

ICSE Paper 2019 Physical Education

- 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 [].
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Section – A [50 Marks]

(Attempt all questions from this Section)

Question 1;

- (a) Define the term recreation. [2]
- (b) Write any two diseases caused due to lack of oral hygiene. [2]
- (c) State any three objectives of First Aid. [3]
- (d) What is Pneumonia ? Write any two symptoms of Pneumonia. [3]

Answer:

(a) Recreation is light playful activity which gives us enjoyment, fun and pleasure. It recreates our lost energy. During recreation, the effect of fatigue on various parts of body is minimised. It refreshes our mental stresses and gives the laughter feeling. In these activities there are no hard and fast rules. There are many sources of recreation like fun-games, dancing, listening music, playing with fun, etc.

(b) Diseases caused due to lack of oral hygiene :

- Abscess: It is decay of teeth.
- Pyorrhea: It is bad smell from mouth.
- Stomach Ache: Stomach ache and gastric problem.

(c) First aid is the immediate and temporary care given to the victim. It helps to avoid further injury, ease pain and possibly prevent disability and death. First aid can be a life-saving skill. In simple words, it is the first help to the victim.

Three objectives of First Aid are :

(i) Immediate Aid: If possible, the first aid should be provided immediately. So, without

wasting any time the decision should be taken, so that immediate aid may be given to the victim.

(ii) Think about ABC: The person who provides first aid to the victim, should think about ABC, means – Airway, Breathing and Circulation. First of all he should check respiration. If respiration is not running well, we should be given Artificial Breathing (AB). After check-up his blood circulation; check his pulse rate. If his pulse is not felt by the first-aider, we should use Cardiopulmonary Resuscitation (CPR) technique immediately.

(iii) Stop Bleeding: If there is bleeding from any organ of the wounded person, it should be stopped at once. In case of cut on any main artery, it should be kept pressed with thumb or bandage till the arrival of the doctor.

(iv) Crowd should be Kept Away: It is usually seen that people gather immediately when there is any accident. Therefore, the person giving first aid should also try to keep away the crowd from the injured person.

(d) Pneumonia is a disease of Lungs.

- It is caused by various types of germs such as Diplococcic pneumonia, Staphylococcus, Pneumococcal which enter into lungs and affect its functioning.
- It is caused due to exposure to cold or dry places.
- It is caused by the infected sputum of the patient.

Symptoms: In most cases :

- Common cold (running nose) and frequent coughing.
- Pain in chest, throat and difficulty in eating food.
- Inflammation in the lungs, often patient feels shaking chills.
- Cough along with sputum.
- The high fever continues up to 105°F. Pulse is faster, about 150 beats per minute.
- Restlessness.

Question 2.

- (a) What is meant by community health ?
- (b) What is an antiseptic ?
- (c) State any three causes of bad posture.
- (d) What is the treatment for extensive and deep cuts ?

Answer:

- (a) Health is the quality of life to live most and serve the best.

According to 'WHO', Health is the state of complete physical, mental and social well-being and not merely an absence of disease.

Health leads the man towards progress and prosperity. Healthy people make healthy nation. The prosperity of a nation rests upon the health of its citizens. This all cannot be achieved by one individual alone. It can only be possible with collective effort from every member of community. Health has no barrier of state, region, country and continent. Healthy living for all can only be achieved with the collective effort from every corner of world so that optimum health should prevail. Thus, Community or Society plays important role to improve the health for all.

(b) Antiseptics are the chemicals which destroy or inhibit the growth of microbes. Antiseptics are suitable for external application to living tissues. These chemicals are used in such a low concentration that they cause no harm to the body and skin. Antiseptics are usually used to clean various wounds or injuries to kill the microorganisms that may otherwise find their entry into the body. Some commonly used antiseptics usually contain Lysol, carbolic acid, iodine, benzoic acid, boric acid, etc.

(c) Causes of bad posture :

- Accident: Sometimes bad posture arises due to accidents. It may cause postural deformity. '
- Disease: Many kinds of diseases and illnesses, chronic sickness cause bad posture.
- Lack of Nutritional Diet: Sometimes bad posture arises due to unbalanced diet, over-diet, under-diet and lack of nutritional diet.
- Wrong Postural Habits : The wrong sitting posture or wrong postural habits during sitting, standing, lying, Working, etc., cause bad posture.
- Improper Treatment: Sometimes the improper treatment or wrong treatment for curing injury causes bad posture or postural deformity.

(d) (i) Clean the surface of the affected part by antiseptic such as Neosporin.

(ii) Stop bleeding at the earliest by compression or by pressing or put compression bandages.

(iii) Cover the affected part with medicinal cotton bandage or apply band-aid.

(iv) Repeat dressing or padding over the wound. If bleeding continues, then apply further pads or dressing.

(v) Apply ice or cold compression for sometime.

(vi) If injury is deep go for stitches at the earliest.

(vii) Avoid infection by putting medicinal cream over it.

(viii) Care should be taken till the injury is totally healed up.

Question 3.

- (a) Write the full form of AIDS and HIV. [2]
- (b) What do you mean by personal health ? [2]
- (c) State any three causes of a sprain injury . [3]
- (d) State any three harmful effects of drug abuse. [3]

Answer:

(a) Full form of AIDS is Acquired Immune Deficiency Syndrome; HIV is Human Immunodeficiency Virus.

(b) Personal Health : Personal health is also termed as Hygiene. The word 'Hygiene' comes from Greek word 'Hygiea' the Greek goddess of beauty. She was the symbol of cleanliness, healthy habits, good structural figure and in all, a symbol of good health. For this the importance of personal health must be realised as taking care of one's own body is called personal hygiene. It includes :

- Personal cleanliness (a) Care of Skin (b) Care of Hands and Nails (c) Care of Hair (d) Care of Teeth and Gums (e) Care of Eyes (f) Care of Ears (g) Care of Feet.
- Rest, sleep and relaxation.
- Healthy habits.

(c) (i) Lack of Fitness : Lack or less of physical fitness may cause injury or accident.

(ii) Not Performing Warming-up : Not performing proper warming-up before the activity is the main cause of injuries during sports.

(iii) Faulty Skill Actions: Player performing faulty skill actions or unbalanced movements while playing or uncoordinated movement causes injury.

(iv) Aggression or Violence : Aggression or violence during game is also the cause of accident or injuries.

(v) Poor Playfield: Poor maintenance of playfield or playfield not as per rules of the game can cause injury.

