



# KARNATAKA ICSE SCHOOLS ASSOCIATION

## ICSE STD. X Preparatory Examination 2024

### Physical Education Answer Key

Maximum Marks: 100

Time Allowed:

Date: 24/1/2024

#### SECTION A

(Attempt all questions from this section)

#### Question 1

Choose the answers to the questions from the given options

(20)

1. b) Technique
2. c) Linear
3. d) Basket ball player
4. d) Accuracy
5. b) Adolescence
6. c) Sports Commentator
7. d) Unable to speak
8. c) To develop the ability to deal with success and failure with equanimity.
9. b) Plantar Fasciitis
10. a) Passive flexibility
11. d) Continuity
12. c) Sports club
13. a) Malnutrition
14. c) Lean body
15. b) Both (A) and (R) are true but (R) is NOT the correct explanation of (A).
16. b) It is a partial or complete break in the continuity of the bone.
17. a) Pitta
18. c) Carbohydrates
19. b) Maturation
20. d) Nano cycle

#### Question 2

i) What do you mean by Nutrition? (2)

It is the science of food which helps an individual to develop a proper well being. The word nutrient is used for specific dietary constituents such as proteins, vitamins, and minerals. Dietetics is the practical application of the principles of nutrition. It includes the planning of the meal for the healthy and the sick. Good nutrition means maintaining a nutritional status that enables an individual to grow and enjoy good health.

ii) Discuss the role of vitamins in meal planning. (2)

- a) Vitamin D builds bone strength which can help in the prevention of fracture.
- b) Vitamin K is required for clotting, which is of great help in faster recovery from injury
- c) B-complex vitamins, taken during exercise, help in energy production. They aid in the production of red blood cells, in protein synthesis and in tissue repair and in maintenance especially of CNS (Central Nervous System).
- d) Vitamin C helps in improving endurance of the athlete during activity.

iii) What is lower back pain? Write down any two causes of back pain. (3)

Lower back pain refers to any pain or discomfort experienced in the bottom region of the spine which is also known as the lumbar spine.

**Causes:**

- a) Extreme physical exertion.
- b) Twisting the trunk.
- c) Improper bending, crouching repeatedly, and falling.
- d) Manual material handling, especially lifting heavy objects.
- e) Lifting heavy objects without proper technique, i.e., bending of the knee.

iv) List down the names of some physical education institutes offering a degree in physical education in India. (3)

- a) Tamil Nadu Physical Education and Sports University.
- b) YMCA College of Physical Education, Chennai, Tamil Nadu.
- c) Amity School of Physical Education and Sports Sciences, Noida.
- d) Lakshmibai National College of Physical Education, Thiruvananthapuram.
- e) Lakshmibai National Institute of Physical Education, Gwalior.
- f) Indira Gandhi Institute of Physical Education and Sports Sciences, New Delhi.

**Question 3**

i) What is sports training? (2)

According to Matveyew, "Sports training is the basic form of an athlete's training. It is the preparation, systematically organized with the help of exercises, which in fact is a pedagogically organized process of controlling an athlete's development (his sporting perfection).

According to Harre, "Sports training, based on scientific knowledge, is a pedagogical process of sports perfection which through systematic effect on psycho-physical performance ability and performance readiness, aims at leading the sportsman to high and the highest performance."

ii) What is the meaning of growth and development? (2)

**Growth:** Growth is change in size, in proportion, disappearance of old features and acquisition of new ones.

The term is used in a purely physical sense. It generally refers to an increase in size and length.

**Development:** Development means progressive series of changes that occur in an orderly and predictable pattern as a result of maturation and experience.

J.E. Anderson explained, "development is concerned with growth as well as those changes in behaviour which result from environmental situations."

iii) Discuss the results of malnutrition in children. (3)

- (a) Delay in physical and mental development.
- (b) Increased susceptibility to infection.
- (c) Slower recovery rate.

iv) Explain the responsibilities of the commentators. (3)

- a) To comment on events before, during, and after the competition.
- b) To work with experts who give their opinion or statistics.
- c) To engage the audience by commentating with excitement, enthusiasm and passion. prepare for an event by researching about clubs or players.
- d) To work with a production team.
- e) To take direction from a producer.
- f) To interview sports professionals.
- g) While giving commentary for radio, one needs to say about what one sees and paint a picture of what's happening.
- h) To prepare for an event by researching about clubs or players.
- i) To stay impartial and give balanced commentary

#### Question 4

Sarah, a 35-year-old avid runner, developed Achilles tendonitis after intensifying her training. She experienced persistent pain and swelling in her right ankle, hindering her daily activities. A thorough examination revealed overuse as the primary cause. Treatment involved rest, ice, and targeted exercises. Gradual return to activity and footwear adjustments contributed to her successful recovery, emphasizing the importance of tailored interventions in managing Achilles tendonitis

Based on the case study given above answer the following questions. (4)

A) What are the common symptoms of Achilles tendonitis?

