

ICSE 2024 EXAMINATION
SPECIMEN QUESTION PAPER
PHYSICAL EDUCATION

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

*(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) Identify the process in the following picture.



- (a) Physical fitness
- (b) Growth
- (c) Mental development
- (d) Psychological development

- (ii) The form of nutrition in which the intake of nutrients is oversupplied is known as _____.
- (a) Undernutrition
 - (b) Overnutrition
 - (c) Special diet
 - (d) Staple diet
- (iii) What is the full form of ACL?
- (a) Anatomy Cruciate Ligament
 - (b) Anterior Cramp Ligament
 - (c) Anatomy Collateral Ligament
 - (d) Anterior Cruciate Ligament
- (iv) This injury is characterised by pain in the front part of lower leg _____.
- (a) Sprained ankle
 - (b) Shin splint
 - (c) Stress fracture
 - (d) Tennis elbow
- (v) The passing of traits from parents to their offspring is known as:
- (a) Puberty
 - (b) Infancy
 - (c) Childhood
 - (d) Heredity
- (vi) This principle of Sports Training suggests that minor changes in training regime yields more consistent gain in sports performance.
- (a) Principle of reversibility
 - (b) Principle of adaptation
 - (c) Principle of variance
 - (d) Principle of specificity

- (vii) Which among these is not a macronutrient?
- (a) Lipids
 - (b) Carbohydrate
 - (c) Protein
 - (d) Vitamins
- (viii) Being able to change direction quickly in a game of Basketball is a good example of which skill related component?
- (a) Co-ordination
 - (b) Speed
 - (c) Power
 - (d) Agility
- (ix) The unit used to describe the energy content of food is called _____.
- (a) Calorie
 - (b) Nutrition
 - (c) Meal planning
 - (d) Balanced diet
- (x) The power that helps to lift and carry objects is _____.
- (a) Muscular strength
 - (b) Cardiovascular endurance
 - (c) Agility
 - (d) Co-ordination
- (xi) Which option is not a prevention of an injury?
- (a) Warming up and cooling down to be done
 - (b) Fitness of the participant
 - (c) Proper Training of skills
 - (d) Not resting between workout, using faulty skills and equipment

- (xii) Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion: The athlete's workout gain and progress will be lost when he stops training.
Reason: A regular training stimulus is not required to maintain adaptations.
In the context of the above two statements, which one of the following is correct?
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 - (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
 - (c) (A) is true, but (R) is false
 - (d) (A) is false, but (R) is true
- (xiii) Which among the following is NOT the objective of physical education?
- (a) Physical development
 - (b) Recreation and fun
 - (c) Social development
 - (d) Psychological development
- (xiv) The ability to stay upright in control of body movement is called as _____.
- (a) Balance
 - (b) Strength
 - (c) Power
 - (d) Endurance
- (xv) The _____ is not a factor which affects our diet.
- (a) Age
 - (b) Gender
 - (c) Body weight
 - (d) Personality
- (xvi) An ankle sprain is an example of _____.
- (a) Soft tissue injury
 - (b) Concussion
 - (c) Bone fracture
 - (d) Abrasion

- (xvii) According to the principle of Overload, which of the following statement is correct?
- (a) There should be greater load on the body than the normal load
 - (b) There should not be greater load on the body than the normal load
 - (c) Training load should remain static
 - (d) Training load should be extreme
- (xviii) The _____ is the range of motion of muscle and connective tissues at a joint or group of joints.
- (a) Flexibility
 - (b) Power
 - (c) Accuracy
 - (d) Balance
- (xix) Periodization means:
- (a) The regular training of sports and games
 - (b) The irregular workout during sports and games
 - (c) The specific process of training and work load every day.
 - (d) The systematic planning of athletic or physical training
- (xx) Match the following:
- | | |
|------------------------------|-------------------------|
| (I) Cardiovascular endurance | 1) Sit and reach test. |
| (II) Muscular endurance. | 2) The ball toss test. |
| (III) Flexibility. | 3) Push up test. |
| (IV) Co-ordination. | 4) The cooper run test. |
- (a) I-1, II-3, III-4, IV-2.
 - (b) I-3, II-4, III-2, IV-1.
 - (c) I-4, II-3, III-1, IV-2.
 - (d) I-2, II-3, III-4, IV-1.