(vi) Not Considering Safety Means : During game if we do not consider the safety means we may get injured.

(d) (i) Addictive Effects: Most of these substances have addictive effects, thus create physical and psychological dependence. Its regular use becomes the need of athletes to perform well in physical activity. '

(ii) Cardiac Problems : Doping has adverse effect over heart and causes many types of cardiac problems like varied heartbeat, high blood pressure, hypertension, cardiac arrest, heart attack, etc.'

(iii) Affects Kidney and Liver : Doping substance is strong chemical, thus it adversely affects kidney and liver. It leads to non-functioning or partial damage or failure of these important organs. Many times it is also the cause of cancer in the body.

(iv) Unbalanced Psychological Behaviour: These substances, usually lead to unbalanced psychological behaviour like aggression, loss of concentration, dizziness, headache, loss of neuromuscular responses, nausea feeling, nervousness, high anxiety, insomnia, depression etc.

(v) Musculature Body: Anabolic steroid causes strong muscles, thus affects the feminine look of females like musculature body of females, loss of hair (baldness), male voice, causes beard or moustaches on face, etc., thus personality is affected.

Question 4.

(a) What is Arthritis ? [2]

(b) State any two preventive measures to protect our sense of hearing. [2]

(c) Define Insomnia. State any two symptoms of Insomnia. [3]

(d) What is an Infectious disease ? Give two examples. [3]

Answer:

(a) Arthritis is technically called as Osteoarthritis. It is inevitable as people grow older. This is the problem in which there is stiffness of joints. It happens when cartilage caps of bone rub each other.

Cause: It is due to Rheumatic fever (which is ignored earlier). The joints lubricant (synovial fluid) is reduced and causes stiffness in joints.

Symptoms : Pain, swelling and stiffness of joints. Joint produces sound or creaks when movement is performed especially early in the morning.

Preventive and Treatment Steps :

- Regular gentle exercises or long walk is the best way to overcome arthritis. It removes stiffness and pain by strengthening the supporting muscles of the joints.
- Avoid jerky actions in old age.
- Warming up by passive agents relieves the stiffness and pain.

(b) (i) Earwax present in the ear protects ears during swimming. But excess of wax can cause partial deafness. Excess of wax accumulated in the ear should be removed by a doctor.

(ii) Dirt accumulated in the ear along with air should also be removed.

(iii) Hard articles like hair pins, matchsticks, etc., should never be used for cleaning the ear as these things can damage the eardrum.

(iv) On the entry of a foreign particle like insect, etc., ear should immediately be inspected by a doctor. If the doctor is not available the insect should be made to settle down by pouring mineral oil for the time being.

(c) Insomnia is the health problem in which a person cannot sleep properly. The symptoms of insomnia are:

- Emotional excitement
- Restlessness
- Irritated easily
- Over stressfulness
- Eye pain

(d) Communicable Diseases are also called Infectious disease. It is caused by the germ called pathogen, which must reach a healthy person before he suffers from the disease. Communicable (infectious) diseases are always caused by some pathogens (pathos – diseases, gen – producing) i. e., disease-producing organisms. Some of the communicable diseases are: AIDS, Hepatitis B and C, Chickenpox, Cholera, Tuberculosis, etc. These diseases always spread from an infected to healthy person.

Question 5.

(a) Name any two diseases spread by Protozoa. [2]

(b) Write the full form of BMI and WHO. [2]

(c) State any three steps to be taken to prevent obesity. [3]

(d) Mention any three precautions to be taken while using electrical appliances. [3]

Answer:

(a) Protozoa : It is unicellular organism which affects the defence system of body. Malaria, amoebic dysentery, sleeping sickness, etc.

(b) Full form of BMI is : Body Mass Index.

Full form of WHO is : World Health Organization.

(c) (i) Balanced Diet: Obese persons should strictly take balanced diet with very less amount of carbohydrates and fats.

(ii) Eating lot of Fibrous Food : Food items like fruits, salad, vegetables, etc., are rich sources of fibrous food. They are low in energy food and thus prevent obesity.

(iii) Avoid Fats : Avoid Med food. Direct fats like butter, cream, ghee, animal fats, etc., should not be taken. For the sake of taste, only refined oil or mustard oil should be used for cooking.

(iv) Physical Activity : An obese person should regularly perform physical activity and avoid sedentary lifestyle.

(v) Avoid Junk Food : Junk food is a high calorie food. Moreover, it causes many health problems. The food items like burger, pastry, chocolates, cold drinks, candy, etc., should be avoided.

(d) Preventing Electric Shock :

- (i) All wiring, appliances and plugs should be kept in proper order.
- (ii) Exact location of main switchboard should be known.
- (iii) Lack of knowledge in using electrical gadgets should be avoided.
- (iv) Standard and certified electrical gadgets should be used with instruction.
- (v) Proper fuse wire and safety switches should be used.
- (vi) Electrical gadgets should not be touched with wet hands.

Section-B [50 Marks]

(Attempt two questions from this Section)

You must attempt one question on each of the two games of your choice.

Cricket

Question 6.

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

- (i) An over
- (ii) A wide ball
- (iii) An appeal
- (iv) A toss

(b) (i) What is meant by 'extra runs' ? Give two examples of extra runs. [9]

(ii) Draw a diagram of a Cricket Pitch and mark the following :

1. The Bowling Crease
2. The Popping Crease
3. The Return Crease

(iii) List any three Protective Equipments used by the batsman.

(c) (i) What do you understand by the term 'Follow on' ? [8]

- (ii) State the restrictions on the role of a substitute.
- (iii) What do you mean by ball tampering ?
- (iv) Explain the role of the Third Umpire in a match.

Answers:

(a) (i) An over : In this, player has to deliver or bowl for 6 times (legal) successively from one end.