- a) Numbness and tingling
- b) Joint instability
- c) Pain and swelling**
- d) Muscle cramps

B) How was Sarah's Achilles tendonitis treated?

- a) Surgery
- b) Medication only
- c) Rest, ice, and exercises**
- d) Massage therapy

C) What was the primary cause of Sarah's Achilles tendonitis?

- a) Trauma
- b) Overuse**
- c) Genetic predisposition
- d) Inadequate footwear

D) What does the case study emphasize regarding footwear adjustments?

- a) They are unnecessary
- b) They are the sole treatment
- c) They contribute to successful recovery**
- d) They worsen the condition

iii) Differentiate between flexibility and agility. (3)

Flexibility	Agility
Flexibility is the ability of each joint to move through the available range of motion.	Agility is the ability to change the direction of the body rapidly and accurately at speed.
Swimmers, for example, require a level of flexibility in the wrist and ankle joints. It is a composite of a number of components including power, speed, flexibility, balance, and coordination.	It is characterised by the ability to change directions quickly in games such as squash and tennis. It is characterised by the activities such as bodging, baulking, weaving, and recovery in team games such as basketball and football.
Sit-and -reach test is commonly used to test flexibility.	Zig-Zag test is commonly used to measure the agility of individuals. It is also measured by performing a timed shuttle run.

iv) Write the importance of use and maintenance of correct equipment. (3)

Equipment should be worn if the sport requires or demands it. It includes mouthpieces, shinpads, orthotics and eye protection. Injury may occur if the equipment breaks down or does not fit properly.

A running shoe that still looks good after running 80 kilometres a week for one year may be

internally broken down, allowing for increased shock throughout the body. The correct footwear is critical for sports.

Previous injuries also require preventive measures such as ankle braces, orthotics (artificial support), or proper-sized grip for racquet sports.

## SECTION B [ANSWER KEY] CRICKET

### Question-5 (8)

i) a) Time out - If the next batsman did not arrive at the wicket or pitch within minutes of the previous one being dismissed it's called time-out

b) Catch out - when a batted ball is caught by a fielder before it touches the ground it's called catch out.

c) In cricket a duck is a batsman's dismissal with a score of zero.

d) In cricket a century is a score of 100 or more runs in a single innings by a batter.

ii) a) Three protective equipments used by a batsman in a game of cricket are- (9)

1. Helmet to protect the head
2. Gloves to gain grip and prevent injury in the hand.
3. Leather shoes usually with spiked soles for grip on the grass.

b) Duties of a Leg Umpire

1. 'No ball' if it is over than the height of shoulder of batsman.
2. 'Run Out' if the ball of batsman has, not touched the popping crease.
3. 'Wide ball' if the ball goes over the head of a batsman or wide of the wicket
4. Stumping decisions.

c) When you throw the ball ,the elbow is cocked and used to impart energy to the ball by straightening .When a ball is bowled, the elbow joint is held extended throughout. All the energy is imparted by rotation of the arm around the shoulder, and possibly a little by wrist motion.

iii) a) Weight of the ball: 156-163gms(8)  
Circumference of ball :22.4-22.9cm

b) Length of cricket bat: 96.5 cm  
Width of cricket bat: 10.8cm

c) Height of stumps: 71.1cm  
Breadth of stumps: 22.8cm

d) Distance between stumps: 22 yards  
Distance of inner circle from wickets: 30 yards

### Question-6 (8)

i) A) **A Stance:** The stance is the position in which a batter stands to have the ball bowled to them.

B) **A full toss:** Full toss is a type of delivery in the sport of cricket. It describes any delivery that reaches the batsman without bouncing on the pitch first.

c) **A run-up:**A run up is the approach a bowler makes when preparing to deliver the ball.

d) **A sweep shot:** Like a pull shot, except played with the backmost knee on the ground, so as to hit ball which bounces low.

