

# ISC EXAMINATION PAPER - 2025 PHYSICAL EDUCATION (THEORY)

(PAPER – 1)

Class-12<sup>th</sup>

(Solved)

Maximum Marks: 70

Time Allotted: Three Hours

## Instructions to Candidates:

1. You are allowed an **additional fifteen minutes** for **only** reading the question paper.
2. You must **NOT** start writing during reading time.
3. There are **fifteen questions** in this paper.
4. There are **three** sections in the paper: **A, B and C**. **Internal choices** have been provided in **two** questions in **Section B** and in one question in **Section C**.
5. **Section A** consists of one question having fifteen sub-parts of one **mark each**. Attempt all questions.
6. While answering **Multiple Choice Questions** in **Section A**, you are required to **write ONLY one correct option** as the answer.
7. **Section B** consists of **five** questions of **five marks** each. Attempt all questions.
8. **Section C** consists of **nine** questions of **fifteen marks** each. Attempt all subparts of a question on **any two** games in this section.
9. The intended marks for questions are given in brackets [ ].

## SECTION – A (15 MARKS)

### Question-1

[15]

- (i) An athlete indulged in the illegal practice of consuming a stimulant before a national level competition. It was detected in the blood test conducted after the competition by an authorised body. [1]

Which authorised body conducted the test and would also penalise him for this illegal practice?

- (a) WADA
- (b) NADA
- (c) Narcotics Control Bureau
- (d) AFI

- (ii) In a Cyclic tournament, one team is kept static and other teams are ..... [1]

- (a) rotated clockwise
- (b) rotated anti-clockwise
- (c) rotated from top to bottom
- (d) rotated from bottom to top

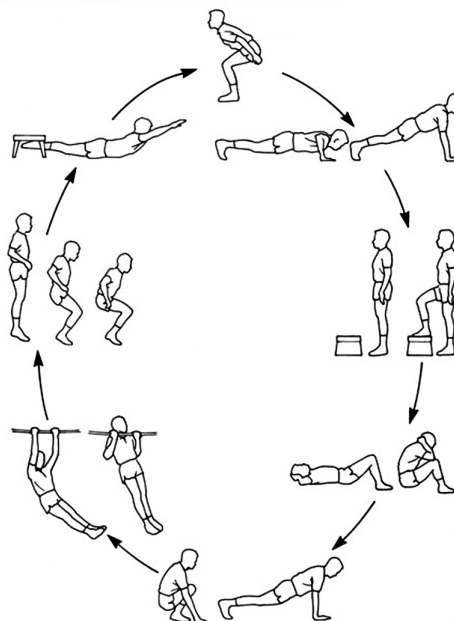
- (iii) Identify the type of fracture shown below that is most common in long bones. [1]



(Source: www.medschool.co)

- (a) Greenstick fracture (b) Oblique fracture  
(c) Spiral fracture (d) Transverse fracture
- (iv) Which one of the following is a disorder characterised by lack of sleep? [1]

- (a) Sinus (b) Insomnia  
(c) Restless Leg Syndrome  
(d) Narcolepsy
- (v) What type of training method is shown in the picture below? [1]



- (a) Fartlek training (b) Interval training  
(c) Circuit training (d) Plyometric training

- (vi) Given below are two statements marked Assertion and Reason. Read the two statements carefully and choose the correct option. [1]  
**Assertion (A) :** Regular physical activity helps in reducing the risk of cardiovascular diseases.  
**Reason (R) :** Physical activity strengthens the heart muscles and improves blood circulation.  
 (a) Both Assertion and Reason are true and Reason is the correct explanation of Assertion.  
 (b) Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.  
 (c) Assertion is true and Reason is false.  
 (d) Both Assertion and Reason are false.
- (vii) In a ..... tournament, each team has to play with every other team twice. [1]
- (viii) The specialised device Splint was designed by ..... to stabilise and immobilise the injured lower limb(s). [1]
- (ix) ..... is known as the founder of Olympic Games as he revived them after a long gap. [1]
- (x) The combined and coordinated use of medical, social, educational and vocational measures for training and restoring the individuals to their best constructive capacity is known as ..... [1]
- (xi) What is *oral hygiene*? [1]
- (xii) State the meaning of *extramurals*. [1]
- (xiii) What is the significance of byes in fixture of tournament? [1]
- (xiv) What is *cultural heritage*? [1]
- (xv) Expand I.O.C. [1]

### SECTION – B (25 MARKS)

#### Question 2

Identify the soft tissue injury shown below. State *any three causes and the treatment for this injury*.



(Source: www.kineticlabs.ca)

#### Question-3

- (i) Write short notes on each of the following: [5]  
 (a) Knock knees  
 (b) Droplet infection
- OR
- (ii) Answer the following: [5]  
 (a) Discuss Sports Software Engineering as a potential career option.

- (b) Provide *any two* differences between a Professional and an Amateur player.

#### Question 4 [5]

Nandita is a class XII student of Physical Education. She is also a member of the Sports Committee that is organising a football tournament of 13 teams. The school management decides to allocate only two days for the tournament and sanctions a small amount for it.

Which type of tournament should Nandita organise considering the time and budget constraints? Draw a fixture for this tournament stating its formula.

#### Question 5 [5]

Discuss *any five* causes of sports injuries.

#### Question 6 [5]

- (i) What is I.O.A.? Mention *any four* functions of I.O.A.  
 OR  
 (ii) Define *health education*. Explain *any four* of its general principles.

### SECTION – C (30 MARKS)

#### Question 7

- (i) Answer the following questions:  
 (a) State *any three* pre-match duties of the Referee. [3]  
 (b) What will be the decision of the Referee if the goalkeeper handles the football outside the penalty area? [1]  
 (c) A player attempts to score goal during the game. The goalkeeper saves the goal but the ball reflexes and goes out of the goal line. What will be the decision of the Referee? [1]
- (ii) (a) Draw a Football field and mark the different positions of any ten players. [5]

OR

- (b) Describe *any five* situations when a direct free kick is awarded to a player by the Referee.
- (iii) Explain each of the following terms: [5]  
 (a) Quarter circle  
 (b) Goal kick

### CRICKET

#### Question 8

- (i) Answer the following questions:  
 (a) Discuss the protected area of the pitch. [3]  
 (b) A player changes the condition of the ball for taking advantage. What is the term used to denote such practice? [1]

- (c) During a match, a batter misses a stroke and the ball hits her body. She runs for a score. What signal will be given by the Umpire? [1]
- (ii) (a) What is substitution? Briefly discuss any two circumstances of substitution in Cricket. [5]

OR

- (b) Enlist *any five* national tournaments of Cricket in India.
- (iii) Explain each of the following terms: [5]
- (a) Golden duck
- (b) "How is that?"