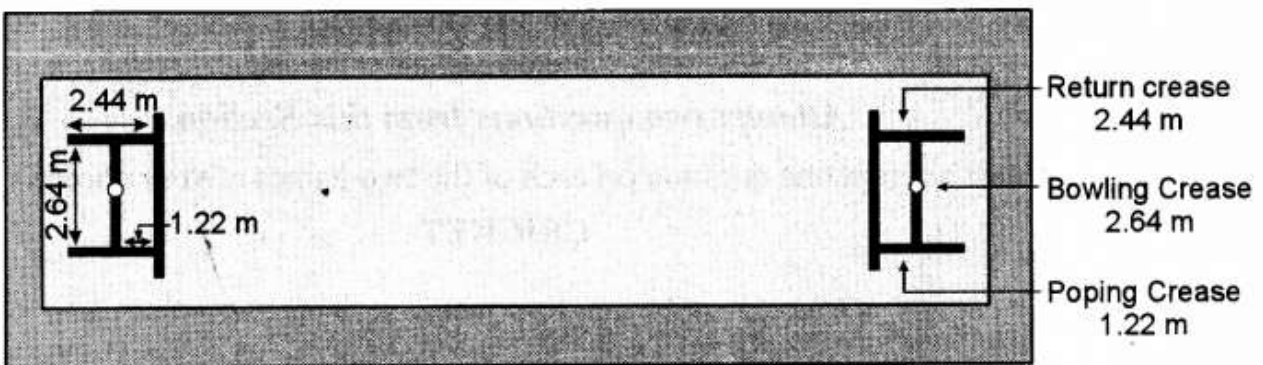
- (ii) A wide ball: When the bowler bowls the ball out side the wide line of the batsman's reach. An extra ball is bowled for a wide. It gives an extra run.
- (iii) An appeal: It is request or shout by fielding players in anticipation of batsman to be given out by the Umpire.
- (iv) A toss : It is the procedure before the match to decide which team will perform the batting or fielding.

(b) (i) Extra runs: All extra runs are credited to the team total, rather than individual batsmen.

They are also referred to as sundries.

1. No ball
2. Leg Bye
3. Bye
4. Wide ball
5. Overthrow

- (ii) 1. The Bowling Crease
- 2. The Popping Crease
- 3. The Return Crease



- (iii) 1. Helmet
- 2. Leg Protector
- 3. Batsman Gloves
- 4. Chest Guard
- 5. Thy Guard
- 6. Abdominal Guard
- 7. Elbow Guard

(c) (i) Follow-On: It is given in a test match when batting team cannot score sufficient runs and the lead is more than 200 runs, it may be given follow-on or to bat again.

(ii) A player from batting fielding side is replaced with a new player. In super substitute this replaced player can bat or field or bowl (with certain conditions). This is also referred to as twelfth man.

(iii) Ball Tampering : It is the intentional damage to the ball by the fielding players to get undue advantage in the swing of the ball during bowling.

(iv) Third Umpire or TV Umpire is an off-field umpire who makes the final decision in questions referred to him by the two on-field umpires. Television replays are available to the third umpire to assist him in coming to a decision. An on-field umpire can, at his own discretion, use a radio link to refer any close decision concerning dismissals (catches, run outs or stumping) or boundaries to the third umpire. The official who witnesses the match with high-tech apparatus and responsible for crucial or complicate decisions when in need.

Question 7.

(a) Explain the following terms in Cricket:

- (i) Straight drive
- (ii) Double-hit
- (iii) Catch out
- (iv) Clean bowled

(b) (i) State any three duties of the Main Umpire in a cricket match.

(ii) Write any three fielding positions of "offside".

(iii) Explain the term 'Full-toss' in Cricket.

(c) (i) State any four instances when the ball is considered a 'dead ball'.

(ii) Answer the following with reference to cricket:

1. Circumference of the ball
2. Widest part of cricket ball
3. Breadth of stumps
4. Size of the sight screen.

Answer:

(a) (i) Straight Drive : An over pitched ball is hit straight with full control of bat.

(ii) Double-hit: If the batsman hits the ball intentionally for the second time (can stop but not to hit) then batsman can be declared out on an appeal. Or if a batsman hits the delivery with his bat and 'deliberately hits the ball again for any reason other than to defend his wicket.

(iii) Catch out: When a ball is caught by a fielder before it touches the ground or if a fielder catches the ball hit by bat by the batsman.

(iv) Clean bowled : If the ball partially or completely destroys the wicket even if it touches the bat.

(b) (i) They' are the officials in ground responsible for administrating and imposing the rules and regulations of the game.

Duties of Umpires:

- Umpire signals and declares the batsmen out
- Short-run
- End of over .
- Boundary: beginning
- End of power play : no ball : wide ball ; leg bye. bye :time-out. time-over; obstruction: break.

- (ii) 1. Slips
2. Cover
3. Long off
4. Point
5. Mid off

(iii) Full-toss : A ball delivered by bowler pitched right up to the batsman.

(c) (i) Dead Ball: Dead ball is a particular state ofplay in which the players may not perform any of the active aspects of the game. In other words, batsmen may not score runs and fielders may not attempt to get batsmen out.

- The Umpire is satisfied that, with adequate reason, the batsman is not ready for the delivery of the ball.
- The ball passes the batsman, is gathered by the wicketkeeper, and the batsmen obviously decline to attempt to take runs.
- The ball is finally settled in the hands of the wicketkeeper or the bowler, and the batsmen obviously decline to attempt to take any more runs.
- The umpire feels that both the fielding team and the batsmen consider the ball no longer to be in play.
- The ball reaches the boundary and four runs or six nins are scored.

- (ii) 1. Circumference of the ball = 9 inches (22-5 cm).
2. Widest part of cricket bat = 4'/4 inch (10-8 cm).
3. Breadth of stumps = 9 inches (22-8 cm)
4. Size of the sight screen is 6 metre in length and 3 metre high.

Football

Question 8.

(a) Explain the following terms in Football:

- (i) Kicking
- (ii) Dribbling
- (iii) Tackling
- (iv) Trapping

(b) State any three duties of a match referee.

(i) List the basic compulsory equipment used by a football player.

(ii) What is the procedure adopted to restart the game from a throw in ? When is the ball called out of play in Football ?

(c) (i) Write the full form of FIFA.

(ii) Answer the following:

1. Radius of centre circle.
2. Minimum and maximum number of players to start a match.
3. Height and width of the goal post.
4. Distance of penalty mark from the goal line.

Answer:

(a) (i) Kicking: It is the most common skill used to hit the ball with power. It reaches long and away to the desired position. It is performed in various ways like kicking with inside; outside of foot; instep-kick; punt-kick; scissor kick; banana or chip-kick; roll back-kick, etc. It can be used during free-kick, goal-kick, corner-kick, penalty-kick or when situation suits.

(ii) Dribbling: It is faking to the opponent in such a way that the control of ball is kept. Player controls the movement of the ball with the feet whereas upper body gives the dodging movement.

Tackling: It is taking the ball possession from the opponent with sliding. Many times trapping the ball with head, chest, foot is also done for the possession of the ball.

