

2019 III 20

1000

Seat No.

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Time : 1½ Hours

**PHYSICAL EDUCATION**

**Subject Code**

H	0	8	2
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**Total No. of Questions : 3**

**(Printed Pages : 6)**

**Maximum Marks : 30**

*INSTRUCTIONS* : (1) Answer each question on a fresh page.

(2) Write the question number and subquestion number clearly.

(3) *All* questions are compulsory.

(4) Figures to the right indicate full marks.

1. (A) Choose the *correct* alternatives given below and rewrite the following sentences : 3

(i) It is recommended to start coaching only after the age of ..... years.

(a) 12 years

(b) 13 years

(c) 14 years

(d) 15 years

(ii) The ..... provides opportunities for continuing education to those who missed completing school education.

(a) home schooling

(b) national institute of open schooling

(c) international schools

(d) private schools

- (iii) The volleyball has ..... atmosphere at sea level.
- (a) 3.17—4.0
  - (b) 0.30—0.325
  - (c) 0.6—1.1
  - (d) 0.40—0.435
- (iv) A ..... should remain neutral and should not be a member of any house.
- (a) Music teacher
  - (b) Subject teacher
  - (c) Class teacher
  - (d) Physical Education teacher
- (v) The organizing team should be present at the venue at least ..... before the tournament starts.
- (a) one hour
  - (b) two hours
  - (c) three hours
  - (d) four hours
- (vi) The ..... is a tool that helps a Physical Education teacher to ensure that he/she doesn't miss out anything important while organizing a tournament.
- (a) programme
  - (b) menu
  - (c) checklist
  - (d) time-table

- (B) Answer the following questions in *one* sentence each : 3
- (1) Who conducts the coaching sessions after the school hours ?
  - (2) What is acronym SMART ?
  - (3) What are the *three* important stages for planning a sports day ?
- (C) Answer the following questions in **20-30** words : 4
- (1) What are the responsibilities of Physical Education teacher in school ?
  - (2) Prepare a fixture of a sixteen teams for a knockout tournament.
2. (A) Choose the *correct* alternatives given below and rewrite the following sentences : 3
- (i) When body moves from one place to another it is known as ..... skill.
    - (a) manipulative
    - (b) locomotor
    - (c) non-manipulative
    - (d) aerobic
  - (ii) The ..... is described as the ability to cover a specific distance in minimum possible time.
    - (a) strength
    - (b) speed
    - (c) flexibility
    - (d) quickness

- (iii) Agility is referred as ..... speed.
- (a) sideward
  - (b) forward
  - (c) multidirectional
  - (d) backward
- (iv) Water makes up to ..... percent of body weight.
- (a) 60
  - (b) 70
  - (c) 80
  - (d) 90
- (v) The ..... is one to one talking with the interviewer.
- (a) panel interview
  - (b) group interview
  - (c) face to face interview
  - (d) telephone interview

(vi) Microsoft ..... is more than a simple presentation tool.

(a) Office

(b) Excel

(c) PowerPoint

(d) Word

(B) Answer the following questions in *one* sentence each : 3

(1) What is the formula to calculate Body Mass Index ?

(2) Sakshi is having long and dirty nails, suggest her the best time to cut her nails.

(3) Define Word.

(C) Answer the following questions in **20-30** words each : 4

(1) State any *four* general hygiene rules.

(2) Brush your teeth regularly, explain giving *two* points.

3. (A) Answer the following questions in *one* sentence each : 3

(1) Rupesh wants to become a cricket player, suggest him any *two* stages of sporting talent of an individual.

(2) Sachin is thinking to become a coach, suggest him any *two* elements of coaching.

(3) Siddhi is a Silver medalist in 100 meter run, suggest her some of visible components for the success of an athlete.

- (B) Answer the following questions in **20-30** words each : 4
- (1) Mahindra is appearing for an interview in St. Marry High School, suggest him some things which should be remembered before the interview.
  - (2) List down any *four* teaching points for the children's of 5 to 7 years old.
- (C) Draw a neat diagram of the Kho-Kho court and mark the following : 3
- (a) Pole
  - (b) Centre lane
  - (c) Free zone.