## HOCKEY

### Question 9

- (i) Answer the following questions:
- (a) Explain *any three* basic skills that a Hockey player must possess. [3]
- (b) A player aggressively tackles an opponent during the match. What decision will be taken by the Umpire? [1]
- (c) What will be the Umpire's decision if the ball touches a defender's body within the penalty area? [1]
- (ii) (a) State *any five* situations when an attacking player may receive a penalty foul. [5]

OR

- (b) Enlist *any five* duties of the Team Manager in the game of Hockey.
- (iii) Explain each of the following terms: [5]
- (a) Drag flick
- (b) Aerial pass

## BASKETBALL

### Question 10

- (i) Answer the following questions:
- (a) Discuss the history of the game of Basketball. [3]
- (b) A player attempts a three-pointer shot and the opponent player commits a foul on him at the same time. What will be the decision of the Referee? [1]
- (c) What foul will be given by the Referee if a player or a coach uses foul language, makes obscene gestures or argues with him? [1]
- (ii) (a) Enlist *any five* duties of the Table Official in the game of Basketball [5]

OR

- (b) Draw a neat diagram of a Basketball board with all its dimensions and specifications.
- (iii) Explain each of the following terms: [5]
- (a) Fastbreak
- (b) Carry

## VOLLEYBALL

### Question 11

- (i) Answer the following questions:
- (a) Explain *any three* roles of the players in the front zone during a Volleyball match. [3]

- (b) What type of a foul will the Referee award if a player serves in wrong sequence? [1]
- (c) A player smashes the ball in opponent's court. The ball touches the antenna and lands in the opponent's court. What will be the Referee's decision? [1]
- (ii) (a) State *any five* duties of a Volleyball coach. [5]

OR

- (b) Mention *any five* tournaments of Volleyball.
- (iii) Explain each of the following terms: [5]
- (a) Mintonette
- (b) Dink

## TENNIS

### Question 12

- (i) Answer the following questions:
- (a) Explain the procedure of scoring in Tennis. [3]
- (b) During a match, a server tosses the ball while serving and takes it back in his hand and tosses it again to serve. How will this impact the progress of the match? [1]
- (c) A line judge gives a wrong decision and the player challenges the decision of the line judge. How will the Chair Umpire resolve this situation? [1]
- (ii) (a) Name and briefly explain *any two* types of Tennis court surfaces. [5]

OR

- (b) Write a short note on U.S. Open.
- (iii) Explain each of the following terms: [5]
- (a) Match point
- (b) Top spin

## BADMINTON

### Question 13

- (i) Answer the following questions:
- (a) Explain *any three* types of services used in a game of Badminton. [3]
- (b) What will be the decision of the Umpire if the shuttle lands in the back gallery at the time of service? [1]
- (c) While serving, a player misses the shot and the shuttle falls down. What decision will the Umpire take? [1]
- (ii) (a) Name *four* types of grips in Badminton. Discuss any two types of grips that a Badminton player can use effectively during a match [5]

OR

- (b) Expand the following terms:
- (1) B.W.F.
- (2) B.A.C.
- (3) B.C.A.
- (4) B.A.I.
- (5) S.A.B.F

(iii) Explain each of the following terms:

[5]

- (a) Wood shot
- (b) Short service line

### SWIMMING

#### Question 14

(i) Answer the following questions:

- (a) Draw a neat diagram of a standard swimming pool with all its dimensions and specifications. [3]

- (b) In a relay race, the first swimmer does not reach the end. Before her tapping on the end wall, the second swimmer dives into the pool to start her race. [1]

In this situation, what will be the decision of the Inspector of turns?

- (c) During a swimming competition, a swimmer stops for a while and holds the lane divider rope to rest. What will be the decision of the Lane Judge? [1]

(ii) (a) Enlist *any five* types of Springboard Dives. [5]

OR

- (b) State *any five* duties of the Stroke judges.

(iii) Explain each of the following terms:

[5]

- (a) Breast Stroke
- (b) IM

### ATHLETICS

#### Question 15

(i) Answer the following questions:

- (a) Name and explain *any three* long distance races. [3]

- (b) In a long jump event, an athlete fails to start the jump after her name is called out. Specify the time limit within which she should have started the jump. [1]

- (c) In a javelin event, an athlete throws the javelin in a wrong manner. How will the Umpire signal for a wrong throw? [1]

(ii) (a) Explain *hurdle races* in Athletics. [5]

OR

- (b) Explain the procedure of Relay races.

(iii) Explain each of the following terms: [5]

- (a) Pole vault
- (b) Hammer throw

□□□



# ANSWERS

## SECTION – A (15 MARKS)

### Answer-1

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

**Explanation:** The National Anti-Doping Agency (NADA) is the authorised body in India responsible for conducting anti-doping tests and enforcing anti-doping regulations in sports. NADA is responsible for ensuring that athletes adhere to the World Anti-Doping Agency (WADA) guidelines and regulations, which prohibit the use of certain substances and methods that enhance athletic performance.

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

**Explanation:** In a cyclic tournament, one team remains static, and the other teams are rotated in a clockwise direction. This arrangement ensures that each team plays against every other team.

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

**Explanation:** A transverse fracture is the most common type of fracture in long bones. It occurs when the bone is broken straight across, resulting in a horizontal fracture line. This type of fracture is typically caused by a direct blow or impact on the bone, such as from a fall or a car accident. Transverse fractures are often seen in long bones such as the femur, tibia and humerus.

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

**Explanation:** Insomnia is a sleep disorder characterised by difficulty falling asleep, staying asleep, or waking up too early and not being able to go back to sleep. It can lead to daytime sleepiness, fatigue and other health-related problems.

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

**Explanation:** The image presents a question about identifying a type of training method based on the illustrations provided. It appears to depict various exercises arranged in a circuit format, suggesting that "Circuit training" would be the most appropriate answer.

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

**Explanation:** Both Assertion and Reason are true, and Reason is the correct explanation of Assertion. Regular physical activity helps in reducing the risk of cardiovascular diseases because it strengthens the heart muscles and improves blood circulation. This is the correct explanation for the assertion that regular physical activity helps in reducing the risk of cardiovascular diseases.

**(vii) Double Round-Robin**

**Explanation:** This format is typically used when a more balanced schedule is required. "In a double round-robin tournament, each team competes against every other team twice, once at home and once away. This format ensures fairness and balance.

**(viii) Hugh Owen Thomas**

**Explanation:** Hugh Owen Thomas came up with the Thomas Splint, a unique device crafted to stabilise and immobilise injured lower limbs, especially in cases of femoral fractures. This innovative splint made a huge difference in survival rates for patients with leg injuries, particularly during World War I.

**(ix) Pierre de Coubertin**

**Explanation:** Pierre de Coubertin is credited with reviving the modern Olympic Games after a long hiatus. He is often referred to as the "father of the modern Olympics" for his efforts in bringing the games back to life in the late 19th century.