(iii) Trapping : It is controlling the lifted ball before it could bounce or control the ball in air, so that it should fall near the body range. It is trapped by chest, thigh (upper leg), under the foot, etc.

(b) (i) Duties of Match Referee: Match Referee is an official responsible for the conduct of game under rules and regulations. His decision shall be final for the result of match. He is authorized to exercise his powers under the rules.

- He enforces the rules of game over both teams, gives decision on controversies and disputes over ground.
- Referee keeps the record of the game and acts as timekeeper.
- He stops the game if player has been seriously injured and restarts the game after stoppage.
- He is to check the equipments of the game and see that ground is fit for conduct of the game.

(ii) The basic compulsory equipments: Studs (football shoes), Shin Guard, T-shirt with No., Shorts, Stocking.

(iii) In case of straggle for ball possession when both players commit foul simultaneously, in that case the Referee stops the game for sometime and afterwards drops the common ball to get the possession of the ball. Game restarts when the ball touches the ground.

(c) (i) Ball Out of Play: The ball leaves the field by entirely crossing a goal line or touch line (this includes when a goal is scored). Play is stopped by the Referee, a player is seriously injured, or the ball becomes defective.

(ii) The full form of FIFA is Federation International Football Association.

(iii) 1. A circle with a radius of 9.15 m (10 yards) is marked around it.

2. Number of Players: A match is played by two teams, each consisting of not more than eleven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players.

3. The distance between the posts is 7.32 m (8 yds.) and the distance from the lower edge of the crossbar to the ground is 2.44 m (8 ft.). Both goalposts and the crossbar have the same width and depth, which do not exceed 12 cm (5 ins).

4. 11 metres (12 yards).

Question 9.

(a) Answer the following : [8]

- Length and breadth of the football field
- Length and breadth of the Penalty area
- Radius of Penalty arc and Corner arc
- Duration of match and duration of extra time.

(b) (i) State any three duties of an Assistant referee. [9]

- (ii) What is the procedure of resuming a game from a goal kick ?
(iii) Mention any three circumstances where the referee awards an indirect free kick against the goalkeeper.

(c) (i) Explain the following : [8]

1. A direct free kick
2. A through-pass

(ii) State any four offences committed by a player within his own penalty area which warrants the award of a penalty kick.

Answer:

(a) (i) The length of the Touch line must be greater than the length of the goal line.
Length (touch line): minimum 90 m (100 yds.) and maximum 120 m (130 yds.)
Width (goal line): minimum 45 m (50 yds.) and maximum 90 m (100 yds.)
All lines must be of the same width, which must not be more than 12 cm (5 ins).

(ii) Length is 40.20 meters (44 yards) and Breadth is 16.45 metres (18 yards)

(iii) Radius of Penalty Arc is 9.14 metres (10yards) and Comer Arc 91 centimetres (lyards)

(iv) Duration of match = 2 halves of 45 minutes (M) and 40 minutes (W)

Extra time = 2 halves of 15 minutes

(b) (i) Duties of Assistant Referee : There are two Assistant Referees or lines-men. They assist or help the Match Referee during the game. They are equipped with flags. Their duties are to indicate Match Referee by various signals like :

- Ball is out of play
- Which team to get comer-kick
- Throw-in
- Goal-kick
- Off-side.

(ii) A goal kick is a method of restarting play. A goal kick is awarded when the whole of the ball passes over the goal line, The ball is kicked from any point within the goal area by a player of the defending team. Opponents remain outside the penalty area until the ball is in play. The kicker must not play the ball again until it has touched another player. The ball is in play when it is kicked directly out of the penalty area.

(iii) An indirect free kick is awarded to the opponent if a goalkeeper commits any of the following offences inside his own penalty area:

- Takes more than four steps while controlling the ball with his hands, before releasing it from his possession.
- Touches the ball again with his hands after it has been released from his possession without touching another player.
- Touches the ball with his hands after it has been deliberately kicked to him by a teammate.
- Touches the ball with his hand after he has received it directly from a throw-in by a teammate.

(c) (i) 1. Direct Free Kick: It is given when Referee shows the warning card to the player. In this foul has been committed outside the penalty area like intentional delay, intentional hit to the player, intentional handling the ball, charging, dangerous play, holding opponent from behind, violent play, kicking the opponent. While taking direct kick the opposing player should be at least 10 yards away from the ball (unless same member is nearby). Goal can be scored from this direct kick.

2. Through-Pass: In this, the ball is passed between two or more defenders and the own teammate collects the ball and moves further.

(ii) Penalty-Kick: A penalty kick is awarded when a foul is committed by a defender in the penalty area or technical area. The ball is placed on the penalty spot and the attacking player tries to kick it directly into the goal and goalkeeper only defends it. The offences are like:

- Intentional hit to the player
- Intentional handling the ball
- Charging opponent
- Holding opponent from behind.

Handball

Question 10.

(a) Explain the following terms in Handball: [8]

- (i) A free-throw
- (ii) A goal-post
- (iii) A suspension
- (iv) A line cut

(b) (i) Write the three privileges which the goalkeeper is allowed. [9]

(ii) How is a goal scored in Handball ?

(iii) Describe the attire of a Handball player.

(c) Draw a neat labelled diagram of a Handball court giving all its dimensions. [8]

Answer:

(a) (i) Free-Throw: It is also known as 9-mt throw. If defensive team commits fault or violation then opponent is awarded with 9 meter free-throw. Defensive player must be 3 meters away from the opponent players.

(ii) Goalpost: It is wooden/ metallic post made with inner dimensions of 2 m height and 3 m length. The wooden log must be 8 cm thick in cubical shape log. It should be painted in black and white with dimension of 20 cm X 8 cm with alternate colour.

(iii) A Suspension: If player intentionally obstructs the opponent, he remains out for two minutes. The team has to play with less number of player till he gains comes-in.

(iv) Line Cut: During attempt for goal if a player cuts or crosses the goal line, this is a violation. .

(b) (i) Privilege to Goalkeeper :

- Only Goalkeeper is permitted inside the own Goal area.
- Goalkeeper can touch the ball with any body part inside the Goal area.
- Only Goalkeeper is permitted to leave the Goal area without permission.

(ii) A goal is scored when the entire ball has completely crossed the goal line, provided that no violation of the rules has been committed by the thrower, a teammate or a team official before or during the throw.

