

ICSE 2023 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 answer and write the correct option.

- (i) A diet containing right amount of energy, carbohydrates, proteins, fats, fiber, vitamins, minerals and water to fulfil requirement of body is called:
- (a) Nutrition
 - (b) Balanced diet
 - (c) Perfect diet
 - (d) Food pyramid
- (ii) Which among the following is the responsibility of the official of the game?
- (a) Decide on competitive plans and strategies with coaches.
 - (b) Work on developing advanced technique and tactics.
 - (c) To inspect sports equipment's and examine all participants to ensure safety.
 - (d) To organize and supervise physical education activities and events.

- (iii) Growth is defined as:
- (a) Change in size and length of the body.
 - (b) Organization of all the body parts.
 - (c) A continuous process.
 - (d) Improvement in functioning and behavior.
- (iv) _____ is not a source of proteins.
- (a) Fish
 - (b) Poultry
 - (c) Eggs
 - (d) Green Tea
- (v) What is the symptom of muscle strain injury?
- (a) A loud “pop” or a “popping” sensation in the knee.
 - (b) Swelling around the affected area.
 - (c) Pain over the inside lower part of the tibia or shin bone.
 - (d) A feeling of instability or "giving way" with weight bearing.
- (vi) Development is a progressive series of changes which includes:
- (a) Only Biological change.
 - (b) Only Behavioral change.
 - (c) Both biological and Behavioral change.
 - (d) Environmental change.
- (vii) Which among the following is NOT the objective of physical education?
- (a) Physical development.
 - (b) Recreation and fun.
 - (c) Social development.
 - (d) Psychological development.

- (viii) What is physical fitness?
- (a) The ability of a person to do daily work without fatigue.
 - (b) It is about eating a healthy and balanced diet.
 - (c) It is the state of being an individual.
 - (d) It does not help the athletes.
- (ix) 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.
- (x) An Endomorph tends to have _____.
- (a) high body fat percentage level.
 - (b) low body fat percentage level.
 - (c) a fast metabolism.
 - (d) small, long and slender muscles.
- (xi) The minimum educational qualification required for a physical education teacher is _____.
- (a) NIS
 - (b) B.P.Ed.
 - (c) M.P.Ed.
 - (d) Ph.D
- (xii) Co-ordination abilities primarily depends upon:
- (a) Central nervous system
 - (b) Respiratory system
 - (c) Digestive system
 - (d) Excretory system

- (xiii) The stage from the birth to end of 5 Years of age is called:
- (a) Childhood
 - (b) Infancy
 - (c) Early Childhood
 - (d) Adolescence
- (xiv) Health related physical fitness components are:
- (a) Cardio respiratory endurance and flexibility
 - (b) Agility and speed
 - (c) Balance and coordination
 - (d) Power and speed
- (xv) The process of preparation of sportsman, based on scientific and technical principles, for higher performance is called as:
- (a) Sports fitness
 - (b) Sports training
 - (c) Physical education
 - (d) Physical fitness
- (xvi) The physical strength decreases in _____ stage.
- (a) Adolescence stage
 - (b) Adulthood stage
 - (c) Old age
 - (d) Childhood stage
- (xvii) The year-long cycle of Periodization is known as _____.
- (a) Meso cycle
 - (b) Macro cycle
 - (c) Micro cycle
 - (d) Nano cycle

- (xviii) An injury is:
- (a) It is the change in size, in proportion, disappearance of old features and acquisition of new ones.
 - (b) It is the damage to your body.
 - (c) It is the transmission of physical characteristics from parents to children.
 - (d) It is the process by which an organism takes food.
- (xix) The _____ makes the circulatory system stronger, more flexible and more expansive:
- (a) Growth
 - (b) Development
 - (c) Sports training exercise
 - (d) Obesity
- (xx) The ability of your joints to move through a full range of motion is called as:
- (a) Agility
 - (b) Co-ordination
 - (c) Flexibility
 - (d) Speed