**(x) Rehabilitation**

**Explanation:** Rehabilitation is the process of helping an individual regain their abilities and return to their optimal level of functioning after an injury or illness. It involves a combination of medical, social, educational and vocational measures to restore the individual's capacity.

**(xi) Oral hygiene refers to the practice of keeping one's mouth clean and free from disease by regularly brushing and flossing the teeth, using mouthwash, and visiting the dentist for regular check-ups and cleans.**

**(xii) Extramurals refer to the activities or events that take place outside the regular school premises or curriculum. These can include sports teams, clubs, or other extra-curricular activities that are organised and managed by the school but take place off-campus.**

**(xiii) Byes are awarded to teams to skip a round when the number of teams is not a power of 2. They ensure that all competitors get a fair chance to compete without affecting the tournament structure.**

**(xiv) Cultural heritage refers to the traditions, customs and artifacts that are passed down from generation to generation within a particular culture or community. This can include tangible items such as buildings, monuments and artifacts, as well as intangible elements such as music, dance and oral traditions.**

**(xv) I.O.C. stands for the International Olympic Committee, which is the governing body of the Olympic Movement. The I.O.C. is responsible for promoting and organising the Olympic Games, as well as supporting initiatives and programs aimed at developing sports around the world.**

## SECTION – B (25 MARKS)

### Answer-2

Identification or type of Injury: Likely a sprain or strain around the ankle area.

#### Causes

**(i) Inversion or Eversion of the Foot:** Twisting your ankle while walking, running, or jumping can easily lead to sprains.

- (ii) **Poor Footwear:** Wearing shoes that lack support can heighten the chances of ankle injuries.
- (iii) **Uneven Surfaces:** Navigating uneven ground can lead to missteps, which often result in injuries.

#### Treatment

- (i) **RICE Method:**
  - **Rest:** Steer clear of putting weight on the injured ankle.
  - **Ice:** Use ice packs to help reduce swelling.
  - **Compression:** Wrap the area with an elastic bandage for support.
  - **Elevation:** Keep your ankle raised above heart level to help minimise swelling.
- (ii) **Pain Relief:** Over-the-counter pain relievers like ibuprofen or acetaminophen can ease pain and inflammation.
- (iii) **Physical Therapy:** Once you've started to heal, some exercises might be suggested to help regain strength and flexibility.

#### Answer-3.

- (i) (a) **Knock knees:** Knock knees, also known as genu valgum, is a condition where the knees angle in and touch each other when the legs are straightened. This can cause pain and difficulty in walking. It is often seen in children and can be corrected through physical therapy or surgery.
- (b) **Droplet infection:** Droplet infection refers to the transmission of infectious agents through respiratory droplets that are expelled when an infected person coughs, sneezes, or talks. These droplets can travel a short distance and can infect individuals who are near the infected person. It is important to practice good hand hygiene and wear a mask to prevent droplet transmission.

#### OR

- (ii) (a) **Sports Software Engineering**, as a potential career option, involves the development and maintenance of software applications related to sports. This can include creating video games, developing training programmes, or building apps for tracking player performance. It combines a passion for sports with technical skills in software engineering, offering a unique and rewarding career path.
- (b) Two differences between a Professional and an Amateur player are:
  - **Compensation:** Professionals earn money from their sport, while amateurs do not. This means that professionals rely on their sport as a source of income, while amateurs may play for enjoyment without the same level of financial motivation.
  - **Commitment:** Professionals dedicate their time and effort to their sport as a career, whereas amateurs may play for enjoyment without the same level of commitment. This can lead to

professionals having more structured training schedules and a higher level of dedication to improving their skills.

#### Answer-4

The question describes a scenario where Nandita, a student, is organising a football tournament involving 13 teams but has only two days and a limited budget available.

To proceed, the following steps should be taken:

#### Type of Tournament

A knockout tournament works perfectly for 13 teams over two days. This setup allows teams to face off, with the losing teams being eliminated in each round, which helps keep the schedule efficient and manageable.

#### Formula for Knockout Tournament

In a knockout tournament, the number of matches needed to determine a winner is calculated as:

Number of Matches = Number of Teams - 1

For 13 teams:

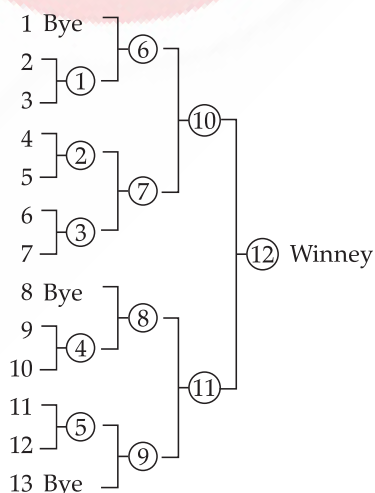
Number of Matches =  $13 - 1 = 12$

Total Number of Rounds = 4

#### Steps to Draw the Fixture:

- (i) Find the nearest power of 2 greater than 13  $\rightarrow 16$ .
- (ii) Number of byes =  $16 - 13 = 3$  byes.
- (iii) Distribute byes in the first round to the teams in the lower half following the formula:
  - First bye = Last team
  - Second bye = First team in the lower half
  - Third bye = Middle team in the lower half

Teams    R I   R II   R III   R IV



#### Answer 5.

Sports injuries can be caused by various factors, including:

- (i) **Overuse injuries:** These occur when a specific part of the body is subjected to repetitive stress or strain, leading to inflammation and damage. This is common in sports that require repetitive movements, such as running or swimming.

- (ii) **Poor training techniques:** Improper form or technique during training can put unnecessary stress on the body, leading to injuries.
- (iii) **Lack of proper warm-up and stretching:** Failing to properly warm up and stretch before engaging in physical activity can increase the risk of injury.
- (iv) **Inadequate equipment and gear:** Using improper or insufficient equipment and gear can lead to injuries, especially in sports that require protective gear.
- (v) **Insufficient rest and recovery:** Overtraining without adequate rest and recovery can lead to fatigue and increase the risk of injury.

**Answer-6**

I.O.A. stands for "Indian Olympic Association." It is the governing body for the Olympic Movement in India. It was established in 1927. Functions should relate to promoting sports in India, organising events, etc.

