

ICSE EXAMINATION PAPER - 2024
PHYSICAL EDUCATION
Class-10th
(Solved)

General Instructions :

Maximum Marks: 100

Time allowed: Two hours

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.

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 (50 Marks)

(Attempt all questions from this Section.)

Question 1

[20]

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

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

- (i) The stage from the age of 5 to 12 years is called
- (a) Infancy (b) Adolescence
(c) Adulthood (d) Childhood
- (ii) What is full form of MCL?
- (a) Medial Cruciate Ligament (b) Medial Cramp Ligament
(c) Medial Crucial Ligament (d) Medial Collateral Ligament
- (iii) An education which develops harmonious growth and development of a child:
- (a) Physical Fitness (b) Health Education
(c) Physical Education (d) Sports Training
- (iv) Exercise helps in increasing to the brain.
- (a) Ideas (b) Oxygen flow
(c) Energy (d) Rest
- (v) What is the minimum qualification to become a basketball coach in India?
- (a) NIS Diploma (b) B.P.Ed
(c) M.Phil (d) Ph.D
- (vi) is used for growth and repair of all the cells in the body.
- (a) Protein (b) Vitamin
(c) Carbohydrate (d) Sodium
- (vii) The body cannot repair itself without rest and
- (a) continuity (b) adaptation
(c) recovery (d) frequency
- (viii) The ability of a person to do daily work without fatigue is called
- (a) Progression (b) Physical Fitness
(c) Balance (d) Obesity
- (ix) The ability to perform movement/actions at a faster rate is called
- (a) Endurance (b) Power
(c) Stamina (d) Speed

- (x) **Assertion (A):** The growth refers to the increase in size, length and weight.
Reason (R): The growth can be felt only through estimate and inspection.
 In the context of the above two statements, which one of the following is correct?
 (a) (A) is true, but (R) is false
 (b) (A) is false, but (R) is true
 (c) Both (A) and (R) are true and (R) is the correct explanation of (A)
 (d) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- (xi) A good level of physical fitness is helpful in preventing
 (a) Agility (b) Speed
 (c) Injuries (d) Performance

(xii) **Match the following:**

I. Physical development	1. A child recognizes his parents well.
II. Psychological development	2. A child learns to roll over.
III. Social development	3. A child is afraid of the dark in night.
IV. Emotional development	4. A child learns to share a toy with a friend.

- (a) I-1, II-3, III-4, IV-2 (b) 1-3, II-4, III-2, IV-1
 (c) I-4, II-3, III-1, IV-2 (d) I-2, II-1, III-4, IV-3
- (xiii) Cartwheel in gymnastics is an example of
 (a) Dynamic Balance (b) Static Balance
 (c) Active Balance (d) Passive Balance
- (xiv) The unit used to describe the energy content of food is called as
 (a) Litre (b) Kilogram
 (c) Calorie (d) Meter
- (xv) Which is the longest stage of human growth and development?
 (a) Adulthood (b) Childhood
 (c) Infancy (d) Adolescence
- (xvi) is an important element which makes up for almost 70% of our body weight.
 (a) Fibers (b) Minerals
 (c) Fat (d) Water
- (xvii) What is the most common symptom of Achilles Tendonitis injury?
 (a) Patients may experience knee instability
 (b) Tenderness on the outside of the elbow
 (c) Pain above the heel, especially when stretching the ankle
 (d) Repeated vomiting or nausea
- (xviii) According to the Principle of Progression, the overload should not be
 (a) Increased Rapidly (b) Increased Normally
 (c) Increased Specifically (d) Increased Regularly
- (xix) is essential for the healthy development of a child.
 (a) Recreation (b) Proper nutrition
 (c) Meditation (d) Exertion
- (xx) Overstretching of ligament causes
 (a) Contusion (b) Concussion
 (c) Strain (d) Dislocation

Question 2

- (i) Define Physical Education. [2]
 (ii) Explain the term Co-ordination. [2]
 (iii) Kiaan, a 15-year-old student, is an active participant in various sports activities at school. He excels in activities that require endurance and agility, such as long distance running and soccer. Kiaan's body structure is lean with long limbs.

Reshma, a 16-year-old student, has a tendency to gain weight easily. She finds it challenging to engage in high-intensity activities due to her body's natural inclination towards storing fat. However, she enjoys activities like Yoga and Pilates.

Kagesha, a 16-year-old student, is passionate about weightlifting and power lifting. She consistently participates in strength training programs and competitions. Kagesha has a muscular and compact physique with well-defined muscles. [3]

(a) Identify Kiaan's body type.

(b) Identify Reshma's body type.

(c) Identify Kagesha's body type.

(iv) Mention *any three* factors that influence the growth and development of an individual. [3]

Question 3

(i) What is sprained ankle? [2]

(ii) Identify the injury in the given picture and write *any two* symptoms of the injury. [2]



(iii) List *any six* components of physical fitness. [3]

(iv) State *any three* importance of physical fitness. [3]

Question 4

(i) What do you mean by balanced diet? [2]

(ii) Explain the term stress fracture. [2]

(iii) What is cardiovascular endurance? [3]

(iv) Explain in detail the principle of recovery in sports training. [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) An appeal

(b) Body line bowling

(c) Night watchman

(d) Leg before wicket

(ii) (a) Mention *any six* fielding positions on "off side" of the field of play. [9]

(b) State *any three* duties of a captain during the match.

(c) What are the signals of the main umpire for the following?

