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.

(111)	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)	Wha	at 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)	Deve	elopment 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)	Whic	ch among the following is NOT the objective of physical education?		
	(a)	Physical development.		
	(b)	Recreation and fun.		
	(c)	Social development.		
	(d)	Psychological development.		

(viii)	iii) 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)		ording to the principle of Overload, which of the following statement is	
	corr	rect?	
	(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 l	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-o	rdination abilities primarily depends upon:	
	(a)	Central nervous system	
	(b)	Respiratory system	
	(c)	Digestive system	
	(d)	Excretory system	

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(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)	Heal	Ith related physical fitness components are:
	(a)	Cardio respiratory endurance and flexibility
	(b)	Agility and speed
	(c)	Balance and coordination
	(d)	Power and speed
(xv)		process of preparation of sportsman, based on scientific and technical ciples, for higher performance is called as:
	(a)	Sports fitness
	(b)	Sports training
	(c)	Physical education
	(d)	Physical fitness
(xvi)	The p	physical strength decreases in stage.
	(a)	Adolescence stage
	(b)	Adulthood stage
	(c)	Old age
	(d)	Childhood stage
(xvii)	The y	rear-long cycle of Periodization is known as
	(a)	Meso cycle
	(b)	Macro cycle
	(c)	Micro cycle
	(d)	Nano cycle

(xviii)	An	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			
	expa	ansive:			
	(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			
Questio	on 2				
(i)	Expl	ain 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	t is tennis elbow injury? State any two causes of tennis elbow injury.	[3]		
Questio	n 3				
(i)	Write	e 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)	Expla	in muscle strength as a component of physical fitness.	[3]		

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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.

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 Golden duck (c) Cover drive (d) (ii) State any three occasions when the umpire calls no ball in cricket. (a) [9] (b) Explain protected area on the cricket pitch. What is a 30 yard circle? What is the importance of the 30 yard circle in a cricket match? (iii) Explain the term Bye in cricket. [8] (b) Explain the term innings in cricket. Mention any two occasions when the umpire will change the ball in the match. Explain Obstructing the field as a method of getting the batsman out.

[3]

Question 6

(i)	Exp	Explain the following terms in Cricket:		
	(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		
Quest	tion 7			
(i)	Exp	Explain the following terms in Football:		
	(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.		

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(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.		
Quest	tion 8			
(i)	Explain the following terms in Football:			
	(a)	Ball in play	[8]	
	(b)	Tie break		
	(c)	Goal kick		
	(d)	A banana kick		
(ii)	(a)	State <i>any three</i> 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 <i>two</i> cards used by the referee in a football match.		
	(c)	Explain the term penalty arc.		
	(d)	Explain the term Inside Trap in football.		
		HOCKEY		
Quest	ion 9	MOCKET		
(i)	Explain the following terms in Hockey:			
	(a)	Rolling substitution	[8]	
	(b)	Free hit		
	(c)	Dribbling pull back		
	(d)	Side line		

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(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)	Dra	w a neat diagram of the Hockey field with its measurements.	[8]	
Ques	tion 1(
(i)	Exp	Explain the following terms in Hockey:		
	(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		
_		DASKEIDALL		
Quest	ion 11			
(i)	Expl	Explain the following terms in Basketball:		
	(a)	Back court		
	(b)	Technical foul		
	(c)	An inside pivot		
	(d)	Charging		

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(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.	
Ques	tion 12	2	
(i)	Exp	plain the following terms in Basketball:	[8]
	(a)	Eight second rule	
	(b)	Press	
	(c)	Rebounding	
	(d)	Carry	
(ii)	(a)	List <i>three</i> 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.	

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VOLLEYBALL

Question 13

(i)	Exp	Explain the following terms in Volleyball:		
	(a)	Center line		
	(b)	Front zone		
	(c)	Double touch		
	(d)	Setter		
(ii)	(a)	State the <i>three</i> 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.		
0				
Quest	tion 14			
(i)	Exp	lain 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)	Drav	w a neat diagram of a volleyball court and mark the following:	[8]	
	(a)	Side line		
	(b)	Service line		
	(c)	Attack line		
	(d)	Front zone		

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BADMINTON Question 15 (i) Explain the following terms in Badminton: [8] (a) A deuce (b) A net kill (c) Long serve Forehand grip (d) (ii) Mention any three duties of the umpire in Badminton. (a) [9] (b) Write any three faults in Badminton. (c) Write the dimensions of shuttlecock under the following headings: Weight 1. 2. Length of feathers Number of feathers 3. (iii) Write the full form of BWF and BAI. [8] (a) (b) When is the shuttle considered not in play? Explain the term mixed doubles in Badminton. (c) What is a let in Badminton? (d) **Question 16** (i) Explain the following terms in Badminton: [8] A mid court (a) Rubber (b) Flick (c) (d) Stroke

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Back zone

Rotation position

(e)

(f)

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

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