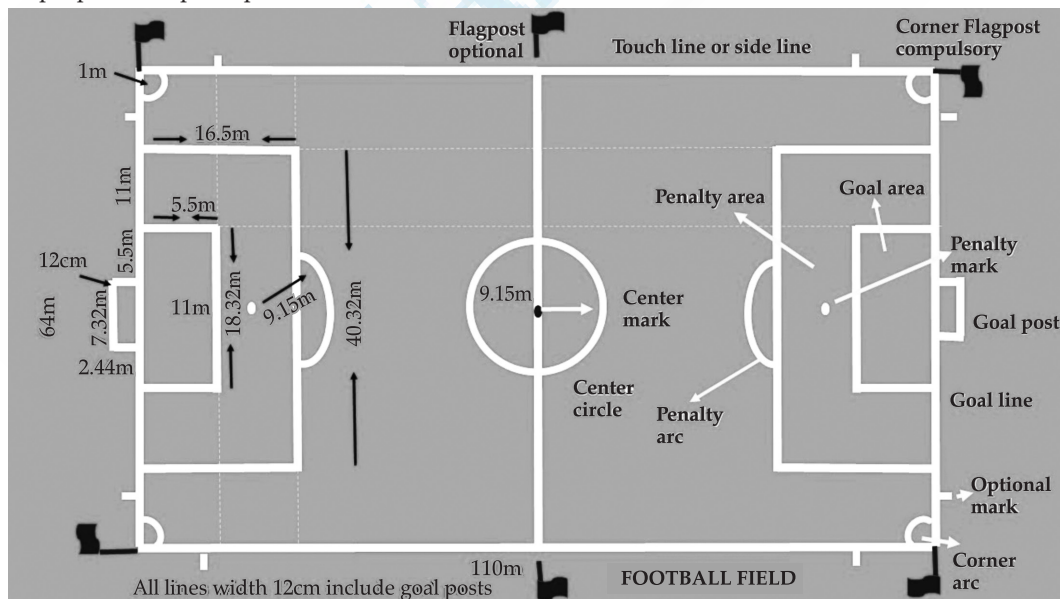
1. Promoting Olympic values in India.
2. Selecting and training athletes for international competitions.
3. Organising national sports events.
4. Collaborating with international sports bodies.

**OR**

(ii) Health education is the process of enabling individuals and communities to increase control over, and improve their health. It moves beyond the traditional focus on individual behaviour towards a wide range of social, environmental and economic factors that influence health. Here are four general principles of health education:

- **Interest:** People show their interest in health education if they find it interesting. Health educators should identify the people's "FELT NEEDS" and then organise a programme in which they participate actively.
- **Participation:** Health educators should encourage people to participate in health education

(ii)



programmes and help them identify or solve their health problems; this will help people easily understand the importance of health education.

- **Motivation:** It is a crucial principle of health education because it influences the individual to adapt and maintain healthy behaviour, and it also helps them to understand the importance of health education.
- **Comprehension:** It refers to the level of understanding of the people. Health educators should communicate with them after assessing their level of understanding, in order to achieve the desired goals of the health education programme

**SECTION – C (30 MARKS)****Answer-7.**

(i) (a) Three pre-match duties of the Referee are:

- Conducting a pre-match inspection of the pitch and facilities.
- Ensuring players wear proper kits (jerseys, shin guards, etc.) and no dangerous items.
- Reviewing the rules and regulations with both teams and their respective officials.

(b) According to the laws of the game, a goalkeeper is allowed to use their hands within their penalty area. If the goalkeeper handles the ball outside of this area, it is considered a foul. The appropriate punishment for this infraction is a direct free kick for the opposing team, which is taken from the location of the infraction.

(c) When a player attempts to score a goal and the goalkeeper saves the shot, but the ball rebounds and goes out of the goal line, it is considered a corner kick. A corner kick is a method of restarting play when the ball has gone out of the goal line (after last being touched by a player of the attacking team) and the goal is not scored. The attacking team takes the corner kick from the corner arc nearest to where the ball left the field of play.





OR

- (b) A direct free kick is a type of free kick in football (soccer) that is awarded to a player when a foul or handball is committed by the opposing team. A direct free kick allows the player to take a direct shot at goal without the ball having to touch another player first.

Here are five situations when a direct free kick is awarded to a player by the referee:

- **Tripping or Sliding Tackle:** When a player trips or slides to take the ball from an opponent, it is considered a foul. The referee awards a direct free kick to the opposing team, allowing them to take a direct shot on goal.
  - **Kicking or Striking:** If a player deliberately kicks or strikes an opponent, it is considered a foul. The referee awards a direct free kick to the opposing team, allowing them to take a direct shot on goal.
  - **Pushing or Shoving:** When a player pushes or shoves an opponent, it is considered a foul. The referee awards a direct free kick to the opposing team, allowing them to take a direct shot on goal.
  - **Holding an Opponent:** If a player uses their hands or body to hold back an opponent, the referee awards a direct free kick.
  - **Deliberate Handball:** If a player deliberately touches the ball with their hand or arm (except the goalkeeper in their penalty area), a direct free kick is awarded to the opposing team.
- (iii) (a) **Quarter circle:** A quarter circle, also known as a quadrant, is a geometric shape that represents one fourth of a full circle. It is formed by dividing a circle into four equal parts, each with a central angle of 90 degrees. A quarter circle can be visualised as a sector of a circle with a central angle of 90 degrees.
- (b) **Goal kick:** In the context of soccer (also known as football in some countries), a goal kick is a method of restarting play after the ball has crossed the goal line, last touched by an attacker. The goalkeeper of the defending team is the only player allowed to touch the ball during a goal kick. The ball is placed within the goal area, and the goalkeeper must throw or kick it back into the field of play.

## CRICKET

Answer-8.

- (i) (a) The protected area of the cricket pitch is a specific rectangular zone right in the middle of the pitch. It stretches about five feet in front of each popping crease and is two feet wide on either side of the pitch's centreline. This area plays a vital role in keeping the pitch in good shape and preventing excessive wear that could give bowlers an unfair advantage. Bowlers aren't allowed to step into this zone repeatedly during their follow-through, as it can create rough spots that help with spin or seam movement, making it tougher for batsmen. If a bowler keeps infringing on this area after being warned, the umpire might stop them from bowling for the rest of that innings. Likewise, fielders can't stand or run in this area before the ball reaches the batsman. These rules help ensure that both teams have a fair playing surface throughout the match.

- (b) The term used to denote the practice of a player changing the condition of the ball to take advantage is "ball tampering". This is considered a serious offence in cricket and is strictly prohibited under Law 41.3 of the MCC Laws of Cricket, and can result in penalties, including the dismissal of the player involved.

- (c) The umpire signals "Leg Bye" if the ball hits the batter's body and runs are scored.

- (ii) (a) Substitution in cricket refers to the act of replacing one player with another during a cricket match. This can happen for various reasons, such as injury, tactical decisions, or strategic changes. However, unlike some other sports, tactical substitutions are generally not allowed in cricket.

**Two circumstances of substitution in cricket are:**

- **Injury:** If a player is injured during the match, they may need to be substituted out to receive medical attention and prevent further injury. The team can then bring in a substitute player to replace the injured player.
- **Fielding Substitutes:** If a player gets injured, feels unwell, or has to leave the field for a legitimate reason—like a bathroom break or an emergency—a substitute fielder can step in for a while. Just keep in mind that the substitute isn't allowed to bat, bowl, or keep wickets. Cricket may vary depending on the level of play and the specific competition.