1. Leg bye

2. Dead ball

3. Free hit

(iii) Explain the following terms in Cricket: [8]

(a) A duck

(b) A century

(c) Danger Area

(d) A Pull shot

Question 6

(i) Explain the following terms in Cricket: [8]

(a) Sight screen

(b) Upper cut

(c) Tail ender

(d) Flick shot

- (ii) (a) Mention the essential wicket keeping skills in Cricket. [9]
 (b) State *any six* ways of a batsman getting out in Cricket.
 (c) What is the importance of 30 yard circle in the game of Cricket?
- (iii) Explain the following terms in Cricket: [8]
 (a) Short run (b) Power play
 (c) Bye (d) Free hit

FOOTBALL

Question 7

- (i) Explain the following terms in Football: [8]
 (a) Goal line technology (b) Quarter circle
 (c) Touch line (d) Heading
- (ii) (a) What is kick off and when is it conducted in the game of Football? [9]
 (b) Explain the procedure of penalty kick during the game.
 (c) When is an indirect free kick awarded?
- (iii) (a) Explain the term Nutmeg. [8]
 (b) Write the full form of AIFB and IFAB.
 (c) What do you understand by the term 'man to man marking' in Football?
 (d) Explain the term Attacker.

Question 8

- (i) Explain the following terms in Football: [8]
 (a) Zonal marking (b) Overlap
 (c) Technical area (d) Optional mark
- (ii) (a) Mention *any three* instances for which a direct free kick is awarded. [9]
 (b) Explain Allowance for time lost in Football. (*Any three*)
 (c) Explain the importance of red card and yellow card in Football.
- (iii) (a) Mention *any four* duties of the referee in Football. [8]
 (b) Differentiate between goal kick and corner kick.

HOCKEY

Question 9

- (i) Explain the following terms in Hockey: [8]
 (a) Rebound (b) Through pass
 (c) Rusher (d) Forehand
- (ii) (a) State *any three* occasions when the umpire blows the whistle in the game. [9]
 (b) List *any three* "Do nots" that players are to avoid during a game.
 (c) Explain the procedure of Centre pass in Hockey.
- (iii) Answer the following: [8]
 (a) Length and breadth of the hockey play field.
 (b) The duration of the game for men and women.
 (c) The width and height of the goal post.
 (d) Weight and Circumference of the hockey ball.

Question 10

- (i) Explain the following terms in Hockey: [8]
 (a) Undercutting (b) Loose dribble
 (c) A temporary suspension (d) Long corner

- (ii) (a) Write down the *six* fundamental skills involved in the game of Hockey. [9]
 (b) Name *any three* national tournaments in Hockey.
 (c) List *three* offences of defenders penalized with a penalty corner.
- (iii) Explain the following terms in Hockey: [8]
 (a) Sideline hit (b) Back stick
 (c) Man to man marking (d) Manufactured foul

BASKETBALL

Question 11

- (i) Explain the following terms in Basketball: [8]
 (a) Loose ball (b) Double foul
 (c) Jump ball (d) Fake
- (ii) (a) State *any three* duties of timekeeper in Basketball. [9]
 (b) Mention *any three* violations that may occur during the course of the game.
 (c) When does a team forfeit its right to play?
- (iii) (a) Explain the term charging in Basketball. [8]
 (b) What is the weight and circumference of the ball?
 (c) What is a game clock in Basketball?
 (d) What is the length and breadth of the Basketball court?

Question 12

- (i) Explain the following terms in Basketball: [8]
 (a) Dead ball (b) Triple threat
 (c) Fast break (d) Box out
- (ii) (a) Name *any three* Time-rule violations in Basketball. [9]
 (b) Name *any three* international tournaments in Basketball.
 (c) State *any three* technical equipment of the table officials in Basketball.
- (iii) (a) Explain the term Free throw. [8]
 (b) What is screening in Basketball?
 (c) Explain the term Drive in Basketball.
 (d) Explain the term Carry in Basketball.

VOLLEYBALL

Question 13

- (i) Explain the following terms in Volleyball: [8]
 (a) Free ball (b) Foot fault
 (c) Spike or smash (d) Positional fault
- (ii) (a) Explain the term Incomplete team. [9]
 (b) Explain the procedure of substitution during play.
 (c) Mention *any three* duties of Line judges in Volleyball.
- (iii) (a) Explain the term Double contact in Volleyball. [8]
 (b) When is the ball considered "out"?
 (c) When and by whom was Volleyball invented?
 (d) What is 'Quick hit' in Volleyball?

Question 14

- (i) (a) What is meant by Service area? [8]
 (b) What are Side bands?
 (c) Who requests the referee for a substitution?
 (d) When is the service changed during a match?

- (ii) (a) Name *any three* international tournaments in Volleyball. [9]
(b) List *any three* blocking faults of Volleyball player.
(c) State *any three* ways a team can score a point in a game of Volleyball.
- (iii) Explain the following terms in Volleyball: [8]
(a) Four hits (b) Double block
(c) Prolonged interruption (d) A misconduct

BADMINTON

Question 15

- (i) Explain the following terms in Badminton: [8]
(a) Short serve (b) Clear lob
(c) Alley (d) Lunge
- (ii) (a) Mention *any three* fundamental skills of a player in Badminton. [9]
(b) Name *any three* international tournaments in Badminton.
(c) When is a 'Let' awarded in Badminton?
- (iii) Write short notes on: [8]
(a) All (b) Service judge
(c) Types of grips (d) A carry

Question 16

- (i) Explain the following: [8]
(a) Rear court (b) Rally
(c) Wood shot (d) Bird
- (ii) (a) Explain the scoring system in Badminton. [9]
(b) Names the types of games in Badminton.
(c) State *any three* duties of the umpire in Badminton.
- (iii) Explain the following terms in Badminton: [8]
(a) Drop shot (b) Smash
(c) Follow through (d) Service order

Answers

SECTION A

Question-1

(i) **Option (d) is correct.**

Explanation: The childhood stage begins in 5th year and ends in the 12th year. In this stage, children can control their muscles, and they also develop emotionally and socially.

(ii) **Option (d) is correct.**

Explanation: MCL (Medical Collateral Ligament) is the most important ligament of the knees.

(iii) **Option (c) is correct.**

Explanation: Physical education aims to develop a child's physical fitness, motor skills, coordination, teamwork, and overall well-being, promoting a holistic approach that encompasses the social and emotional aspects of a child's life.