- ii) a) 1. No balls (9)  
 2. Wide  
 3. Byes.  
 4. Leg byes.

b) It is done when the captain of a side declares an innings closed if he feels he will win. Mostly declared when their score is above 500.

- c) 1) Each side bats for 20 overs.  
 2) A match lasts 3 hours, with 20-minuts break between innings.  
 3) The incoming batsman gets only 90 seconds to face the next ball.

- iii) a) ICC -The International Cricket Council. (8)

BCCI stands for Board of Control for Cricket in India.

b) When a bowler takes three wickets in three consecutive balls he is said to house scored a hat tricks.

c) The purpose of 30 yard circle is separating the infield from the outfield, used in policing the fielding regulations for certain one-day versions of the game.

d) Size of bails is 10.95 cm ( 4 inches)

Sights screen measures 4.5m x 4.25m.

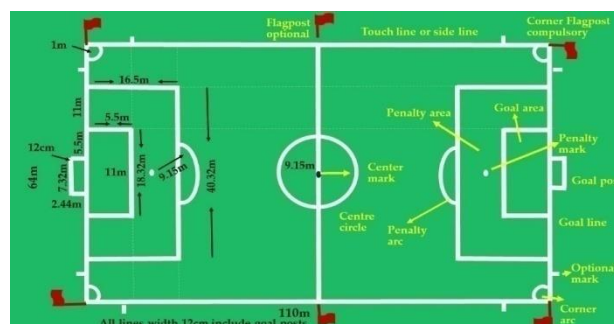
## FOOT BALL

### Question-7

(8)

- i) a) **An Expulsion:** A player who is expelled is required to leave the field of play immediately and must take no further part in the game.  
 b) **A warning** is when there is a rough or dangerous play. A player is given a warning by showing a green card.  
 c) **Injury time** is the period of time added to the end of a football game because play was stopped during the match when player was injured.  
 d) **A throw-in** is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline ,on the ground or in the air.
- ii) a) **A player is not in an offside position if:** He is in his own half of the field of play. He is at level with the second last opponent. He is at level with the last two opponents.  
 b) Position during the execution of a penalty kick in a game of football:  
 1) **The ball:** At Penalty spot.  
 2) **The defending goalkeeper:** In front of goal line, in own goal area.  
 3) **The players:** All other players in center circle.  
 c) Three duties of an assistant referee are :-  
 1. He indicates whether the whole ball has passed outside the field of player.  
 2 He indicates whether player must be penalized for an off-side offence.  
 3. He indicates which side is entitled to return the ball in to field of play.

- iii) a)



(8)

**Question- 8**

(8)

- i) a) **A sendoff:** - A player is told to leave the field by the referee as a punishment for seriously breaking the rules.
- b) **Through pass:** - A pass in to open space between two defenders for an attacker to receive the ball behind the defenders.
- c) **Free Kick:** - A method of restarting the game following an offence by the opposing side.
- d) **Goal scored:** - A goal is scored when the whole of the ball passes over the goal line, between the goal posts and under the crossbar. Provided that no infringement of the laws of the game has been committed previously by the team scoring the goal.

**ii) a) 1. Free kicks (Direct or indirect)**

(9)

2. Penalty kicks
3. Throw-ins
4. Goal kicks and corner kicks

b) A corner kick is awarded when the whole of the ball passes over the goal line. The corner kick is taken from the corner nearest to where the balls lift the field.

- c) 1) Kicks or attempts to kick an opponent.  
2) Trips or attempts to trip an opponent.  
3) Jumps at an opponent.

**iii) a) 1) Pushing the opponent player  
2) Charging the opponent player  
3) Hitting the opponent player**

- b) Two national tournaments in football are:-  
1) Santosh trophy.  
2) Federation cup.  
3) Durand cup

c) Chip: - High trajectory shot, hit with the intention of the ball going Over the goalkeeper and into the goal

- d) 1) A match is played by two teams.  
2) Each team has a maximum of eleven players.  
3) One must be the goalkeeper.