Question 2

- (i) Define the term development. [2]
- (ii) What is plantar fasciitis injury? [2]
- (iii) List *any three* main objectives of physical education. [3]
- (iv) What is a concussion? State *any two* symptoms of concussion. [3]

Question 3

- (i) What is accuracy? [2]
- (ii) Explain the term nutrition. [2]
- (iii) State *any three* preventive measures to be taken in order to avoid Sports Injuries. [3]
- (iv) State *any three* characteristics of endomorph body. [3]

Question 4

- (i) During one of the league matches of the CISCE Football Tournament Amar, one of the players of the Global Modern school tripped and fell down due to a tackle from an opponent and was injured. He had difficulty in standing up. The referees ran immediately to the spot of the incident, Akbar the coach was called on to the field to attend to Amar. Anthony another team player of Amar's team had certain queries which are listed below. Kindly clear the doubts of Anthony by answering the following questions? [2]
 - 1. If there is a broken bone it will be a:
 - (a) Shin Splint
 - (b) Contusion
 - (c) Concussion
 - (d) Fracture
 - 2. In case of sprain the first-aid given will be
 - (a) Give massage to affected part
 - (b) Wait till the doctor arrives
 - (c) PRICER
 - (d) Apply muscle relaxant ointment

- (ii) Define the term health education. [2]
- (iii) State *any three* responsibilities of a commentator. [3]
- (iv) What is hip bursitis? State *any two* causes of hip bursitis injury. [3]

SECTION B

(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) Free hit
 - (b) Wooden spoon
 - (c) Reverse swing
 - (d) Late cut
- (ii) (a) Explain *danger area* on the cricket pitch. [9]
- (b) When is a batter said to be run out? Explain.
- (c) Mention *any three* fielding positions on the on side of the field.
- (iii) (a) What do you mean by *sledging*? [8]
- (b) Explain the term *short run*.
- (c) What is a *bouncer*?
- (d) Explain the term *middle order*.

Question 6

- (i) Explain the following terms in cricket: [8]
- (a) Duck
 - (b) Stance
 - (c) Out swing
 - (d) Beamer

- (ii) (a) What is meant by obstructing the field? [9]
- (b) Write the following:
1. Length of the bat.
 2. Length of the Cricket pitch.
 3. Height of the stumps when pitched.
- (c) What is the importance of *30 yard circle*?
- (iii) (a) List *any four* compulsory equipment used by the batsman in cricket. [8]
- (b) Explain the term *run up* in cricket.
- (c) What do you mean by the term *substitute*?
- (d) Explain the term *Bodyline Bowling* in cricket.

FOOTBALL

Question 7

- (i) Write short note on: [8]
- (a) Halfway line
 - (b) Penalty mark
 - (c) Full time
 - (d) Final pass
- (ii) (a) Differentiate between short pass and long pass in football. [9]
- (b) Write *any three* occasions when the ball is said to be out of play in the game of football.
- (c) When is a corner kick awarded and from where is it taken?
- (iii) (a) What is the shape and circumference of the ball? [8]
- (b) Explain the term a *through pass*.
- (c) What is *penalty arc*?
- (d) Explain the term *set piece*.

Question 8

- (i) Explain the following terms in football: [8]
- (a) Back heel
 - (b) Place kick
 - (c) Yellow card
 - (d) Extra time
- (ii) (a) Write down the procedure of substitution during the game. [9]
- (b) State *any three* duties of referee during the match.
- (c) State *any three* fouls for which the referee can show a yellow card to the player.
- (iii) (a) Draw a neat labelled diagram of goalpost with all its measurements. [8]
- (b) Mention *four* instances for which a direct free kick is awarded.