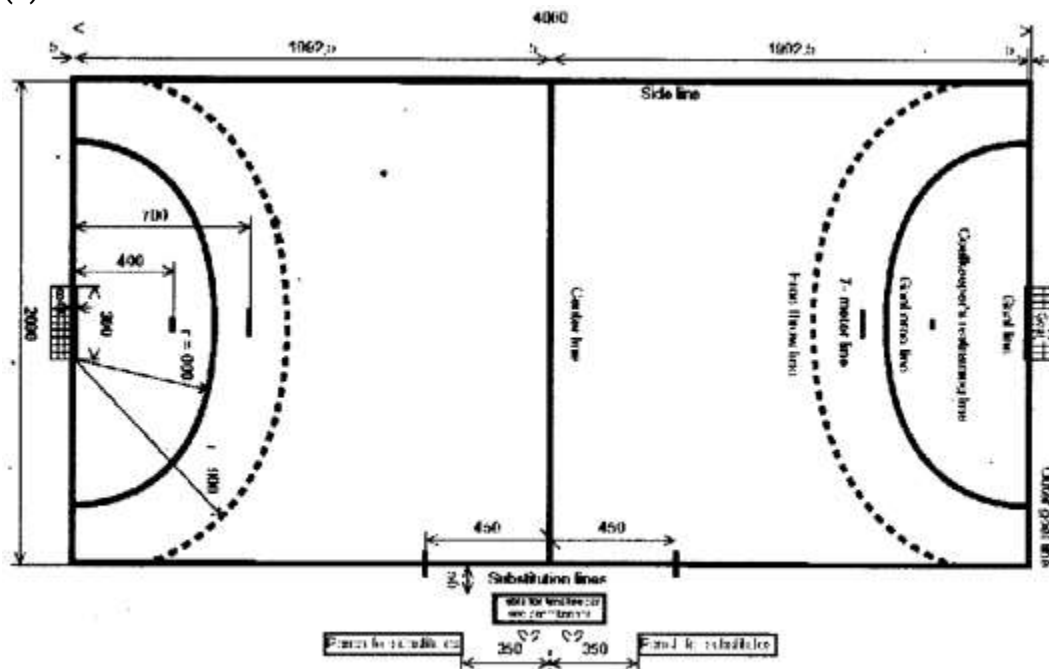
The goal line referee confirms with two short whistle signals and hand signal that a goal has been scored.

(iii) All the court players on a team must wear identical uniforms. The combinations of colors and design for the two teams must be clearly distinguishable from each other.

All players used in the goalkeeper position on a team must wear the same color, a color that distinguishes them from the court players of both teams and the goalkeeper(s) of the opposing team.

The players must wear visible numbers that are at least 20 cm high in the back of the shirt and at least 10cm in the front. The numbers used shall be from 1 to 99.

(c)



Question 11.

(a) Explain the following term in Handball:

- (i) A penalty throw
- (ii) A goal throw
- (iii) Utility of goal area
- (iv) A dive shot

(b) (i) When is the ball considered to be in play in Handball ?

(ii) When is a corner throw awarded in Handball ?

(iii) Explain the term 'playing with the ball' in Handball.

(c) (i) Write four situations where a penalty throw is awarded.

(ii) List four situations when a goalkeeper throw is awarded.

Answer:

(a) (i) **Penalty Throw** : It is also known as 7-Metre-Throw. In this goalkeeper alone defends the goal whereas opponent throws the ball towards goalpost behind 7 m mark. The goalkeeper is restricted to close up to restraining line of goalkeeper. Other players stand outside 9 m line or free throw line.

(ii) **Goal Throw**: During play if ball goes out from the end lines (goal line) by the opponent, then goalkeeper starts the game by goal throw. This is also known as goalkeeper throw.

(iii) Utility of Goal Area: The arc around goalpost at 6 m. Only the goalkeeper is allowed to enter the goal area. It restrict other players to enter this area which is restricted for all players except goalkeeper.

(iv) Dive shot: It is a way of putting the ball/ shot, in order to score a goal, by jumping above the floor towards the goal. It is done without touching the goal area line (6 meter line).

(b) (i) The ball remains in play, during playing time, unless or until match Referee blows the whistle to stop the time, infringement/ foul has occurred, goal has been scored, in possession of goalkeeper, ball goes out of boundaries.

(ii) A corner throw is given to an attacking player while the ball is played over goal line by a defending player or either side of the goal. Corner throw is thrown by attacking player from the corner of court. It is done by throwing the ball by using either hand.

(iii) It is permitted to throw, catch, stop, push or hit the ball, by using hands (open or closed), arms, head, torso, thighs, and knees; hold the ball for a maximum of 3 seconds, also when it is lying on the floor; take a maximum of 3 steps with the ball.

(c) (i) Penalty Throw is awarded when

- It is given when defending player intentionally obstructs the opponent while he is going for throw towards goalpost.
- This is given when defending player intentionally obstructs the opponent from behind,
- Blocking dangerously while player is throwing towards goal
- Jumps on the opponent without the ball, pushes the opponent, trips on the opponent when he has clear chance of scoring.

(ii) A goalkeeper-throw is awarded when:

- A player of the opposing team has entered the goal area in violation of Rule.
- The goalkeeper has controlled the ball in the goal area or the ball is stationary on the floor in the goal area.
- A player of the opposing team has touched the ball when it is rolling on the floor in the goal area.
- When the ball has crossed the outer goal line, after having been touched last by the goalkeeper or a player of the opposing team.

Hockey

Question 12.

(a) Explain the following terms : [8]

- (i) An obstruction
- (ii) Playing distance
- (iii) Tapping
- (iv) A suspension

(b) (i) What do you know about the shape, circumference and weight of a Hockey ball ? [9]

(ii) List the equipment which should be carried by the Umpire while conducting the match.

(iii) What is the duration of the game and interval ?

(c) Draw a neat labelled diagram of the hockey field with its dimensions. [8]

Answer.

(a) (i) An obstruction : It is hindrance to opponent against the rules. It prevents opponent player to play with ball by hindrance through body or stick.

(ii) Playing Distance has :

- Side lines: 91.40 meters long perimeter lines.
- Back lines: 55.00 meters long perimeter lines.

(iii) Tapping: This skill is used to stop the fast coming ball by carefully stopping with stick. In this skill the stick is kept in between the fast coming ball so that it stops close to stick.

There is lot of variation of tapping, like lying stick tapping, blade tapping, reverse stick tapping, etc.