(iv) **Option (b) is correct.**

Explanation: Exercise increases the flow of blood throughout the body. This increased blood flow circulates/delivers more oxygen to the brain which improves cognitive functioning and improves the health of the brain.

(v) **Option (a) is correct.**

Explanation: The National Institute of Sports (NIS) offers diploma programs in sports coaching, including basketball. This is considered the foundation for a coaching career in India.

(vi) **Option (a) is correct.**

Explanation: Proteins are called body-building food. They generally help us in the repair of worn-out tissues and also help to build the body and make new cells.

(vii) **Option (c) is correct.**

Explanation: Rest and Recovery are important processes for body's repair process. Without rest body does not recover and without adequate recovery body may get fatigue easily which also increase the chance of injuries.

(viii) **Option (b) is correct.**

Explanation: Physical fitness is the overall well-being and capacity of an individual to perform daily activities without undue fatigue.

(ix) **Option (d) is correct.**

Explanation: Speed refers to the ability to work at a faster rate.

(x) **Option (c) is correct.**

Explanation: We can observe the growth through the physical changes, we can not measure it with any instruments or tools.

(xi) **Option (c) is correct.**

Explanation: A good level of physical fitness increases strength, flexibility, endurance, etc., which helps to reduce the risk of injuries.

(xii) **Option (a) is correct.**

(xiii) **Option (a) is correct.**

Explanation: Dynamic Balance is the ability to maintain one's equilibrium while the body is in motion.

(xiv) **Option (c) is correct.**

(xv) **Option (d) is correct.**

(xvi) **Option (d) is correct.**

(xvii) **Option (c) is correct.**

Explanation: Archilies Tendinitis is an injury caused by overuse of a tissue band connecting the lower half to the heel of the foot.

(xviii) **Option (a) is correct.**

Explanation: In the Principle of Progression, the overload should not be increased too rapidly, if it is increased it may cause muscle injuries.

(xix) **Option (b) is correct.**

Explanation: Proper nutrition is essential for the development of the children it provides essential nutrition to the child.

(xx) **Option (c) is correct.**

Explanation: Strain refers to the over stretching of the tendons and ligaments.

Question-2

(i) The literal meaning of 'physical' is 'body' which directly refers to the physique (physical structure), health, strength, endurance, speed, agility, flexibility, and physical performance on the sports field. It includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health, obtaining knowledge about physical activities, and exercise and development of a positive attitude towards physical activity to improve human performance.

(ii) The term coordination refers to the integration different body parts and senses very efficiently to perform tasks and activities smoothly and it also controls the movement of the body. It plays a very crucial role in various physical activities or sports in coordinating the movement and senses.

(iii) (a) Ectomorph.

(b) Endomorph.

(c) Mesomorph.

(iv) Three factors that influence the growth and development are:

(a) **Gender:** The gender of the child is a major determinant among the factors affecting the physical growth and development of an individual. Boys and girls grow in different ways when they are near puberty. Boys tend to be taller and physically stronger than girls. However, girls have faster growth during adolescence and excel than boys who mature over a longer period. The physical structure of their bodies also has differences which make boys more athletic and suited for physical activities and labour. Their temperaments also vary making them show interest in different things.

(b) **Nationality/Social:** The country in which the children were born had a great impact on his overall personality. The school they attend, the society in which they live, opportunities provided by communities are also some social factors which affect the child development. Living in an enriching community plays a role in determining how the child is involved with the community.

(c) **Nutrition:** It is a critical factor in growth as everything the body needs to build and repair itself comes from the food that we eat. Malnutrition can cause deficiency diseases that can adversely affect the growth and development of children. On the other hand, overeating can cause obesity which can cause health issues in the long term. A balanced diet should be maintained which reduces the chance of serious diseases and improves development of the child.

Question-3

(i) A sprained ankle is a soft tissue injury which occurs when the ligaments are forced beyond their normal range of motion. Most sprained ankles involve injuries to the ligaments on the outer side of the ankle.

(ii) Tennis Elbow is also known as Lateral Epicondylitis, it is identified by pain and tenderness on the outside of the elbow. It is commonly caused by excessive gripping activities.

Two symptoms of Tennis Elbow are:

1. Pain on the outer part of the elbow.
2. Gripping strength may become weak.

(iii) Six components of physical fitness are:

Endurance: The ability to perform activities for an extended period without getting overly fatigued.

2. **Strength:** The ability of muscles to exert force against resistance.

3. **Speed:** The ability to move quickly or cover a distance in a short amount of time.

4. **Flexibility:** The range of motion around a joint or group of joints.

5. **Coordination:** The ability to integrate multiple movements smoothly and efficiently.

6. **Agility:** The ability to change direction quickly and with precision.

(iv) **Importance of physical fitness:**

1. **Improved Health:** Regular exercise and physical activity can reduce the risk of chronic diseases like heart disease, diabetes, obesity, and certain types of cancer, while maintaining healthy blood pressure, cholesterol levels, and blood sugar levels.

2. **Enhanced Physical Performance:** Regular exercise improves performance in daily activities, sports, and work. It enhances endurance, strength, flexibility, agility, and coordination.

3. **Mental and Emotional Well-being:** Exercise helps boost mental and emotional health by releasing endorphins that reduce stress, anxiety, and depression. It also improves cognitive function, memory, focus, and brain health. Being physically active enhances sleep patterns, leading to better energy levels and mood regulation.

Question-4

(i) A balanced diet is a diet that contains the right amount of all the components of nutrients such as carbohydrates, proteins, vitamins, fats minerals, salts vitamins, roughage and water.

(ii) Stress fracture is a bone injury. This injury refers to the small cracks and bruising within a bone. It is generally caused by repetitive force and overuse. It is identified by the pain, swelling and tenderness.