OR

- (b) The five national tournaments of cricket in India are:

1. **Ranji Trophy:** The Ranji Trophy is the oldest and most prestigious domestic cricket tournament in India, played between the first-class cricket teams of different Indian states.
2. **Duleep Trophy:** The Duleep Trophy is a domestic cricket tournament in India, played between the teams representing the four zones of India: North, South, East and West.



3. Vijay Hazare Trophy: The Vijay Hazare Trophy is a domestic cricket tournament in India, played between the teams representing the different Indian states.
  4. Syed Mushtaq Ali Trophy: The Syed Mushtaq Ali Trophy is a domestic T20 cricket tournament in India, played between the teams representing the different Indian states.
  5. Deodhar Trophy: The Deodhar Trophy is a domestic cricket tournament in India, played between the teams representing the different Indian states.
- (iii) (a) In the world of cricket, a "Golden Duck" is a term used when a batsman gets out without scoring any runs on their very first ball. It's often seen as a pretty unfortunate and embarrassing way to leave the game. If a batsman is dismissed for a duck on their second ball, we call that a Silver Duck, and if they get out on the third ball without scoring, it's referred to as a Bronze Duck.
- (b) In cricket, the phrase "How is that?" is what bowlers or fielders use to appeal to the umpire, asking for a decision on whether the batter is out. It's a formal way to request the umpire's judgment on dismissals like LBW (Leg Before Wicket), caught behind, stumped, or any other way a batter can be out. According to the laws of cricket, a batter can't be declared out unless the fielding team appeals, typically by shouting "How is that?" while looking at the umpire. The umpire then decides by either raising their finger to signal "out" or shaking their head or saying "Not out" to reject the appeal.

## HOCKEY

### Answer-9.

- (i) (a) Three basic skills that a hockey player must possess are:
- **Dribbling:** The ability to manoeuvre the ball with short, quick touches while maintaining control. This skill is essential for maintaining possession and creating scoring opportunities.
  - **Passing:** The ability to accurately pass the ball to teammates. This skill is crucial for maintaining possession and creating scoring opportunities.
  - **Shooting:** The ability to accurately shoot the ball towards the goal. This skill is essential for scoring goals and creating scoring opportunities.
- (b) If a player aggressively tackles an opponent during the match, the umpire will likely issue a penalty card to the offending player. The severity of the penalty (yellow or red card) will depend on the severity of the tackle. A red card results in the player being sent off the field, while a yellow card serves as a warning.
- (c) If the ball makes contact with a defender's body inside the penalty area, the umpire typically gives a penalty corner to the attacking team, unless the contact was unintentional and not harmful. However, if the defender intentionally blocks the ball with their body or prevents a clear chance to score, the umpire might opt to award a penalty stroke instead.

- (ii) (a) Five situations when an attacking player may receive a penalty foul are:

- **Tripping:** The player trips an opponent with their feet or legs.
- **Charging:** The player charges into an opponent with their body.
- **Pushing:** The player pushes an opponent with their hands or arms.
- **Holding:** The player holds onto an opponent with their hands or arms.
- **Kicking:** The player kicks an opponent with their feet.

OR

- (b) The duties of a Team Manager in the game of Hockey include:

- **Player Development:** The Team Manager is responsible for the overall development of the players, both on and off the ice. This includes providing coaching, training and guidance to help players improve their skills and reach their full potential.
- **Team Selection:** The Team Manager is responsible for selecting the team for each game or tournament. This involves evaluating the performance of each player and making strategic decisions about which players to include in the lineup.
- **Game Strategy:** The Team Manager works with the coaching staff to develop game strategies and tactics. This includes analysing the strengths and weaknesses of the opposing team and developing plans to exploit them.
- **Player Welfare:** The Team Manager is responsible for the well-being of the players both on and off the ice. This includes ensuring that players have access to proper nutrition, medical care and mental health support.
- **Communication:** The Team Manager serves as the main point of communication between the players, coaching staff, and the organisation. This includes relaying information about game schedules, training sessions and other important updates to the players and their families.

- (iii) (a) **Drag flick:** It is a type of stroke in which the hockey stick is used to first drag the ball and then lift it in the air.

- (b) **Aerial pass:** An aerial pass in field hockey refers to a technique where a player lifts the ball off the ground to send it over defenders and towards a teammate. This technique is effective for moving the ball quickly and setting up scoring opportunities. However, players need to be cautious when using it to steer clear of dangerous plays and any potential rule violations.

## BASKETBALL

### Answer-10.

- (i) (a) The history of basketball:

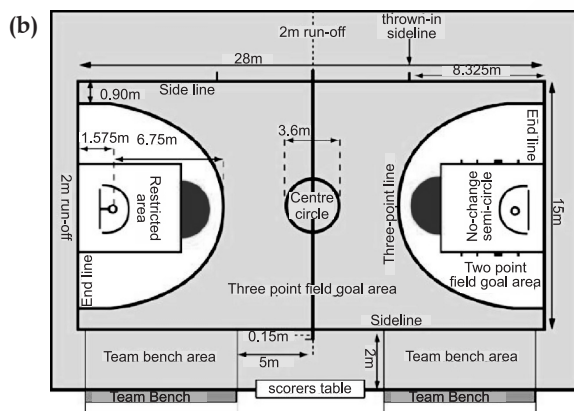
Basketball was invented by Dr. James Naismith in 1891 in Springfield, Massachusetts. It was initially played with a soccer ball and peach baskets as goals. The first professional basketball

league, the National Basketball League (NBL), was formed in 1898. Over time, basketball has evolved into a global sport with professional leagues and international competitions.

- (b) If a player goes for a three-pointer and gets fouled by an opponent at the same time, the referee will call it a shooting foul. What happens next depends on whether the shot goes in or not. If the player makes the three-pointer, they score 3 points, and they also get one free throw for a chance at an extra point. This is known as a "four-point play" opportunity.

On the other hand, if the three-pointer misses, the player who was fouled is given three free throws as a way to compensate for the foul.

- (c) If a player or coach resorts to foul language, throws up obscene gestures, or gets into a heated argument with the referee, the referee will hand out a technical foul. This means the other team gets one or two free throws, based on the competition's rules, and sometimes they even gain possession of the ball.



**Basketball Playing Court**

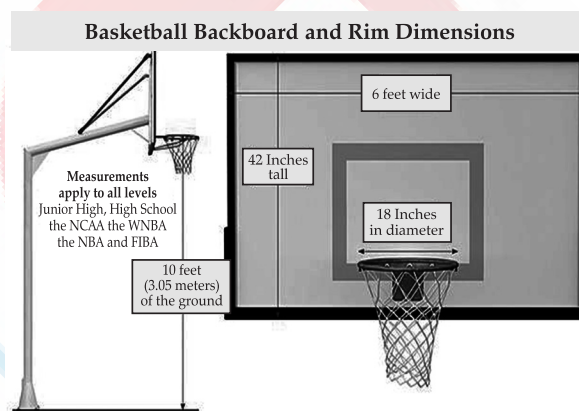
- (iii) (a) Fastbreak is a scoring opportunity that occurs when a team quickly moves the ball up the court and scores a basket before the opposing team has a chance to set up their defense. The fastbreak is typically initiated by a defensive rebound or a steal, where the team quickly transitions from defense to offense. The key elements of a fastbreak are speed, transition and scoring opportunity. The team moves the ball quickly up the court, often passing it ahead to players who are already moving towards the basket. This creates a high-percentage scoring opportunity, as the opposing team is caught flat-footed and unable to defend effectively. The fastbreak is a crucial part of basketball, as it can create easy scoring opportunities and put pressure on the opposing team's defense.

