

THE CATHEDRAL AND JOHN CONNON SCHOOL  
PRELIMINARY EXAMINATION  
P.E.BIOLOGY  
Class X

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Marks:80  
Date: 17.1.2008

Time:2 Hrs

Attempt all questions from Section I and two questions from Section II. Attempt one question of each of the two games of your choice.

You will not be allowed to write in the first 15 minutes. This time is to be spent in reading the question paper. The time given at head of the paper is the time allowed for writing the answers.

Section I

Answer all questions

**Question 1**

(a) Define the following:

- (i) Sprain
- (ii) Cramp
- (iii) Abrasion
- (iv) Contusion

[1\*4=4]

(b) Write short notes on the following :

- (i) Dangers from electricity
- (ii) Precautions to prevent accidents by fire

[2\*3=6]

**Question 2**

(a) What is the impact of exercise on the named systems.

- (i) respiratory system
- (ii) circulatory system

[6]

(b) List the four main causes of poor posture. Support your answer with suitable examples.

[4]

**Question 3**

(a) Explain the importance of recreation in modern society.

[6]

(b) What is RICE. Explain briefly.

[4]

**Question 4**

(a) Write briefly about the following :

- (i) vaccination
- (ii) disinfectants

[2]

(b) Write short notes on the following diseases:

- (i) Tuberculosis
- (ii) Athlete's foot
- (iii) Arthritis

[2]

[2]

[4]

SECTION-B (40 Marks)

Answer two questions from this section

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

**BASKETBALL**

**Question-I**

1. Mention any three occasions when the ball is considered dead. (4)
2. Differentiate between:-
  - (a) Technical Foul and Personal Foul
  - (b) Travelling and Dribbling(8)
3. What is foul and violation? (4)
4. What aspects a player while taking a free throw should keep in mind? (4)

**Question-II**

1. Briefly mention the procedure for substitution. (4)
2. Explain the following:-
  - (a) Playing Time
  - (b) Eight Second Rule
  - (c) Twenty Four Second Rule
  - (d) Three-second violation(8)
3. What is a dunk? (3)
4. Draw a neat-labelled diagram of the basketball court. (5)

**CRICKET**

**Question-III**

1. Explain the following terms:-
  - (a) Hitting the ball twice
  - (b) Runner
  - (c) Toss
  - (d) Yorker(8)
2. Give decisions in the following situations:-
  - (a) Batsman takes runs intentionally by playing with legs without offering a shot.
  - (b) Batsman's hat/helmet falls on the wicket dislodging the bails while playing a shot.
  - (c) Batsman is run out on a no ball.(6)
3. Draw a neat diagram of the cricket field showing any six fielding positions. (6)

**Question-IV**

1. Write down the correct term of the following:-
  - (i) A ball that, after playing lands out side the boundary.
  - (ii) A ball that, after playing lands before the boundary and reach fence.
  - (iii) A ball that, after playing lands in bowler's hand.
  - (iv) An over in which no runs are scored and claimed a wicket.(8)
2. Differentiate between Declaration and follow-on. (6)
3. Draw a diagram with dimensions to show the danger-area on the pitch. (2)
4. Write about:- (i) Yorker (ii) Twelfth-man (4)

**FOOTBALL**

**Question-V**

1. Draw a diagram of full football field and label. (6)
2. Write about the following:- Tie Breaker & Goal Line. (4)
3. Write down the procedure for a penalty kick. (5)
4. Explain:- Quarter circle and optional flag. (5)

**Question-VI**

1. Write down the procedure for a free throw. (5)
2. What are the duties of assistant referees? (5)
3. Explain:- Walk-over, FIFA, Penalty Arc & kick-off. (10)