**HOCKEY****Question-9**

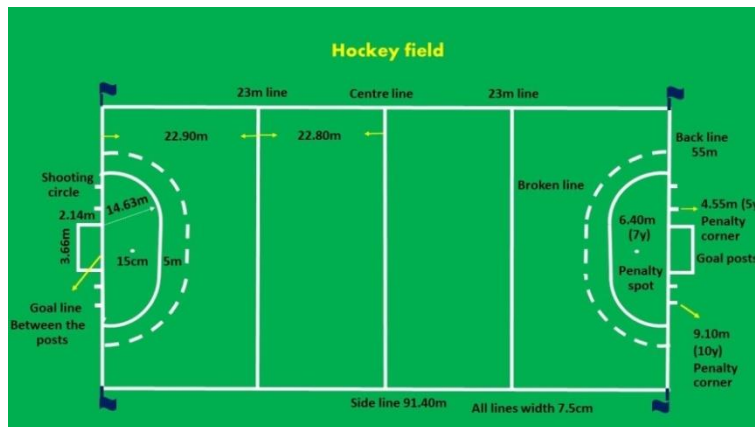
(8)

- i) a) **A stroke:** To pass the ball to the team mate at short or long distance or to score a goal with a powerful blow from a stick.
- b) **A warning:** When there is a rough or dangerous play a player is given a warning by showing a green card.
- c) **Bully:** It is a call used to start of restart play. The referee puts the ball between two opposing players. The players tap the flat sides of their sticks three times and then go for the ball.
- d) **Center pass:** Pass from midfield used to start each half and following all goals, "Free hit" rules apply, also called "Pass back"

(9)

- ii) a) It is wholly passed over the goal line or touchline on the ground or in the air.  
b) Substitution is allowed at any time except during the penalty corner. The players can be substituted due to injury or as per the wish but not allowed for suspended players. At the time of penalty corner only the player who is hurt or the defending goalkeeper can be substituted.  
c) A free hit is given to a player when they have been fouled by an attacking player or for an unintentional foul by a defending player outside of the shooting circle. The free hit will take place where the foul was committed.

iii) a)



(8)

### Question-10

(8)

- i) a) **A Corner push:** - Corner push in a hockey field is when the ball is pushed involving the penalty corners.  
b) **A dodge:** - Dodging is a means of evading a tackler and maintaining control of the ball.  
c) **A tapping:** - Tapping also known as EFT (Emotional Freedom Technique) and is a powerful stress relief technique.  
d) **A Shin guard:** - It is a piece of equipment worn on the front of an athlete's shin to protect it from injury.

ii) a) Hockey players need:

(9)

- 1) Helmet-When it comes to preventing serious injuries.
- 2) Skates – With helmets be sure to get skates that fit well
- 3) Shoulder pads elbow pads, knee and shin pads.
- 4) Hockey pants.

b) The total duration of a field hockey match is 60 minutes, three 20-minute periods each with a 15-minute intermission before the second and third periods.

c) A pass that moves towards the passing team's end of the field. It is used to help keep possession of the ball and slow down the pace of the game.

iii) a) A player who has been substituted can return to the game. (8)

b) Failure to do so leads to a foul (back stick) and the ball is given to the opposition.

c) A penalty corner is awarded to the opposition when a player commits a foul within the striking circle but not always to thwart a possible goal scoring opportunity.

d) Penalties are awarded for fouls that clearly give a disadvantage to the player or team that fouled.