Question 2

- (i) Explain nutrition as a factor affecting physical fitness. [2]
- (ii) State *any two* typical traits of an endomorph body. [2]
- (iii) State *any three* psychological development objectives of physical education. [3]
- (iv) What is tennis elbow injury? State *any two* causes of tennis elbow injury. [3]

Question 3

- (i) Write *any two* objectives of first aid. [2]
- (ii) What are the various career options in Physical Education? [2]
- (iii) What form of first aid should be given to a person suffering from fracture? [3]
- (iv) Explain muscle strength as a component of physical fitness. [3]

Question 4

- (i) Name any two nutrients of balanced diet. [2]
- (ii) Explain recovery as a principle of sports training. [2]
- (iii) Explain the progression and recovery as a principle of sports training. [3]
- (iv) Write any three reasons to emphasize the importance of physical fitness. [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 in Cricket: [8]
 - (a) Hat trick
 - (b) Bowled
 - (c) Golden duck
 - (d) Cover drive
- (ii) (a) State *any three* occasions when the umpire calls no ball in cricket. [9]
 - (b) Explain protected area on the cricket pitch.
 - (c) What is a 30 yard circle? What is the importance of the 30 yard circle in a cricket match?
- (iii) (a) Explain the term Bye in cricket. [8]
 - (b) Explain the term innings in cricket.
 - (c) Mention *any two* occasions when the umpire will change the ball in the match.
 - (d) Explain Obstructing the field as a method of getting the batsman out.

Question 6

- (i) Explain the following terms in Cricket: [8]
- (a) Bad light
 - (b) Scorer
 - (c) How's That
 - (d) Maiden over
- (ii) (a) State *any three* duties of the leg umpire during the game. [9]
- (b) Mention *any three* international tournaments played in the game of cricket.
- (c) Draw a neat diagram of a Cricket Pitch and mark the following:
The bowling crease, the popping crease and the return crease.
- (iii) (a) Explain the term Boundary for six in Cricket. [8]
- (b) When is a batsman said to be run out? Explain.
- (c) Write the full form of ICC and BCCI.
- (d) What is the length and width of a Cricket bat?

FOOTBALL

Question 7

- (i) Explain the following terms in Football: [8]
- (a) Goal line
 - (b) Dropped ball
 - (c) Man to Man Marking
 - (d) Sliding tackle
- (ii) (a) When is a corner kick awarded and from where is it taken? [9]
- (b) Write the position of the following while conducting a penalty kick:
1. The ball
 2. The defending goalkeeper
 3. Players other than the kicker
- (c) Write the shape, circumference, and weight of the ball used in the game of football.

- (iii) (a) Write the full form of FIFA and AIFF. [8]
(b) List *any two* equipment carried by the referee to conduct a football match.
(c) Explain the term sudden death in football.
(d) State *any two* basic skills of football.

Question 8

- (i) Explain the following terms in Football: [8]
(a) Ball in play
(b) Tie break
(c) Goal kick
(d) A banana kick
- (ii) (a) State *any three* expulsion offences that can be committed by a player in a football match. [9]
(b) Write down the procedure to restart the game when the ball passes over touch line.
(c) Mention *any three* duties of referee during the match.
- (iii) (a) Give any two situations when a kick-off is applied. [8]
(b) Mention the *two* cards used by the referee in a football match.
(c) Explain the term penalty arc.
(d) Explain the term Inside Trap in football.

HOCKEY

Question 9

- (i) Explain the following terms in Hockey: [8]
(a) Rolling substitution
(b) Free hit
(c) Dribbling pull back
(d) Side line

- (ii) (a) Mention *three* protective equipment a goalkeeper wears in the match. [9]
(b) Write *three* offences for which a penalty corner is awarded by the referee in the match.
(c) State *any three* duties of the umpire in a game of hockey.
- (iii) Draw a neat diagram of the Hockey field with its measurements. [8]

Question 10

- (i) Explain the following terms in Hockey: [8]
(a) A goal line
(b) Shooting
(c) Side line hit
(d) Advantage
- (ii) (a) Mention *three* occasions when the umpire blows his whistle in the game. [9]
(b) Write *three* occasions which indicates that the penalty corner is complete.
(c) Explain the importance of shooting circle in Hockey.
- (iii) (a) What is the weight and circumference of the hockey ball? [8]
(b) Explain the term Raised ball.
(c) What is a corner in hockey?
(d) Explain the term reverse flick.