- (b) A carry is a violation that occurs when a player dribbles the ball with both hands simultaneously or pushes the ball with one hand while it is in their possession. This is considered a violation because it is not a legal dribble, and the player is not allowed to carry the ball. The key elements

- (ii) (a) Five duties of the Table Official in the game of Basketball:

- Keeping track of the score: The Table Official is responsible for accurately recording the score throughout the game.
- Monitoring the game clock: The Table Official ensures that the game clock is properly maintained and accurately reflects the time remaining in the game.
- Ensuring that the rules are followed: The Table Official is responsible for enforcing the rules of the game and ensuring that both teams are playing fairly.
- Issuing penalties and fouls: The Table Official is responsible for calling fouls and issuing penalties to players who violate the rules.
- Communicating with the referees: The Table Official serves as the main point of communication between the referees and the teams, relaying important information and instructions as needed.

OR



**Basketball Backboard**

of a carry include simultaneous dribbling, pushing the ball and violation. When a player dribbles the ball with both hands at the same time, it is considered a carry. Similarly, when a player pushes the ball with their hand while it is in their possession, it is considered a carry. This is deemed a violation because it gives the player an unfair advantage by allowing them to control the ball without properly dribbling. The rules of basketball are designed to ensure that players must dribble the ball in order to maintain possession, which creates a more fair and competitive game. When a carry is called, the opposing team is awarded possession of the ball, and the player who committed the carry is not allowed to continue playing until the referee has made a decision.

## VOLLEYBALL

### Answer-11.

- (i) (a) The roles of players in the front zone during a volleyball match are crucial for the team's success. Here are three key roles:

- **Spiking:** Front zone players are often responsible for executing powerful spikes to attack the opponent's court. They position themselves close to the net and use their jumping ability to hit the ball with force, aiming to score points.
  - **Blocking:** These players play a crucial role in blocking the opponent's attacks by positioning themselves near the net. They use their hands and arms to stop the ball from crossing the net, preventing the opponent from scoring.
  - **Receiving:** Front zone players are tasked with receiving the ball from the opponent's serve or attack. They use their hands and arms to control the ball and set it up for their teammates to continue the offence.
- (b) If a player serves in the wrong sequence, it means they are not following the proper serving order. In this case, the Referee will award a point to the opposing team, giving them an advantage.
- (c) If a player smashes the ball and it touches the antenna before landing in the opponent's court, it is considered a fault. The Referee will call a fault and award a point to the opposing team, giving them an advantage.
- (ii) (a) The duties of a volleyball coach are essential for the team's success. Here are five key duties:
- **Training and Developing Skills:** The coach is responsible for teaching and improving the technical skills of the players. They provide individual coaching and practice plans to enhance the players' skills.
  - **Strategic Planning:** The coach develops and implements game strategies to enhance the team's performance. They analyse the opponent's strengths and weaknesses and create effective game plans.
  - **Motivating and Encouraging:** The coach motivates the players, fostering a positive and competitive environment. They provide encouragement and support to the players, helping them overcome challenges.
  - **Providing Tactical Instructions:** The coach offers tactical advice and instructions to the players during the game. They guide the players on how to execute specific plays and make strategic decisions.
  - **Monitoring and Evaluating Performance:** The coach assesses the players' performance and makes necessary adjustments to improve the team's overall effectiveness. They provide feedback and make changes to the training and game strategies based on the players' performance.
- (b) The five tournaments of Volleyball are:
- **FIVB Volleyball World Championship:** This is the most prestigious international volleyball tournament, organised by the Fédération Internationale de Volleyball (FIVB). It is held every four years and features the best national teams from around the world.
  - **FIVB Volleyball Men's World Cup:** This is another major international volleyball

tournament organised by the FIVB, specifically for men's teams. It is held every four years and is considered the second most prestigious men's volleyball tournament after the World Championship.

- **FIVB Volleyball Women's World Cup:** This is the equivalent tournament for women's volleyball, organised by the FIVB. It is held every four years and features the top women's national teams from around the world.
- **CEV Champions League:** This is the top club volleyball competition in Europe, organized by the Confédération Européenne de Volley (CEV). It features the best men's and women's club teams from across the continent.
- **Pan American Cup:** A major tournament for national teams from North, Central, and South America, organised by NORCECA and the CSV.

(iii) (a) **Mintonette:**

- Mintonette is the original name of the sport of volleyball, which was invented in 1895 by William G. Morgan, a YMCA physical education director in Holyoke, Massachusetts.
- Morgan created the game as a blend of basketball, baseball, tennis and handball, and initially called it "mintonette" because it was played with a minton ball.
- The name was later changed to "volleyball" to better reflect the nature of the game, which involves hitting the ball back and forth over the net.

(b) **Dink:**

- In volleyball, a "dink" refers to a soft, controlled touch of the ball that is used to keep the ball in play and make it difficult for the opponent to attack.
- Dinks are typically played with a gentle, wrist-driven motion, rather than a powerful overhead or spike.
- Dinks are often used as an offensive move, it is a deceptive shot that catches the defence off guard and forces them to make errors, as well as to create scoring opportunities for the team.

## TENNIS

### Answer-12.

(i) (a) The procedure of scoring in Tennis is as follows:

- A player scores points by hitting the ball into the opponent's court and the opponent is unable to return it.
- A player must win by at least two points (e.g., 4-2 or 5-3). The first player to win six games wins the set.
- If the score reaches 6-6, a tiebreaker is played to determine the winner of the set.
- The first player to win a set must win by at least two games.
- A standard tennis match is played as best of three sets (women's matches) or best of five sets (men's Grand Slam matches). A match is not necessarily tied at 2-2.



(b) If a server throws the ball up but then catches it again or just lets it fall without trying to hit it, there's no penalty, and they can just try the toss again. But if the server goes for a swing and misses the ball, that counts as a fault. If they miss twice in a row, it's called a double fault, and the other player gets the point.

(c) If a line judge gives a wrong decision and the player challenges the decision of the line judge, the Chair Umpire will review the decision using electronic equipment. If the Chair Umpire agrees with the player's challenge, the decision of the line judge will be overturned.

