

ATUL VIDYALAYA
FIRST PRELIMINARY EXAMINATION 2012-13
PHYSICAL EDUCATION

B

STD: X
DATE :
SESSION :

MM :100
TIME:2hrs

*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 answers.
Attempt all question from section A and two questions from section B.
The intended marks for questions or parts of questions are given in brackets ().*

SECTION A (50 MARKS)

ATTEMPT ALL QUESTION

Question 1

- (a) State any two defects of vision. (2)
- (b) State the sleep requirements for infants and for children up to the age of four years. Give reason to justify your answer. (4)
- (c) What first aid treatment should be given to a person suffering with deep cuts? (4)

Question 2

- (a) What do you mean by "Droplet Infection"? Write the preventive measures for the same. (4)
- (b) What is splint? When is it used. (4)
- (c) Name the casual agents for the following diseases - : (2)
 - (i) Pneumonia
 - (ii) Cholera

Question 3

- (a) State two causes of electrical accidents. (2)
- (b) What first aid should be given in case of cramp? (3)
- (c) What points should be kept in mind in order to take proper care of our eyes? (3)
- (d) What are congenital diseases? (2)

Question 4

- (a) State any two diseases spread by fungi. (2)
- (b) Explain the role of fat, carbohydrate and protein for a healthy body? (4)
- (c) What is the difference between Prescribed and Non-Prescribed drugs? (4)

Question 5

- a) Explain the RICE principle for management of sprain. (4)
- (b) What are the symptoms of ring worm? (2)
- (c) What is Pulmonary Tuberculosis? Write the symptoms and preventive measures of the disease. (4)

Contd. on pg-2

SECTION B (50 MARKS)

(Attempt any two questions from this section.)

Question 6 CRICKET

- (a) Explain the term power play. What are the maximum number of overs to be bowled during each power play? (4)
- b) Explain the following terms: (10)
 - i) Square leg
 - ii) Free-Hit
 - iii) Mid-off
 - iv) Off-spin
 - v) Long-on
- (c) Explain how a wide ball is judged. (4)
- (d) What decision will the umpire give in the following case? (5)
 - (i) The ball touches the gloves of the batsman's hand holding the bat and a Catch is taken.
 - (ii) The ball touches the arm of the batsman holding the bat and a catch is taken.
- (e) What are the dimensions of the bat with reference to its length and width. (2)

Question 7 Basketball

- (a) How is game lost by forfeit and by default? (4)
- (b) Draw a well labeled diagram of basket ball court with all its measurements. (8)
- (c) How are the points recorded if a player accidentally scores a field goal in his own Team's basket? (2)
- (d) Explain the following terms : (8)
 - i) Screening
 - ii) Personal foul
 - iii) Double foul
 - iv) Jump ball
- (f) How is the game started after a held ball and after a field goal? (3)

Question 8 Football

- (a) Explain the following terms :- (10)
 - (i) Extra time
 - (ii) Drop ball
 - (iii) Kick-off
 - (iv) Centre mark
 - (v) Added Time
- (b) Mention three situations when a corner kick is awarded. (4)
- (c) What decision will be given by the referee in each of the following situations:- (3)
 - (i) If the goal- keeper Keeps possession of the ball for more than six seconds.
 - (ii) If a player receives a second caution in the same match.
 - (iii) If a player delays the restart of the play.
- (d) Write four situations when a player is not offside when he receives the ball. (4)
- (e) Name three techniques of passing the football on the ground. (4)

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