(iv) Suspension : A player is suspended if he commits serious foul (intentionally or unintentionally), like dangerous play, misconduct, argument to Umpire. Second yellow card is also suspension of player from the match. Player cannot continue playing match; moreover team will play without filling of suspended player.

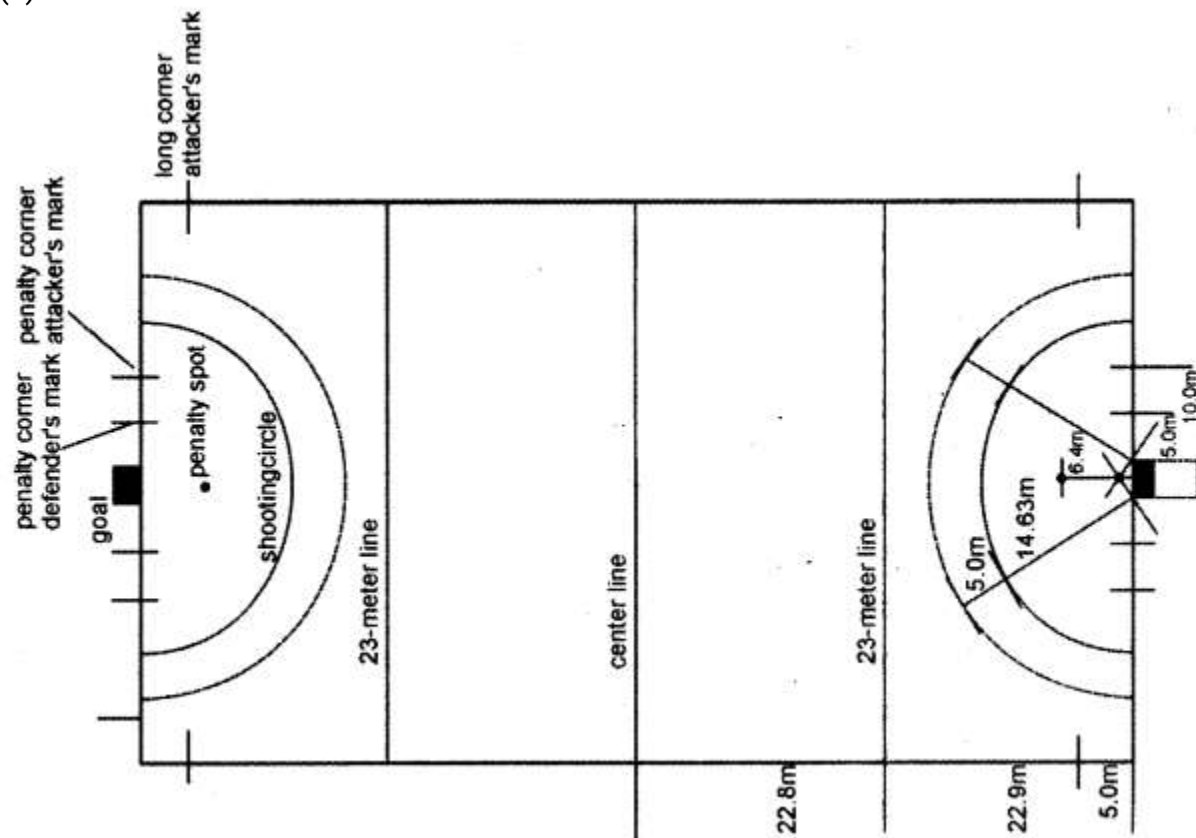
(b) (i) The ball:

- is spherical
- has a circumference of between 224 mm and 235 mm
- weighs between 156 grams and 163 grams
- is made of any material and coloured white (or an agreed colour which contrasts with the playing surface)

(ii) Umpiring equipment includes a copy of the current Rules book, a loud and distinctive whistle, a stop watch, coloured cards to indicate personal penalties and materials to record match details (Small diary and pen, Green, Yellow and Red Cards).

(iii) Duration of the Game = 2 halves of 35 min (Men), 30 min (Women)

(c)



Question 13.

(a) Explain the following terms : [8]

- (i) Flag-post
- (ii) A reverse hit
- (iii) A bully
- (iv) A corner-push

(b) (i) Mention three procedures to be followed while taking a 'Penalty Stroke'. [9]

(ii) List three instances wherein a 'Penalty Corner' is awarded.

(iii) What is understood by a 'manufactured foul' ?

(c) Explain the following terms in Hockey : [8]

- (i) A warning

- (ii) A field goal
- (iii) A push
- (iv) Side line

Answer:

(a) (i) Flag-Post: Four flags are placed at four comers and two are placed at a distance of 1 m from the sideline over the centre line. The height of flag post should be 4 to 5 feet.

(ii) Reverse hit: A ball which is hit with reverse hand side (from the opposite side) of the player.

(iii) Bully: This method is used to start or restart the game after interruption. In this method two opponent players try to gain the control over ball by dribbling on Referee's signal.

(iv) Corner push: This is a kind of push used in penalty comer (short-comer) or from long comer. In this skill player pushes the ball with power so that it should quickly reach to own teammate.

(b) (i) Penalty stroke : It is also known as 7 yard push. This is awarded when some serious offence is committed by team in their shooting circle. Time stops during penalty stroke. Only goalkeeper and the player taking stroke permitted inside shooting circle. At the whistle player pushes or scoops or flicks the ball towards the goal for scoring a goal whereas goalkeeper defends it. It is done from the penalty spot 7 yards in front of goal post.

(ii) Penalty comer is awarded when a player :

- commits serious foul (intentionally or unintentionally)
- indulges in dangerous play
- for misconduct
- enters into argument with Umpire.

(iii) Manufacture Foul: It is given when player or players are found that they are not using the specified stick as per rules. In this stage, penalty comer is awarded to opposing team.

(c) (i) Warning/Green Card: A player is warned by green card by Umpire if he has committed foul unintentionally. It can also be given if player indulges himself in foul play or wasting time. Player is temporarily suspended for 2-minutes.

(ii) Field-Goal: It is a goal scored by dribbling or passing within the shooting circle in a strategic move by the attacking players.

(iii) Push: This stroke is used to send the ball to shorter distance. Right hand is placed low on the stick and pushes the stick forward while the left hand holds the top of handle. This skill is mostly used to pass the ball to own team player when he is close.

(iv) Side-line : The longer side of playfield on both side of playfield with 91.40 meters (100yards) perimeter line.

Basketball

Question 14.

(a) Draw a neat labelled diagram of basketball court with its dimensions. [8]

(b) (i) What is team foul ? [9]

(ii) Explain the term 'double foul' in a game of Basketball.