(ii) (a) **Two types of Tennis court surfaces are:**

- **Hard courts:** These courts are made of hard asphalt or concrete and are considered fast surfaces. They provide a lot of bounce and are suitable for aggressive playing styles.
- **Clay courts:** These courts are made of crushed shale or clay and are considered slow surfaces. They provide a lot of bounce and are suitable for baseline players who rely on consistent groundstrokes.

OR

(b) The US Open is one of the four Grand Slam tennis tournaments held annually, along with the Australian Open, the French Open and Wimbledon. The US Open is the second oldest of the four Grand Slam tournaments, with the first men's tournament held in 1881 and the first women's tournament held in 1887.

The US Open is played on hard courts at the USTA Billie Jean King National Tennis Centre in Flushing Meadows, New York City. The tournament is one of the most prestigious events in the sport of tennis, attracting the world's top players and drawing large crowds of fans.

The US Open features both men's and women's singles and doubles events, as well as junior and wheelchair competitions. The tournament is known for its fast-paced, high-intensity matches and its iconic moments, such as John McEnroe's famous outbursts in the 1980s and Serena Williams' dominant performances in the 2010s.

The US Open is also notable for its rich history and tradition, with many of the sport's greatest players having won the title over the years, including legends like Roger Federer, Serena Williams and Pete Sampras. The tournament is considered one of the most challenging events on the professional tennis circuit, with the hard-court surface and the high-stakes atmosphere pushing players to their limits.

(iii) (a) **Match Point:**

- In tennis, a "match point" refers to the point that, if won by a player, would result in that player winning the entire match.
- For example, if the score is tied at 6-6 in the final set, the next point won by either player would be considered a match point.
- If a player wins the match point, they win the match. If the opponent wins the match point,

the match continues until one player wins the next point.

(b) **Top Spin:**

- In tennis, "top spin" refers to a type of spin that is applied to the ball during a serve or groundstroke.
- Top spin is created by hitting the ball with a downward motion, causing the ball to rotate forward as it travels through the air.
- Top spin causes the ball to dip down and bounce higher after landing, making it more difficult for the opponent to return.
- Top spin is often used in serves and groundstrokes to generate power and control, and it can be an effective tactical tool in a player's arsenal.

## BADMINTON

### Answer-13.

(i) (a) **The three types of services used in a game of Badminton are:**

- **Short Serve:** A short serve is a serve that just goes over the net and lands on the short service court. It is a legal serve and is often used to start the rally. The shuttle is hit with a gentle push, causing it to travel a short distance over the net.
- **Long Serve:** A long serve is a serve that travels deep into the opponent's court. It is a legal serve and is often used to push the opponent to the back of the court. The shuttle is hit with more power, causing it to travel a long distance over the net.
- **Flick Serve:** A flick serve is a serve where the shuttle is hit with a flick of the wrist, causing it to dip sharply after crossing the net. It is a legal serve and is often used to catch the opponent off guard. The shuttle is hit with a sudden, sharp motion, causing it to drop quickly after crossing the net.

(b) In badminton, the rules for serving can vary depending on whether you're playing singles or doubles, especially when it comes to where the shuttle lands.

**For singles:** If the shuttle lands on or inside the back boundary line, then the serve is considered legal, and the game goes on.

**For doubles:** If the shuttle goes past the long service line meant for doubles, that's a fault, and the point goes to the opposing team.

(c) If a player completely whiffs the shuttle while trying to serve, the umpire will let them have another go without calling a fault. But if the player messes up the serve—like hitting the shuttle wrong, breaking the service rules, or sending it out of the service court—the umpire will call a fault, and the opponent will score a point.

(ii) **The four types of grips in badminton are:**

- Forehand grip
- Backhand grip
- Slicing grip
- Flicking grip

Now, let's discuss the forehand grip and backhand grip in detail:

● **Forehand grip:**

The forehand grip is used when the shuttlecock is approaching the player from the front. In this grip, the player's thumb is placed on one side of the racket handle, while the other fingers are spread out evenly across the handle. This grip allows the player to have better control and power when hitting the shuttlecock with a forehand stroke.

● **Backhand grip:**

The backhand grip is used when the shuttlecock is approaching the player from the back. In this grip, the player's thumb is placed on the opposite side of the racket handle compared to the forehand grip, while the other fingers are also spread out evenly across the handle. This grip allows the player to have better control and power when hitting the shuttlecock with a backhand stroke.

OR

(b) BWF: Badminton World Federation

BAC: Badminton Association of Canada

BCA: Badminton Association of China

BAI: Badminton Association of India

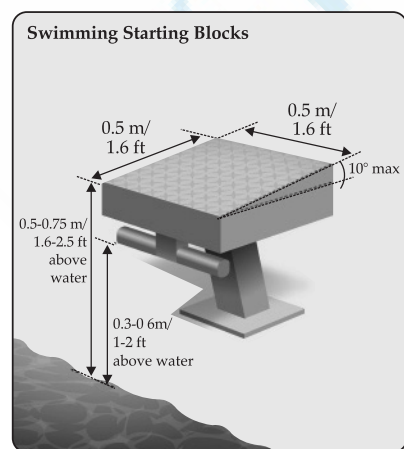
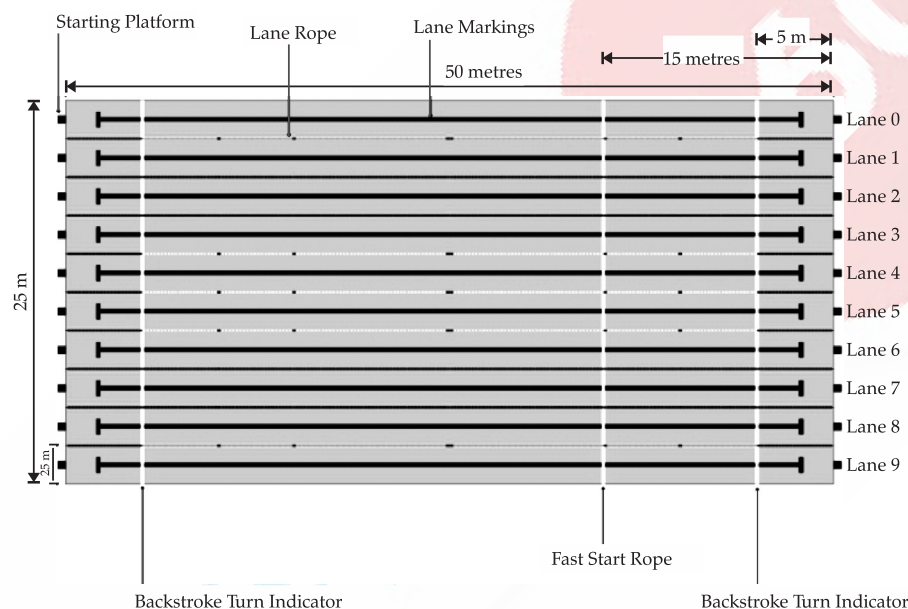
SABF: South African Badminton Federation

(iii) (a) **Woodshot:** A woodshot in badminton happens when the shuttlecock accidentally makes contact with the frame of the racket instead of the strings. Even though it's usually unintentional, a woodshot is still a legal move as long as it lands in the court. Interestingly, because the shuttlecock can fly in unexpected ways, a woodshot might catch opponents off guard and make it tricky for them to return the shot.