(iii) Cardiovascular endurance is also known as aerobic endurance. It is the ability to perform low-to-moderate intensity activities over a long. This type of endurance relies on the efficient delivery of oxygen to the muscles for continuous movement. For example: Long-distance runners exhibit excellent aerobic endurance as they can sustain a steady pace over extended distances, such as marathons or ultra-marathons.

(iv) The principle of Recovery is a well-known fact that the body regenerates during rest and becomes better and stronger than before. So, the training programmes should be conceived in such a way that there should be proper rest and interval between training activities.

SECTION B

CRICKET

Question-5

- (i) (a) An appeal is a request made by fielding team to the umpire to determine if the batsman is out or not.
- (b) Body line bowling is a bowling style in which the ball is directed towards the batsman's body or very close to it.
- (c) A night watchman in cricket is a player sent in to bat towards the end of the day's play to protect more accomplished batsmen from facing the new ball under challenging light conditions. Their role is to play defensively and survive until the end of the day's play, reducing the risk of a key batsman getting out in the remaining overs of the day.
- (d) LBW (Leg Before Wicket) is a way in which a batsman can be declared out in cricket. If the ball would have hit the wicket, but instead hits any part of the batsman's body or equipment (except the bat), the batsman can be given out by LBW.

- (ii) (a) **First Slip:** First slip in cricket is a position near the wicket keeper on the off side, angled at 30-45 degrees from the batsman. It's there to catch edges off the bat. A key catching position in cricket.

Second Slip: Second slip is positioned wider than first slip for extra coverage, increasing chances of catching edges off the bat.

Third Slip: The third slip is placed wider than the second slip, providing additional coverage for catching edges. This position is useful when the batsman plays aggressive shots that may result in thick edges, and is often used in situations where there is swing or seam movement off the pitch.

Gully: The gully is positioned between slips and point and is used to catch edges directed towards the ground, often resulting from defensive shots or mistimed strokes. The gully fielder needs quick reflexes and good anticipation to take catches at this position.

Point: Point is a fielding position on the off side, responsible for stopping runs and taking catches behind the square. It applies pressure on the batsman.

Cover: Cover fielder patrols off side, cuts off drives and shots. Prevents boundaries, limits scoring options. Supports bowlers, restricts scoring.

- (b) Three duties of a captain during the match are:
1. Motivating and leading the team.
 2. Provide solutions to the problem.
 3. Communication with the players and officials.

- (c) 1. **Leg Bye:** A leg bye is scored when the ball hits the batsman's body or leg instead of the bat. The main umpire signals this by raising one leg and tapping the opposite knee, indicating that a run has been scored.
2. **Dead Ball:** The main umpire signals a dead ball by crossing both arms horizontally in front of their chest. This indicates that the ball is no longer in play due to various reasons, such as the ball hitting a foreign object, the batsman getting injured, or any other circumstance that causes the play to stop temporarily.
3. **Free Hit:** The main umpire signals a free hit by raising one arm directly above their head, indicating that the upcoming delivery is a free hit awarded to the batsman as a penalty for certain bowling infractions. During a free hit, the batsman cannot be dismissed by any means except a run-out.
- (iii) (a) **A Duck:** In cricket, a "duck" is when a batsman gets out without scoring any runs. It's not a good feeling for the batsman as they couldn't contribute any runs to their team's score.
- (b) **A Century:** A century in cricket is when a batsman scores 100 runs individually in an innings. Think of it like scoring a century in school — it's a big achievement! In cricket, scoring a century shows that the batsman played exceptionally well and contributed significantly to their team's total score.
- (c) **Danger Area:** The danger area in cricket is a region on the pitch where the ball bounces unpredictably, making it challenging for the batsman to play shots or defend. Umpires monitor the bowler's foot placements to avoid injuries or unfair advantages for the bowler.
- (d) **A Pull Shot:** A pull shot is a batting technique in cricket where the batsman hits a ball directed towards their body to the leg side of the field. It's played in response to a short-pitched delivery from the bowler. The batsman hits the ball aggressively with a horizontal bat swing, pulling it from its line towards their body.

Question-6

- (i) (a) Sight screen is a large screen placed at a boundary line which forms the background of the bowler and helps the batsman to see the position of the ball.
- (b) Upper cut is a shot played against a short ball or bouncer where the batsman makes a cut above his head and the ball usually goes to the third-man area.
- (c) Tail-ender is a player who bats towards the end of the batting order, usually a specialist bowler or wicket keeper with relatively poor batting skills.