(iii) Explain in brief the term Held-Ball '.

(c) Explain the following terms in Basketball: [8]

(i) Screening

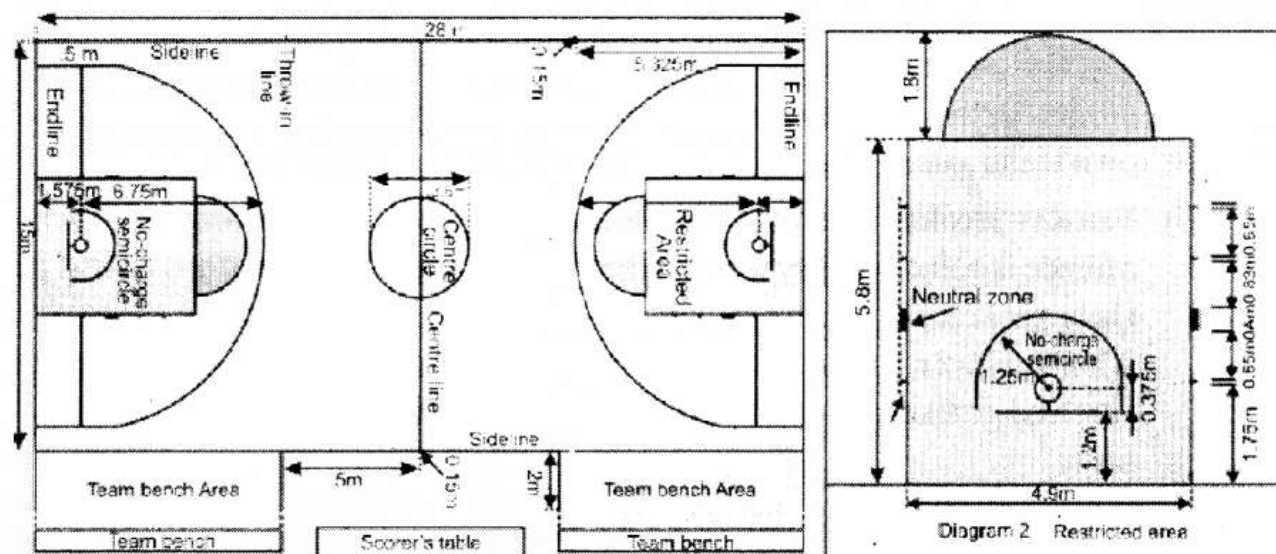
(ii) A "5" second rule

(iii) A zone press

(iv) A multiple foul

Answer:

(a)



(b) (i) A Team Foul: These are total fouls of team. If the team fouls exceed more than four fouls in each quarter then opponent team is awarded with two free-throws on each foul.

(ii) Double Foul: A situation in which opposing player commits contact fouls against each other simultaneously.

(iii) Held-Ball: It occurs when two opponents have firmly gripped the ball, and neither

can gain possession without undue roughness. With new changes, throw-in (by turn) is taken from nearest side or end line

(c) (i) Screening: A screen is a blocking move by an offensive player, by standing beside or behind a defender, to free a teammate to shoot, a pass, or drive in to score.

(ii) '5' Second Rule : A player cannot hold the ball (without bounce) for more than '5' seconds

(iii) Zone Press : A defensive style in which the defense applies pressure to the offensive team at certain area of the court before and after the inbound pass. It is defence in own half, where player covers particular area for defence.

(iv) Multiple Foul : When two players are involved in the foul at almost the same time. Throw-in taken from sideline is taken in alternate manner.

Question 15.

(a) Explain the following terms:

(i) A pivot foot

(ii) A time out

(iii) A throw in

(iv) Holding

(b) (i) Explain in brief the term 'Jump ball'

(ii) How does a team advance with the ball in an attempt to score ? (in) List down the officials in the game of Basketball.

(c) Write the following :

(i) An illegal screening

(ii) A live-ball

(iii) A dead-ball

(iv) A lay-up shot

Answer:

(i) A Pivot foot: The front foot of pitcher remain stationary while pitching is called pivot foot.

(ii) Time-out: It is an interruption of game requested by coach. It lasts not more than one min. It can be taken one time in I, II and III quarter; and two times in IV quarter.

(iii) Throw in: It is passing the ball from side line or end line (after the dead-ball) to restart the continuity of game.

(iv) Holding: It is personal contact to opponent player that infers the freedom of movement (by body contact).

(b) (i) Jump Ball: A jump ball is a technique of starting the game in the beginning, from the circles. It takes place when official tosses the ball between the two opposing

players with new rules only one time the jump ball is done and next time it is done with throw in.

(ii) Player with ball can advance with ball in an attempt to score by High/ Low Dribble. It is an offensive dribble. The bounce is high at twist height to provide fast running movement. Hands perform the pumping action over the ball by pressing it.

(iii) Officials : 1 Referee, 2 Umpire, 1 Scorer. 1 Assistant Scorer. 1 Timekeeper, one 24-Second Operator, 1 Table Commissioner.

(c) (i) Illegal Screening : It is illegal attempt to delay or prevent opponent player who does not control the ball from reaching desired position.

(ii) Live-Ball: During jump-ball if ball is legally tapped or officials place the ball for play or at the disposal of free throw or throw -in.

(iii) Dead-Ball: Ball lands out of bounds, official blows the whistle, in case of violation, fouls etc. It is temporarily stopping of game.

(iv) Lay-Up-Shot: A shot executed by a player while moving two steps with the ball and attempting a shot

Volley ball

Question 16.

(a) Explain the following terms : [8]

(i) Attack line

(ii) A setter

(iii) Back zone

(iv) A rotation

(b) (i) When is a team compelled to substitute a player ? [9]

(ii) When do the teams change the court ?

(iii) What is the procedure adopted to start a game ?

(c) Draw a neat diagram of a Volley Ball court and mark the following : [8]

1. side line
2. service line
3. attack line
4. front zone
5. back zone
6. rotation position
7. height of the net (men) from the ground
8. size of the net

Answer:

(a) (i) Attack line: On each court, an attack line, whose rear edge is drawn 3 m back from the axis of the centre line, marks the front zone.

(ii) Setter : A player specialized to lift the ball for the smash. It is performed over the coming ball from own teammates. This player is also known as booster.

(iii) Back Zone : The area behind the attack line or the rear area of the court to restrain Libero to come in front zone or attack line.