BASKETBALL

Question 11

- (i) Explain the following terms in Basketball: [8]
(a) Back court
(b) Technical foul
(c) An inside pivot
(d) Charging

- (ii) (a) Write *any three* duties of the scorer in a match. [9]
- (b) What is the duration of a time out and how many timeouts are allowed in the first half and how many in the second half of the match.
- (c) Explain the skill of low dribble in basketball.
- (iii) (a) What is the duration of a match in basketball? [8]
- (b) Explain the term change of pace dribble in basketball.
- (c) Write the full form of FIBA and BFI.
- (d) Explain the term Combination defense in basketball.

Question 12

- (i) Explain the following terms in Basketball: [8]
- (a) Eight second rule
- (b) Press
- (c) Rebounding
- (d) Carry
- (ii) (a) List *three* technical equipment used by the table officials to conduct a game. [9]
- (b) Mention *any three* duties of timekeeper in a match.
- (c) Explain the skill of Layup shot in basketball.
- (iii) (a) What is the length and breadth of the basketball court? [8]
- (b) Explain the term dunk in basketball.
- (c) Write *any two* fouls that may occur during the course of the game.
- (d) Explain the term substitution.

VOLLEYBALL

Question 13

- (i) Explain the following terms in Volleyball: [8]
- (a) Center line
 - (b) Front zone
 - (c) Double touch
 - (d) Setter
- (ii) (a) State the *three* duties of scorer during the match. [9]
- (b) List *any three* blocking faults committed by a player in a volleyball match.
- (c) Mention *any three* rules related to a libero player.
- (iii) (a) Write the full form of FIVB and VFI. [8]
- (b) Explain Overlapping in the game of volleyball.
- (c) Mention the list of officials required to conduct a match.
- (d) Explain the term Joust in volleyball.

Question 14

- (i) Explain the following terms in Volleyball: [8]
- (a) Antenna
 - (b) Ball down
 - (c) Carrying the ball
 - (d) Default team
- (ii) (a) State *any three* duties of the assistant referee in a match. [9]
- (b) Mention *any three* playing faults in volleyball.
- (c) Explain jump service as a skill in volleyball.
- (iii) Draw a neat diagram of a volleyball court and mark the following: [8]
- (a) Side line
 - (b) Service line
 - (c) Attack line
 - (d) Front zone

- (e) Back zone
- (f) Rotation position

BADMINTON

Question 15

- (i) Explain the following terms in Badminton: [8]
- (a) A deuce
 - (b) A net kill
 - (c) Long serve
 - (d) Forehand grip
- (ii) (a) Mention *any three* duties of the umpire in Badminton. [9]
- (b) Write *any three* faults in Badminton.
- (c) Write the dimensions of shuttlecock under the following headings:
1. Weight
 2. Length of feathers
 3. Number of feathers
- (iii) (a) Write the full form of BWF and BAI. [8]
- (b) When is the shuttle considered not in play?
- (c) Explain the term mixed doubles in Badminton.
- (d) What is a let in Badminton?

Question 16

- (i) Explain the following terms in Badminton: [8]
- (a) A mid court
 - (b) Rubber
 - (c) Flick
 - (d) Stroke

- (ii) (a) Explain the scoring system in Badminton. [9]
- (b) Write *any three* situations under which a let is called by the umpire.
- (c) Write the dimensions of the court under the following headings:
1. Full length of the court
 2. Full width of the court
 3. Distance between short service line and center line.
- (iii) (a) Write the *two* service court errors in Badminton. [8]
- (b) Explain the term footwork in Badminton.
- (c) When do the players change ends?
- (d) Explain the term singles in Badminton.