- (d) Flick shot is a gentle movement of the wrist to move the bat, often associated with shots on the leg side.
- (ii) (a) The position of the wicket-keeper depends on the type of batsman (right handed or left handed) and the type of bowler (pacer or spinner)
- The wicket keeper needs to keep an eye on the ball from the movement the bowler starts running and must rise or fall with the direction of the ball.
 - The wicket keeper must be ready to drive to collect the ball and prevent runs.
- (b) In cricket, a batsman can be dismissed in several ways. Two common modes of dismissal are "bowled" and "caught."
- (c) A pointed oval is made by drawing a semicircle of 30 yards (27.4m) radius from the centre of each wicket concerning the breadth of the pitch and joining them with lines parallel, 30 yards (27.4m) to the length of the pitch. This line, commonly known as the circle, divides the field into an infield and outfield. It is one day and T20 matches for fielding restrictions.
- (iii) (a) A short run is when a batter does not reach the crease when running. The run is not counted.
- (b) A power play is a feature according to which during the match only 2-3 players are allowed outside the 30 yrd circle. There are two power plays in a One Day International Matches. First 10 over draws- 2 fielders outside the circle. 11-40 overs maximum players allow- 4 fielders.
- (c) Bye is a run scored by the batting team when the ball is not hit by the batter or the ball does not hit the batsman's body.
- (d) A free hit is awarded if an offence is committed by a player between the 23 m areas. It is awarded for an offence committed by the attacking team within 23 m area of the defending team. It is awarded for an unintentional offence committed by the defending team within 23 m area but outside the circle of the defending team.
- (c) The touchline in football refers to the boundary line marking the length of the field. It serves as the boundary for the playing area, and if the ball goes out of bounds over the touchline, it results in a throw-in for the opposing team.
- (d) Heading is the technique in which the ball is hit by the head.
- (ii) (a) A kick-off in football is conducted to start or restart play at the beginning of a match, the start of the second half, or after a goal has been scored. It involves placing the ball at the centre spot of the halfway line, with the team taking the kick-off required to have all players in their half. Once the referee signals, the ball is kicked forward, officially starting or resuming the match.
- (b) **During a penalty kick in football:**
1. The ball is placed on the penalty spot, which is located 12 yards (approximately 11 meters) from the goal line and directly in front of the goal.
 2. The goalkeeper must remain on the goal line until the ball is kicked.
 3. The player taking the penalty, usually designated by their team, stands behind the ball and prepares to kick it towards the goal.
- (c) An indirect free kick is awarded to the opposing team when the goal keeper of the defending team holds the football in his hand for more than 6 seconds, again handles the ball after releasing it once and before being touched by any other player or plays dangerously.
- (iii) (a) Nutmeg is the skill of the football game which refers to kicking the ball between the legs or feet of the opponent.
- (b) AIFF- All India Football Federation.
IFAB- International Football Association Board.
- (c) "Man-to-man marking" in football refers to a defensive strategy where each defender is assigned to closely mark and track a specific opponent player throughout the game.
- (d) The attacker is the player who keeps near the goal of the opponent team and has the responsibility of scoring goals.

FOOTBALL

Question-7

- (i) (a) Goal-line technology in football employs electronic systems to determine if the ball has crossed the goal line, ensuring accurate goal decisions.
- (b) Quarter circle refers to two imaginary lines 6m long that are drawn from the outside of each goal post and at a right angle to the goal line. At the end of these lines, a quarter line, a quarter circle is drawn in the direction of the nearest touchline, each with a radius of 6m from the goal post.

Question-8

- (i) (a) Zonal marking is a defensive strategy where defenders cover an area of the pitch rather than making a specific opponent.
- (b) It is a terminology of football game which moves between the teammates. An attacking player is shadowed by a single defender; the attacker's teammate runs past both players, forcing the defender to either continue to shadow the player on the ball or attempt to prevent the teammate from receiving a pass. The first player can either

- pass the ball or keep possession, depending on the decision of the defender.
- (c) Technical area is an area in which a manager, other coaching personnel, and substitutes are allowed to occupy during a match.
- (d) In football, "optional mark" is a defensive strategy where a player marks an opponent only when they enter a specific zone. This allows defenders to prioritize their positioning and focus on key threats. The defender engages in marking only when the opponent enters their designated zone, ensuring a flexible and strategic approach to defending.
- (ii) (a) 1. **Foul:** A direct free kick is awarded when a player commits a foul against an opponent, such as tripping, pushing, or holding.
2. **Handball:** If a player deliberately handles the ball (except for the goalkeeper within their penalty area), a direct free kick is given to the opposing team.
3. **Dangerous Play:** When a player engages in dangerous play, such as high kicking near an opponent's head or using excessive force, a direct free kick is awarded to the opposing team.
- (b) 1. **Injury Stoppage:** When a player is injured and requires medical attention, the referee stops the clock to allow for treatment. The time taken for treatment is added as injury time at the end of the half.
2. **Substitution:** Time is often lost during player substitutions as players leave and enter the field. The referee stops the clock to ensure proper substitutions, and the time lost is added as additional time at the end of the half.
3. **Other Delays:** Various other delays, such as time-wasting tactics, protests, or ball retrieval, can lead to lost time during a match. The referee may add extra time at the end of the half to make up for these delays and ensure that each half of the match lasts the appropriate duration.
- (c) 1. **Discipline:** Yellow and red cards are essential tools for maintaining discipline on the field. A yellow card serves as a warning to a player for a less severe offence, reminding them to adhere to the rules. A red card, on the other hand, signifies a more serious offence or accumulation of multiple yellow cards, resulting in the player being sent off the field. This disciplinary action helps ensure fair play and respect for the rules of the game.
2. **Impact on the Match:** Red and yellow cards can significantly impact the outcome of a match. A red card reduces the offending team's number of players, often forcing them to play with a numerical disadvantage for the remainder of the match. This can shift the balance of power in favour of the opposing team and affect the overall flow and dynamics of the game.
3. **Consequences for Players:** Red and yellow cards carry consequences beyond the immediate match. Accumulating yellow cards can lead to player suspensions for subsequent matches, affecting team selection and strategy. Additionally, a red card may result in further disciplinary action from football authorities, such as fines or extended suspensions, depending on the severity of the offence.
- (iii) (a) Four duties of the referee:
- Enforce Laws:** The referee is responsible for ensuring that all players and officials comply with the rules of the game as outlined in the Laws of the Game.
- Maintain Fair Play:** The referee must promote fair play and sportsmanship among players, taking action against any behavior that is unsporting, violent, or unfair.
- Control Match Tempo:** It is the referee's duty to manage the tempo of the match by controlling stoppages, managing time-wasting tactics, and ensuring a smooth flow of play.
- Make Decisions:** The referee is tasked with making decisions on fouls, misconduct, offside situations, and determining the validity of goals scored, using their judgment and understanding of the game's rules.
- (b) A goal kick is awarded when the football crosses the goal line outside the goal posts after being kicked by any player of the attacking team. When a goal kick is awarded, the ball is kicked from the goal area of the defending team. All players of the attacking team are required to be outside the penalty area of the defending team. A corner kick is awarded when the football crosses the goal-line outside the goal posts after being kicked by any player of the defending team. When a corner kick is awarded, the ball is kicked from the nearest corner flag post. All the players of the defending team are required to be at a distance of at least 10 yards from the concerned corner flag post.