HOCKEY

Question 9

- (i) Explain the following terms: [8]
- (a) 23 m area
 - (b) Center mark
 - (c) Free hit
 - (d) Aerial
- (ii) (a) What do you mean by *reverse stick* in hockey? [9]
- (b) Mention *any three* duties of the table official.
- (c) Explain the procedure of penalty corner.
- (iii) (a) Write the full form of FIH and IHF. [8]
- (b) What do you mean by *tackling*?
- (c) Explain the term *astro turf*.
- (d) List *any four* equipment that a goalkeeper should wear during the game.

Question 10

- (i) Explain the following terms in hockey: [8]
- (a) Shooting
 - (b) Midfielder
 - (c) A back stick
 - (d) Flat stop trapping
- (ii) (a) When is the ball out of play in the game of hockey? [9]
- (b) Write *any three* duties of a coach in hockey.
 - (c) Explain procedure of center pass in hockey.
- (iii) (a) Explain how *substitution* is done in hockey. [8]
- (b) What do you mean by the term *bully*?
 - (c) Explain the term *sweep pass* in hockey.
 - (d) Explain the term *carry the ball*.

BASKETBALL

Question 11

- (i) Explain the following terms: [8]
- (a) Back court
 - (b) Center line
 - (c) 24 second rule
 - (d) Violation
- (ii) (a) Explain the '*5' second rule*' in basketball. [9]
- (b) Give *any three* jump ball situations in basketball.
 - (c) Explain the term *game lost by default*.
- (iii) (a) What do you mean by *Double dribble*? [8]
- (b) Explain the term *goal tending*.

- (c) Explain the *Three second rule*.
- (d) What do you mean by *technical foul*?

Question 12

- (i) Explain the following terms: [8]
 - (a) A foul
 - (b) Match commissioner
 - (c) Low dribble
 - (d) Slam dunk
- (ii) (a) Explain the term *lay up shot*. [9]
 - (b) What is *pivoting*? State *any two* categories of pivoting.
 - (c) Mention *any three* rules of *throw-in* related to basketball.
- (iii) (a) Explain the term a *direct shot*. [8]
 - (b) What is *zone defence*?
 - (c) Explain the term *defensive rebounding*.
 - (d) What do you mean by *pushing* in Basketball?

VOLLEYBALL

Question 13

- (i) Explain the following terms in volleyball: [8]
 - (a) Center line
 - (b) Penalty area
 - (c) Block and team hit
 - (d) Libero

- (ii) (a) When the ball is considered in play and out of play? [9]
(b) List *any three* duties of coach.
(c) What is *spiking* and how is it performed?
- (iii) (a) What do you mean by *Overlapping*? [8]
(b) What is a *rally*?
(c) Explain the term *ace*.
(d) What is meant by *single block*?

Question 14

- (i) Explain the following terms in volleyball: [8]
(a) Side out
(b) Substitution
(c) A catch
(d) Free zone
- (ii) (a) What is the height, length and breadth of the net? [9]
(b) Name *any three* national tournaments of volleyball.
(c) Explain the term *net violation* in volleyball.
- (iii) Draw a neat diagram of volleyball court and mark the following: [8]
(a) Side line
(b) Attack zone
(c) Service line
(d) Attack line
(e) Back court
(f) Length and width of ground

BADMINTON

Question 15

- (i) Explain the following terms: [8]
- (a) Service court
 - (b) Back alley
 - (c) Long service line
 - (d) Jump smash
- (ii) (a) Explain the term *drive* in Badminton. [9]
- (b) When is a shuttle not in play?
 - (c) Explain the term *clear shot* in Badminton.
- (iii) (a) What do you mean by *lobbing*? [8]
- (b) Explain the term *long serve*.
 - (c) Explain the term *foot fault*.
 - (d) What do you mean by *net kill*?

Question 16

- (i) Explain the following terms: [8]
- (a) Flick
 - (b) Love
 - (c) Forehand grip
 - (d) Center service line
- (ii) (a) Explain the rule of *scoring* and *serving in singles*. [9]
- (b) State *any three* duties of umpire in a Badminton game.
 - (c) Explain the technique of drive serve in badminton.
- (iii) (a) Name *any two* international tournaments of Badminton. [8]
- (b) Explain the term *disqualification*.
 - (c) Explain the term *dead bird* in Badminton.
 - (d) What do you mean by *rally scoring* in Badminton?