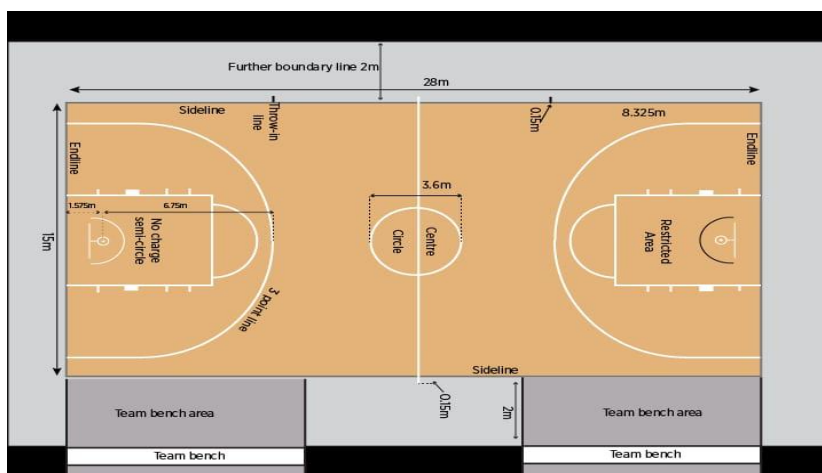
## BASKET BALL

### Question-11

- i) a) **Alternating possession:** - In basketball it is an alternative to jump balls for restarting play after a held ball or offsetting of penalties.  
 b) **Free throw:** - In basketball free throws or foul shots are unopposed attempts to score points by shooting from behind the free throw line.  
 c) **Rebound:** - In basketball a rebound sometimes colloquially referred to as a board is a statistic awarded to a player who retrieves the ball after a missed field goal.  
 d) **Man to man defense:** - When the defender is pointing on hard at their opponent and one hand at the basketball. (9)
- ii) a) 1) An opponent gains control.  
 2) The ball becomes dead.  
 3) The ball has left the players' hand(s) on a shot field goal or for a free throw.  
 b) The game shall consist of four periods of two minutes each with an interval of 2 minutes between the first and second period (first half) between third and fourth period (Second Half) and before each as an extra period of 5 Minutes.  
 c) A team foul is a personal, technical, unsportsmanlike or disqualifying foul committed by a player. A team is in a team foul penalty situation, when it has committed four team fouls in a period.
- iii) a) 1) 24 seconds violation [any 2] (8)  
 2) 8 second violation  
 3) 5 second violation  
 b) 1. To set the game clock at the beginning of the first period  
 2. To start and stop the clock as indicated by the referee.  
 c) It means moving forward while turning on the pivot foot.  
 d) 1) Its actions prevent the game from being played.  
 2) The player refuses to play after being instructed by the referee to do so.

### Question-12

i)





- ii)**     **a)** 1. Only a substitute has the right to request a substitution. (9)  
 2. He must be ready to play immediately.  
 3. The player being substituted is permitted to go directly to his team bench without reporting either to the scorer or the official.
- b)** 1. The player must bounce or dribble.  
 2. The basketball player can only take one turn at dribbling.  
 3. The ball must stay in bounds.
- c)** 1. Foot work  
 2. Dribbling  
 3. Shooting and passing (8)
- iii)**     **a)** A direct shot is the most frequently used shot in basketball. It is made while jumping in the air.  
**b)** A charge occurs when an offensive player makes direct contact with a defender who has committed a foul within the rules of the game.  
**c)** A technical foul is a foul committed by anyone player on the court or bench, coaches, other team officials that does not involve contact with the opponent while the ball is alive.  
**d)** The offending team is charged with a team foul if the illegal contact was caused by the defender.

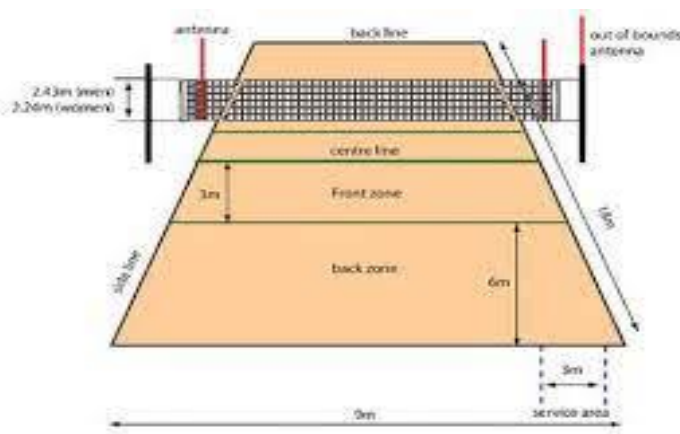
### VOLLEY BALL

#### Question-13

- i)**     **a) Attack Line:** - The attack line is drawn parallel to the net and divides the playing area into the back row and front row The main purpose of the attack line is to mark where back row players can attack the ball.  
**b) A double block:** - When two defensive players approach the net and jump in unison to deflector or block onto the opponent's side of the net.  
**c) Technical time out:** It is a 60 Seconds duration two technical time outs in each of sets taken when the leading team reaches the 8<sup>th</sup> and 16<sup>th</sup> points.  
**d) A setter:** - The setter is in charge of the offense. He decides who should get the ball and when. It does not matter how good a team's hitters are if it doesn't have a setter that can consistently deliver a good ball to hit. (9)
- ii)**     **a)** A player from the serving team will start the game with a serve, and the opposing team must return the ball using no more than three contacts. Usually, The first contact is a pass aimed to push the ball towards a setter. the setter will use a set move to pass the ball to the hitter/attacker.  
**b)**     1) The ball " in" and "out" whenever the ball lands near their lines.  
 2) Foot fault occurs by server or another player.  
 3) To signal if the server moves outside of the service position in Violation of the rules.  
**c) Three rules related to libero**  
 1) Libero cannot serve the ball after a point score.  
 2) Libero cannot smash the ball.  
 3) Libero will not boost the ball.