HOCKEY

Question-9

- (i) (a) Rebound is a situation when the ball bounces off the boards or goalkeeper's equipment.
- (b) Through pass is a terminology in which an attacking team player passes the ball between defenders to a teammate.

- (c) Rusher is the player who is carrying the ball for an offensive play.
- (d) **Forehand:** The forehand in hockey refers to the side of the stick that players typically use to shoot, pass, or handle the puck when they are skating in their natural direction (for right-handed players, the forehand side is on the right, and for left-handed players, it's on the left). Players often use their forehand when executing offensive moves, such as taking shots on goal or making accurate passes to teammates
- (ii) (a) When a penalty is committed, such as a foul or obstruction.
When a goal is scored, signalling the end of play and the start of a goal celebration or face-off.
When there is a stoppage in play due to an injury, equipment malfunction, or any other reason that requires the game to pause momentarily.
- (b) Do not use excessive physical force, such as checking or tripping opponents in a dangerous manner.
Do not argue or verbally abuse the officials, as it can lead to penalties or disciplinary action.
Do not intentionally use your stick or body to obstruct or impede opponents, as this is considered interference and can result in penalties.
- (c) In hockey, the procedure for a centrepass involves the following steps:
- 1. Placement of the Ball:** After a goal is scored or at the start of each period, the game is restarted with a centrepass. The ball is placed at the centrespot of the field by the referee or an official, located at the midpoint of the halfway line.
 - 2. Positioning of Players:** Both teams line up on their respective halves of the field, with the attacking team's players positioned on their attacking half and the defending team's players on their defensive half. Players must be at least 5 meters away from the ball until it is put into play.
 - 3. Taking the Center Pass:** Once the referee signals to start to play, a player from the team that conceded the goal or the team designated to start the period takes the centre pass. The player taking the centre pass must start with the ball stationary on the centre spot and then pass, dribble, or push the ball into play.
- (iii) (a) Length: 91.40m Breadth: 54.86m
(b) 2 halves of 35 minutes each
(c) Height: 7'(2.14m) Width: 4 yards (3.66m)
(d) Weight: 5.25 to 5.75 ounces, Circumference: 8" to 9"

Question-10

- (ii) (a) Undercutting is a penalty for a hard swing of the stick under the ball to raise it into the air.
- (b) The loose dribble is the game skill which is similar to the straight dribble but instead of keeping contact with the ball, the player continually taps it forward while sprinting.
- (c) Temporary suspension is removal from the game for at least 5 minutes. When a player shows unsporting behaviour on the field, the umpire may suspend a player.
- (d) A long corner is a skill which is awarded if a foul is committed by a player of the attacking team.
- (ii) (a) The six fundamental skills of Hockey are:
1. Straight and reverse hit
 2. Straight and reverse push
 3. Straight flick
 4. Passing
 5. Leading
 6. First touch
- (b) • All India Gurmeet Memorial Hockey Tournament.
• All India Chhatrapati Shivaji Hockey Tournament.
• All India Indira Gold Cup Hockey Tournament.
- (c) Three offences of defenders penalized with a penalty corner in field hockey are:
1. Foul tackle inside the circle.
 2. Deliberate foot or body deflection.
 3. Intentional stick obstruction.
- (iii) (a) If the ball goes out from the sideline, then the opposite team gets sideline hit from the point where it has gone outside.
- (b) An illegal shot in which a player strikes the ball with the rounded face of the stick in field hockey.
- (c) Man-to-man marking is a defensive tactic in which each player is guarded by an opponent so that they can check the marked player in full court.
- (d) Manufactured is a foul which is committed when the game equipment is not in line with the rules of the game.

BASKET BALL**Question-11**

- (i) (a) **Loose Ball:** Loose ball: A loose ball in basketball refers to a situation where neither team has possession or control of the ball. This can occur after a missed shot, a turnover, or a deflection, leading to a scramble among players from both teams to gain possession of the ball.

- (b) **Double foul:** A situation when two opponents commit fouls on each other simultaneously or almost at the same time.
- (c) **Jump ball:** A situation to toss the basketball between the opponent layers at the time of starting and restarting the game.
- (d) **Fake:** Use of deceptive move to pull the opposing player out of position.
- (ii) (a) The timekeeper manages the game clock, accurately timing quarters, time outs, and halftime breaks as directed by officials. **Shot Clock Monitoring:** In basketball, the shot clock is the allotted time a team has to attempt a shot. The timekeeper starts the shot clock when possession changes or a team gains control of the ball, ensuring compliance with the time limit for shooting.
- Recording Fouls and Substitutions:** The timekeeper tracks player substitutions, personal and team fouls during the game for player eligibility, bonus situations, and substitutions during gameplay.
- (b) Basketball has rules to avoid turnovers. Common violations include:
1. **Traveling:** If a player takes more than two steps without dribbling, it's a turnover.
 2. **Double Dribble:** If a player dribbles, stops, and then dribbles again or dribbles with both hands, it's a turnover.
 3. **Three-Second Violation:** If an offensive player remains in the painted area near the basket for more than three seconds consecutively while their team has the ball, it's a turnover.
- (c) In basketball, a team forfeits if it fails to show up for a game or can't field the minimum five players. The opposing team wins by default. The forfeiting team may face penalties based on league rules.
- (iii) (a) Charging in basketball refers to an offensive foul where a player with the ball makes significant physical contact with a defender who has established a legal defensive position. It results in the offensive team losing possession of the ball and the opposing team gaining possession.
- (b) **Weight:** 5.25 to 5.75 ounces **Circumference:** 8" to 9"
- (c) A game clock in basketball is a timer used to regulate the length of each game and countdown the time remaining in each quarter or period. It is essential for maintaining the pace of the game and ensuring fair play.
- (d) The basketball court measures 94 feet in length and 50 feet in breadth, which is approximately 28.65 meters and 15.24 meters respectively.

