height of the goal post  
(b) Weight and circumference of the hockey ball.  
(c) The duration of the game for men and women.  
(d) Length and breadth of the hockey play field.

## BASKETBALL

### Question 11

- (i) Explain the following terms in Basketball. [8]  
(a) Double dribble (b) Box out (c) Triple threat (d) Dunk
- (ii) (a) Mention any occasions when the ball is considered dead. [9]  
(b) Differentiate between unsportsman like foul and disqualifying foul.  
(c) In a high school basketball game, Meenadevi School is playing against Ryan School. During a crucial play, Zyan from Meenadevi attempts a lay-up when Hrithik from Ryan School pushes him from behind, causing Zyan to fall and miss the shot. The referee notices the push and calls a foul on Hrithik. Define the term pushing in a basketball.
- (iii) Draw a neat and labelled diagram of the basketball court with the following measurements. [8]

- (a) Length
- (b) Breadth
- (c) Centre circle
- (d) Free throw line
- (e) Restricted area
- (f) Neutral zone

### Question 12

- (i) Explain the following terms in Basketball: [8]  
 (a) Fast break (b) Free throw (c) Loose ball (d) Charging
- (ii) (a) A basketball referee needs to have a keen understanding of when the ball is considered 'live' during a game. Provide three scenarios during a basketball match when the ball is considered 'live'. [9]  
 (b) Differentiate between zone defense and man-to-man defense.  
 (c) Identify the following umpire signals.



(1)



(2)



(3)

- (iii) (a) Name the types of Screening in basketball? [8]  
 (b) Give any two jump ball situation.  
 (c) What happens when the match ends in a draw?  
 (d) Explain the term 'Held ball'.

## VOLLEYBALL

### Question 13

- (i) Explain the following terms in Volleyball: [8]  
 (a) A spike (b) Free ball (c) Side bands (d) A Misconduct
- (ii) (a) When is the service changed during a match? [9]  
 (b) List any three blocking faults of Volleyball player.  
 (c) In a crucial volleyball match, your team is battling through a tight set. As the coach, you need to manage your team effectively within the rules. What is the maximum number of timeouts and substitutions permitted in a single set?
- (ii) Draw neat diagram of volleyball court and mark the following:  
 (a) Side line  
 (b) Attack zone  
 (c) Service line  
 (d) Attack line  
 (e) Back court  
 (f) Length and width of the court



### Question 14

- (i) Explain the following terms in Volleyball: [8]  
(a) Floater (b) Joust (c) Ball down (d) Trap set
- (ii) (a) Mention any three fundamental skills of Volleyball. [9]  
(b) State any three ways a team can score a point in a game of Volleyball.  
(c) Identify the following umpire signals.



(1)



(2)



(3)

- (iii) (a) Explain the term 'four hits' [8]  
(b) State the number of libero players a team can include in the team list.  
(c) What is technical time out?  
(d) Name any two important tournaments of volleyball.

### BADMINTON

#### Question 15

- (i) Explain the following terms in Badminton: [8]  
(a) Bird (b) Drop shot (c) Full smash (d) Net lift
- (ii) (a) Mention any three duties of service judge in badminton. [9]  
(b) Explain scoring system in badminton.  
(c) When is a shuttle not in play?
- (iii) (a) Write the full form of BAI and BWF [8]  
(b) Explain the term Baseline smash.  
(c) What is a rally?  
(d) During a badminton match, Arun is trying to limit his opponent's ability to execute a powerful smash right off the serve. To achieve this, he aims to send the shuttle just over the net, making it land near the front service line on the opponent's court. What type of service is Arun will use in this case?

#### Question 16

- (i) Explain the following terms in Badminton: [8]  
(a) Forehand grip (b) Flick (c) Back alley (d) Love
- (ii) (a) Explain the term 'drive' in badminton [9]  
(b) Name any three international tournaments in badminton.  
(c) Explain the scoring system in badminton.

- (iii) Draw neat diagram of badminton court and mark the following: [8]
- (a) Service court
  - (b) Back alley
  - (c) Net post
  - (d) Short service line
  - (e) Long service line for doubles
  - (f) Side alley
  - (g) Long service line for singles

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