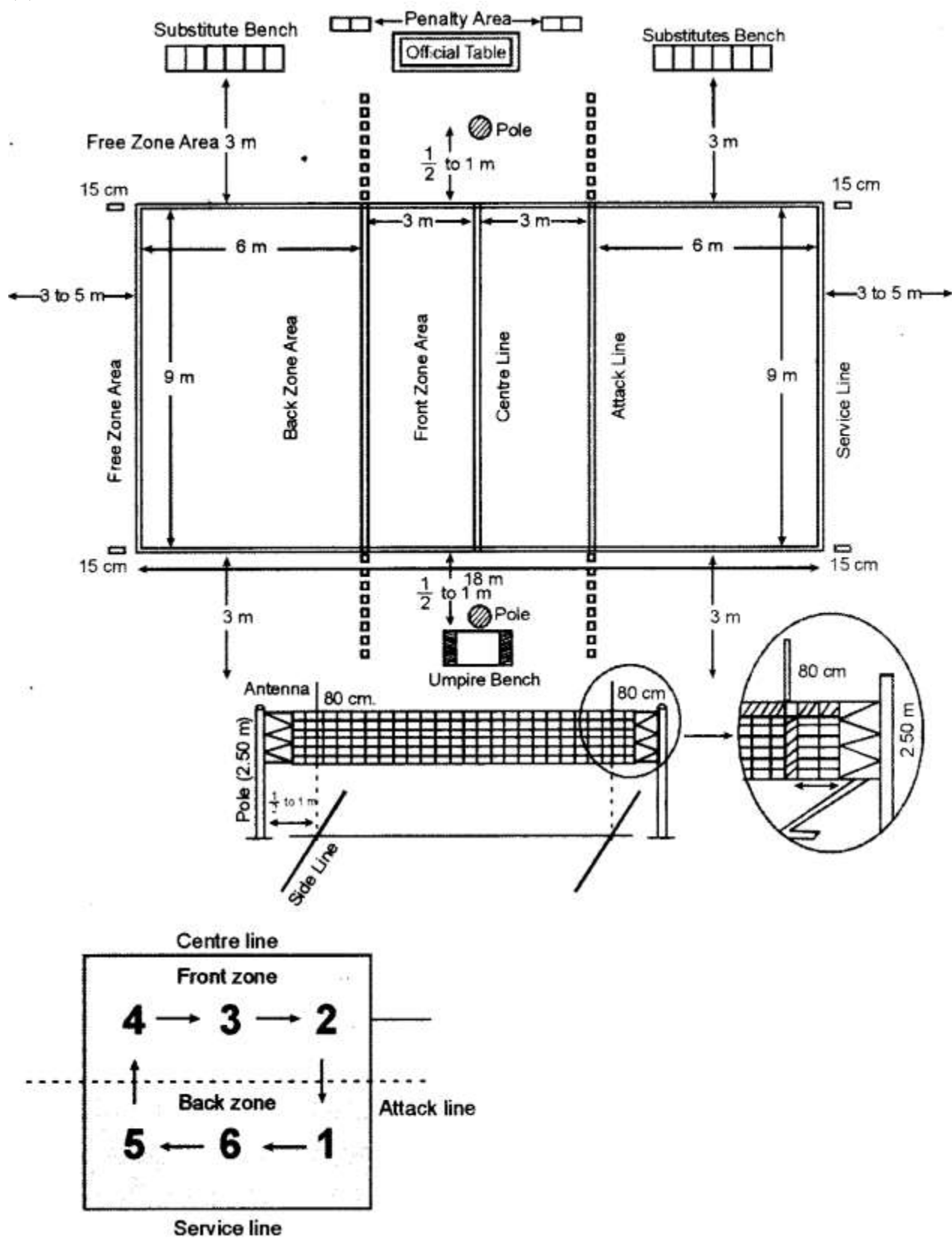
(iv) Rotation: After every change of service: the players of serving side rotate in clockwise otherwise it may be foul.

(b) (i) A team compelled to substitute a player when a player is got Expulsion (expelled) or Disqualification for repeated misconduct. He/ she is not allowed to play further. He is not even allowed to sit over team bench.

(ii) Change of Court: After each set the ends are changed. In the final set it is changed at 8th point.

(iii) The First Referee performs toss before the start of match. After positioning of both teams he blows long whistle for service and simultaneously indicates for service.

(c)



Question 17.

(a) Explain the following terms in Volley Ball: [8]

(i) An attack hit

(ii) A foot fault

(iii) An ace

(iv) A technical time-out

(b) (i) State any three rules related to a 'Libero player' [9]

(ii) Explain the term 'Triple block' in Volleyball.

(iii) What is a rally point ?

(c) Answer the following : [8]

(i) Weight of the ball

(ii) Circumference of the ball

(iii) Number of players in a team

(iv) Length of service line

(v) Height of net for Men and Women

(vi) How many time outs are awarded to a team in a match ?

(vii) Duration of a time out

(viii) Measurements of the free zone area

Answer:

(a) (i) Attack Hit: All actions which direct the ball towards the opponent, with the exception of service and block, are considered as attack hits. During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.

(ii) Foot Fault: Occurs when a player while serving places a foot over or on the back line or when any player puts a foot over the center line into their opponents side of the court.

(iii) Ace : A point scored over service which is unreturned.

(iv) Technical Timeout: It is given for 60 seconds in the final set when leading team reaches the 8th and 16th points. It may be requested by each team.

(b) (i) Rules related to Libero player:

- The Libero is allowed to replace any player in a back row position.
- He/she is restricted to perform as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of the contact the ball is entirely higher than the top of the net.
- He/she may not serve, block or attempt to block.

(ii) When three players attempt or tries to block the ball from coming at the same time it is called a "triple block".

(iii) A point scored after multiple exchange of rally across the net.

- (c) (i) Weight of the ball is 260-280 g.
- (ii) Circumference of the ball is 65-67 cm.
- (iii) No. of Players in a team are 12 (6 Playing and 6 Substitutes including Libero)
- (iv) 9 meters
- (v) Height of net is 2.43 m for Men and 2.24 m for Women.
- (vi) Timeout : It is temporarily interruption asked by the coach during game. Each team may request a maximum of two timeouts.
- (vii) Timeout: Each team may request a maximum of two timeouts. All requested timeouts last for 30 seconds.
- (viii) Free-zone Area : An area by the sides of court which can be used during game. It is 3 to 5 meters all sides of court.