Question-12

- (i) (a) **Dead ball:** In basketball, a dead ball happens when the game is temporarily stopped by officials due to fouls, violations, time-outs, or the ball going out of bounds. Players must wait until officials resume play.
- (b) **Triple threat:** Triple threat is a fundamental stance in basketball. It refers to an offensive player holding the ball while having the option to dribble, shoot or pass. movements.
- (c) Fast break in basketball refers to a rapid offensive transition play aiming to score quickly before the opposing defence can set up.
- (d) **Box out:** When a shot goes up, players use this technique, which involves widening their stance and arms and using their body as a barrier to get in a better rebounding position.
- (ii) (a) Three time-rule violations in basketball are:
1. **Shot Clock Violation:** Occurs when a team fails to attempt a field goal within the allotted time (usually 24 seconds in professional basketball) after gaining possession of the ball. This results in a turnover, and the opposing team gains possession.
 2. **Backcourt Violation:** Happens when the offensive team fails to advance the ball from the backcourt (the half of the court with their basket) to the frontcourt (the half with the opponent's basket) within the specified time limit (usually 8 seconds in professional basketball). This results in a turnover, and the opposing team gains possession.
 3. **Three-Second Violation:** Occurs when an offensive player remains in the key or paint area (the restricted area near the basket) for more than three seconds continuously. This violation results in a turnover, and the opposing team gains possession of the ball.
- (b) Three international tournaments are:
1. FIBA World Championship
 2. European Basketball Championship
 3. FIBA Asia Championship
- (c) **Game Clock:** Officials track time left in each quarter or period of a basketball game. They start, stop, and reset it.
- Scoreboard:** Officials update it after every basket, shows scores, time, fouls, time-outs, and more.
- Shot Clock:** Officials manage it, tracks time for a team to attempt a shot during a possession. It starts and resets when necessary.
- (iii) (a) Free throw is a free shot given to a player after a foul or a technical foul. The player shoots from the 15-foot free throw line while the rest of the players line up along the outside of the key.

- (b) Screening is obstructing or blocking of player of an opponent/or defending team to free the teammate from the actions of that defender. The person acting as screen generally stands, beside or behind the defender, forcing him to move around and lose some steps.
- (c) Drive is the terminology of basketball which refers to getting the ball from outside the 3-point line to the basket of the layup.
- (d) Carry is the penalty, which results in a turnover, which occurs when an offensive player holds the ball excessively at the apex while dribbling.

VOLLEY BALL

Question-13

- (i) (a) **Free ball:** A ball returned on a pass and not on a spike.
- (b) **Foot fault:** The failure of the server to keep both feet behind the baseline until the ball is hit or to keep at least one foot on the ground while hitting the ball.
- (c) **Spikes or smash:** It is a technique of hitting the ball down towards the opponent's team.
- (d) **Positional faults:** It is the fault committed if any player is not in his/her correct position at the moment the ball is hit by the server.
- (ii) (a) In volleyball, a team must have six players on the court at all times, three in the front-row and three in the back-row. If a team has less than six players, they are considered an incomplete team and may face penalties such as losing points or forfeiting the match, depending on the league or competition rules.
- (b) **Rules of substitution:**
 1. A libero can be substituted.
 2. The scorer must be informed before substitution.
 3. Substitution must be pre-authorized by the referee.
 4. There can be only six substitutions per team for the entire match.
 5. In case a player gets injured after a team has already made six substitutions, such a player can be substituted as an Exceptional Substitution.
- (c) **Call In/Out Decisions:** Line judges watch important lines on the court and make immediate calls about where the ball landed. Their calls must be precise and fair to ensure fair play.
Assist with Net Violations: Line judges assist referees in monitoring net violations. They focus on detecting any instances where players touch the net while playing the ball, and signal to the referees if they observe a violation..

Observe Player Positions: Line judges monitor player positions during serves and rotations, ensuring correct serving order and starting positions. They spot any faults or illegal positions to maintain game flow.

- (iii) (a) In volleyball, "double contact" is when a player touches the ball twice in a row using two different body parts or hands without a single, continuous motion. This is a fault that typically happens during setting or passing and results in the opposing team being awarded a point or a side-out, depending on the rules of the game.
- (b) In basketball, the ball is considered "out" when it goes out of bounds, meaning it crosses over the boundary lines of the court. When the ball goes out of bounds, the team that did not touch it last is awarded possession, and play is stopped momentarily to resume with a throw-in or inbound pass by the opposing team.
- (c) In 1895 AD, the game of Volleyball was started by William G. Morgan.
- (d) In volleyball, a "quick hit" refers to a type of offensive play where the ball is quickly set close to the net and attacked by a hitter before the opposing blockers have a chance to react effectively. This play is also known as a "quick set" or a "quick attack."

Question-14

- (i) (a) The service area in volleyball is the designated area behind the back boundary line from which players serve the ball to start a rally. It is typically marked by lines on the court and is located at the end of the court opposite the net. Players must serve the ball from within this area, behind the back boundary line, and may not step on or over the line until after making contact with the ball during the serve.
- (b) In volleyball, there is no specific term for "side bands." You may be referring to the side boundary lines, which are the lines that mark the edges of the volleyball court on the sides. These lines determine the legal playing area and are used to judge whether the ball is in or out of bounds during play.
- (c) Substitution requests can be made by either a coach positioned on the bench or warm-up area or the playing captain.
- (d) When the serving team loses a point this is called a "Service Change" which means that the opposition becomes the serving team and serves the next point.
- (ii) (a) Three international Tournaments in volleyball:
 1. World Championship
 2. World Cup Volleyball
 3. Super Challenge Cup

(b) **Reaching Over the Net:** A blocking fault occurs when a player reaches over the net into the opponent's space before or during their attack hit. It is illegal and can result in a point for the opposing team.