iii)

(8)



### Question-14

(8)

- i)
- a) **An attack hit:** - Any contact in which a player swings at the ball with one open hand to send it over the net.
  - b) **A foot Fault:** -An illegal placement of the feet with respect to court lines is foot fault.
  - c) **Antenna:** The Volley ball net Antenna give volleyball players and referees a visual aid to judge whether or not a ball is in play or out of bounds as it travels over the net.
  - d) **Dead ball:** - A dead ball is a ball which is no longer in play and is considered to be out of bounds. This can happen for a variety of reasons, including hitting the floor hitting a boundary line.

(9)

- ii)
- a)
    - 1. Inspects the conditions of the playing area, the ball and other equipment.
    - 2. Control the team's warming up
    - 3. Request for time out.
  - b) If a volleyball player gets injured during the game, he/she can be substituted legally. If a team has no legal substitution left, then the coach can take advantage of the so called illegal substitution.
  - c) **Among the most popular volley ball tournaments are**
    - 1) Federation Cup
    - 2) World Cup Volleyball
    - 3) Super Challenge Cup

(8)

- iii)
- a)
    - 1) Referee -2 ( first referee and second referee)
    - 2) Scorer- 2 ( first scorer and assistant scorer)
    - 3) Line judges-2 to 4.
  - b) A rally is the exchange of hits between the teams on opposite sides. The team that wins the rally gets a point and the serve.
  - c)
    - 1) It touches an object outside the court, the ceiling or a person out of play
    - 2) It touches the antenna, ropes, posts or the net itself outside the said bands.
  - d) The time between each set is called an interval. All the intervals must be three minutes.

## BADMINTION

### QUESTION-15

(8)

- i) a) **Grip:** - A grip is a way of holding the racket in order to hit shots during a match.  
b) **Love** – The term is used to indicate zero in scoring.  
c) **Short serve:** In this serve, we use little or no wrist action, contact bird at thigh level push or guide the shuttle low.  
d) **Net lift:** A badminton net lift is an excellent defensive technique to clear shots near the net area.

(9)

- ii) a) 1. **Low serves:** -It is almost a gentle tap over the net with the shuttle.  
2. **High serves:** -It is used when you want the birdie to land at the back end of the court.  
3. **Flick serves:** - The flick serve is also played upwards, but much more shallowly than the high serve.  
b) The players shall change ends at the end of the first game and at the end of the second game, if the third game is to be played then the players should change ends when the leading player or player score 11 points.  
c) 1. When a player touches the net or its supports with racket or in person.  
2. When a player invades an opponent by action such as shouting.  
3. A player deliberately distracts an opponent by action such as shouting.

iii)

(8)



### Question-16

(8)

- i) a) **Set:** - A match is played best of 2 of 3 games, with each game played up to 21 points.  
b) **Service order:** The serve in the badminton is the most important and basic shot in the game of badminton.  
c) **Bird:** - Another name for the shuttle cock.  
d) **Deuce:** - If the score reaches 20-20 the game will be “deuce” this means that either one side must lead by 2 points to win the game.

(9)

- ii) a)
  - 1. To see that server shall not serve before the receiver is ready.
  - 2. To see that there is no undue delay in the delivery of the service.
  - 3. The service judge is responsible in making service fault.
- b)
  - 1) A shuttle is not in play when it strikes the net
  - 2) It is not in play when it hits the surface of the court.
  - 3) It is not in play when a 'fault' or a 'let' has occurred.
- c)
  - 1) If the server wins a rally, the server shall score a point. The server shall then serve again from the alternate service court.
  - 2) If the receiver wins a rally, the receiver shall score a point. The receiver shall then become the new server.

(8)

- iii) a) **Push shot** A return or shot hit or pushed softly down in to the opponent's court.
- b) **Singles footwork:** -Usually around the middle of the court when playing singles, The player needs to return to the base after hitting every shot.
- c) **Alley:** - The area on cache side of the court that is used for doubles often referred to as the side alley.
- d) **Flick:** -A quick wrist and forearm rotation by changing an apparently soft shot in to a faster shot.

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