(b) **Short service line:** In badminton, the short service line is set at 1.98 metres (or 6 feet 6 inches) from the net on each side of the court. This line indicates the shortest distance the shuttlecock needs to travel when serving. The server has to strike the shuttlecock below waist level, ensuring it lands past the short service line in the opponent's service area. If the shuttlecock touches down before this line, it's considered a fault, and the opponent gets the point.

## SWIMMING

Answer 14.



Swimming Pool

(b) In a relay race, if the first swimmer does not reach the end before tapping on the end wall, the Inspector of turns would likely disqualify the team from the race. This is because the first swimmer did not complete their lap before the second swimmer started theirs, which is against the rules of the relay race. The Inspector of turns ensures that the rules of the race are followed, and in this case, the first swimmer's actions would be considered a violation of the rules.

(c) If a swimmer stops for a while and holds the lane divider rope to rest during a swimming competition, the lane judge would likely disqualify the swimmer from the race. This is because holding onto the lane divider rope is against the rules of competitive swimming, as it can interfere with the swimmer's performance.

and the flow of the race. The lane judge is responsible for ensuring that the rules of the race are followed, and in this case, the swimmer's actions would be considered a violation of the rules.

(ii) (a) **Five types of Springboard Dives are:**

- **Forward Dive:** A dive where the swimmer takes off from the springboard and enters the water head-first, facing forward.
- **Backward Dive:** A dive where the swimmer takes off from the springboard and enters the water feet-first, facing backwards.
- **Tuck Dive:** A dive where the swimmer takes off from the springboard and enters the water in a tucked position, with their knees drawn to their chest and arms wrapped around their legs.
- **Inward Dive:** The diver starts with their back to the water, jumps forward (toward the board), and enters head-first.
- **Twist Dive:** The diver rotates in the air horizontally while executing a dive, adding a twist before entry.

OR

(b) The duties of the Stroke judges in swimming include:

- Observing the swimmers' technique and ensuring they are following the correct form and stroke mechanics.
- Ensuring that all competitors swim within the rules of their respective strokes throughout the race.
- Identifying and penalising any illegal strokes or violations of the rules.
- Ensuring the swimmers are not touching the lane lines or other swimmers during their strokes.
- Watching for rule violations like incorrect turns or improper underwater phases.

(iii) (a) **Breast Stroke:** A swimming stroke in which the swimmer remains in a belly-down position. The movement in water takes place by using frog kicks and sweeping action of the arms in the front and below the body of the swimmer.

(b) **IM (Individual Medley):** The IM, or Individual Medley, is a swimming event where the swimmer must complete one lap of the pool, swimming each of the four competitive strokes in the following order: butterfly, backstroke, breaststroke, and freestyle. The IM is considered a challenging and demanding event, as it requires the swimmer to have strong endurance, technique, and coordination across all four strokes. It is typically swum in both short-course (25 metres) and long-course competitions, and is an important event for competitive swimmers to train and prepare.

## ATHLETICS

Answer-15.

(i) (a) **Three long distance races in Athletics are:**

- **Marathon:** A marathon is a long-distance running event with an official distance of 42.195 kilometres (26.219 miles). It is one of the most

prestigious events in Athletics and is often considered the ultimate test of endurance. The marathon race tests the athlete's stamina, strength and mental toughness as they run the entire distance without any breaks.

- **5000 metres:** The 5000 metres race is another long-distance event in Athletics. It is a track race that requires runners to complete five laps around the standard 400-metre track. This event tests the athlete's endurance, pacing, and ability to maintain a consistent speed throughout the race.

- **10,000 metres:** The 10,000 metres race is a long-distance event that requires runners to complete ten laps around the standard 400-meter track. This event is considered one of the most challenging races in Athletics, as it tests the athlete's endurance, pacing, and mental toughness over a longer distance.

(b) In a long jump event, an athlete has 30 seconds to take off after their name is announced. If they don't jump in that time, it counts as a failed attempt, or a foul. But don't worry, they won't be disqualified from the whole event unless they rack up several fouls or break other competition rules. If they cross the line, it's considered a fault, and the opponent gets the point.

(c) In a javelin event, if an athlete throws the javelin in the wrong manner, the Umpire will signal for a wrong throw by raising a red flag. The red flag is used to indicate that the throw was not valid, and the athlete will be disqualified from the event.

(ii) (a) Hurdle races in Athletics involve running over a series of barriers called hurdles. The hurdles are placed at regular intervals along the track, and the athletes must jump over them as they run. Hurdle races are a combination of speed, agility, and endurance, as the athletes must maintain their speed while also clearing the hurdles efficiently. There are different types of hurdle races, such as the 110 metres hurdles for men and the 100 metres hurdles for women. The athletes must follow specific rules and techniques to ensure fair and accurate competition.

(b) **The procedure of relay races involves several steps:**

- **Team Formation:** Each team consists of a specific number of runners, typically 4 in a standard 4×100-metre relay or 4×400-metre relay.
- **Starting Position:** The runner's line up in their respective lanes on the track, usually behind a designated line called the "starting line."
- **Signal for Start:** A signal, such as a starting gun or a light, is used to indicate when the race will begin.
- **First Leg:** The first runner of each team starts the race. They must run a specified distance, such as 100 metres or 400 metres, depending on the event.
- **Passing the Baton:** After completing their leg, the first runner hands off a baton to the second



runner. This hand over must occur within a designated zone called the "baton pass zone."

- **Continuing the Race:** The second runner then runs their leg and hands the baton to the third runner. This process continues until all four legs are completed.
  - **Final Leg:** The final runner completes the race by running their leg and crossing the finish line.
  - **Scoring:** The team whose final runner crosses the finish line first wins the race. In case of a tie, the team that completed the race in the shortest total time wins.
- (iii) (a) **Pole Vault:** Pole vault is an athletic field event in which an athlete attempts to clear a high bar with the help of a long, flexible pole. The athlete

runs with the pole, plant it in a box, and then jumps off it, aiming to clear the bar. The pole bends under the weight of the athlete and then straightens out, propelling the athlete over the bar. The height of the bar gradually increased until the athlete fails to clear it.

- (b) **Hammer Throw:** Hammer throw is a track and field event where an athlete throws a heavy metal ball attached to a wire handle. The athlete spins around with the hammer, building momentum, and then releases it for maximum distance. The hammer must be thrown over a circular metal ring, and the distance is measured from the point where the hammer first touches the ground to the centre of the ring.

□□□

OSWAAL