Touching the Net: Touching the net during a block attempt is a blocking fault that disrupts the play and gives an unfair advantage to the blocking team, resulting in a point for the opposing team.

Blocking a Serve: It is against the rules for players to block or try to block an opponent's serve. Such an action is considered a blocking fault, which can result in the opposing team receiving a point or a side-out, depending on the specific regulations of the game.

(c) **Winning a Rally:** A team scores a point by winning a rally, which occurs when the opposing team fails to return the ball legally over the net or commits a fault, such as hitting the ball out of bounds, double touching the ball, or making a net violation.

Blocking: If a team successfully blocks the opponent's attack and the ball lands in the opponent's court, they score a point. This typically happens when a player jumps and deflects the ball back into the opponent's side of the net during an attack.

Serving Aces: When a player serves the ball, and it directly lands in the opponent's court without being touched or returned, it's called an ace. Serving an ace earns the serving team a point without the need for a rally.

(iii) (a) In volleyball, "four hits" refers to a violation that occurs when a team hits the ball four times before sending it back over the net to the opposing team. According to the rules, a team is allowed a maximum of three hits to return the ball over the net.

(b) Two players working in tandem to deflect a ball hit close to the net.

(c) In volleyball, a prolonged interruption refers to a stoppage in play that lasts longer than usual and disrupts the flow of the game. This interruption can occur due to various reasons such as injuries, equipment malfunctions, substitutions, or disputes among players or officials.

(d) A situation when the player is not following the rules and playing with non-sportsman spirit.

BADMINTON

Question-15

(i) (a) **Short Serve:** A sneaky serve in doubles that barely clears the net and lands just over the front service line of the opponent's court. It forces the opponent to react quickly and play a shot from an awkward position.

(b) **Clear Lob:** A defensive shot where you hit the shuttlecock high and deep towards the back of your opponent's court. This gives you time to recover and get back into position.

(c) **Alley:** The area between the sideline and the doubles sideline on a badminton court. It's only used in doubles play, and shots landing in the alley are considered in-bounds.

(d) **Lunge:** A quick step forward or sideways with one leg to reach an awkward shot. It's important for retrieving shots played close to the net or outside your normal reach.

(ii) (a) Three fundamental skills of a player in badminton are:

1. **Grip:** A proper grip on the racket is fundamental to executing various shots effectively in badminton. Players must learn and master different grips, such as the forehand grip, backhand grip, and various grip variations for different shots like clears, smashes, drops, and net shots.

2. **Footwork:** Good footwork is essential for positioning oneself efficiently on the court to reach the shuttlecock and execute shots effectively.

3. **Stroke Technique:** Developing a proper stroke technique is crucial for generating power, accuracy, and control in badminton shots. Players must practice and refine their strokes for various shots, including the clear, smash, drop shot, net shot, drive, and serve.

(b) Three international tournaments are:

1. World Championship
2. Thomas Cup.
3. BWF World Championship.

(c) A "Let" is a situation in the game that can be called by the umpire or any player when the game is intended to be halted. The situation of 'Let' arises when:

1. Service is made before the receiver is ready.
2. A double fault is committed simultaneously by both the server and the receiver at the time of service.
3. The shuttle gets caught in the net after a service is returned.
4. If the shuttle completely disintegrates from the base during the play.
5. Any accidental situation.

(iii) (a) **All:** In badminton, "all" is a term used to indicate that a player or team has scored the maximum possible points in a game, typically 21 points. For example, if a player wins a game with a score of 21-0 or 21-1, they are said to have won "all" their points.

- (b) **Service Judge:** A badminton service judge monitors and enforces serving rules during a match, ensuring players follow guidelines such as striking the shuttlecock below the waist and pointing the racket downward during the serve.
- (c) **Types of Grips:** Badminton players use different grips to hold the racket depending on the shot. Forehand, backhand, and panhandle grips offer specific advantages and allow for precise execution of different shots.
- (d) **Carry:** A fault in which the volleyball is held for too long of time in the player's hands.

Question-16

- (i) (a) In badminton, the "rear court" refers to the back portion of the badminton court, farthest from the net. This area includes the back boundary lines and extends from the doubles sideline to the singles sideline. Players often use the rear court to execute powerful shots such as clears, smashes, and defensive shots to keep their opponents on the defensive or to set up for an offensive attack. In singles play, players may use the rear court to create space and manoeuvre their opponents. In doubles, the court-court courtyard-court player typically focuses on defensive play and setting up their partner for attacking shots from the front court.
- (b) A rally is the continuous sequence of plays and ball exchanges between the two teams from the moment the ball is served until the point is scored or the rally is stopped due to a violation, out-of-bounds, or other factors.
- (c) Wood shot is the shot that results when the base of the shuttle is hit by the frame of the racquet.

Once illegal, this shot was ruled acceptable by the International Badminton Federation in 1963.

- (d) **Bird:** It is a common name for a shuttlecock.
- (ii) (a) Scoring System:
1. A match is divided into three games of 21 points each.
 2. The player who wins 2 out of 3 games is declared the winner.
 3. Whenever a serving player wins, 1 point is added to the score.
 4. Whenever the receiving player wins, the service gets changed.
- (b) Names of the matches in the badminton are:
1. Single
 2. Double
 3. Mixed
- (c) Duties of the umpire:
1. Ensures fair toss.
 2. Keep the written records of the scores.
 3. Ensuring that the scoring device is correct.
- (iii) (a) **Drop shot:** A gentle stroke in which the shuttle is aimed to drop immediately after crossing the net.
- (b) **Smash:** A stroke in which the shuttle is hit hard in a downward direction in an attempt to finish the game.
- (c) In badminton, "follow-through" refers to the continuation of the swinging motion after making contact with the shuttlecock, essential for generating power and accuracy in shots.
- (d) The service order in badminton dictates the sequence in which players take turns serving the shuttlecock.