

ICSE Board Class 10 Physical Education Question Paper

Time Allowed :3 Hour	Maximum Marks :70	Total Questions :24
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General Instructions

Read the following instructions very carefully and strictly follow them:

- 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,
- The paper has four Sections.
- Section A is compulsory - All questions in Section A must be answered.
- You must attempt one question from each of the Sections B, C and D and one other question from any Section of your choice.

1. Strength, endurance, reaction time and perceptual abilities are minimal in the stage of

- (A) Infancy
- (B) Childhood
- (C) Adolescence
- (D) Adulthood

2. Identify the group of people shown in the picture given below.



- (A) Coaches
- (B) Officials

- (C) Managers
 - (D) Commentators
-

3.

is a primary source of energy.

- (A) Fats
 - (B) Mineral
 - (C) Carbohydrates
 - (D) Vitamin
-

4. A mesomorph has the following physical characteristic:

- (A) Pear-shaped body
 - (B) Muscular body
 - (C) Delicate body structure
 - (D) Thin legs and arms
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5. According to the Principle of Periodization, a Microcycle training programme lasts for

- (A) 1-2 days
 - (B) 1-2 weeks
 - (C) 1-2 years
 - (D) 2-3 months
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6. Assertion (A): Ankle sprains are the most commonly experienced sports injuries. Reason (R): A sprain occurs when the ligaments supporting the ankle gets torn or ruptured.

- (A) (A) is true but (R) is false.
 - (B) (A) is false but (R) is true.
 - (C) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (D) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
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7. Best results are achieved in sports training if the:

- (A) load is more than nutrition.
 - (B) load is constant and nutrition is constant.
 - (C) load is increased progressively and with a balanced diet plan.
 - (D) load is less than nutrition.
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8. Change in memory and perception of an individual are indicators of:

- (A) Social development
 - (B) Physical development
 - (C) Mental development
 - (D) Emotional development
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9. Which of the following activities improves agility?

- (A) Push-ups
 - (B) Zig-zag run
 - (C) 800m run
 - (D) Standing broad jump
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10. Health-related physical fitness components are:

- (A) Agility and Speed
 - (B) Cardiorespiratory endurance and Flexibility
 - (C) Balance and Coordination
 - (D) Power and Speed
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11. Assertion (A): Sports training is the process of preparation in order to do some tasks.

Reason (R): Training helps to attain fitness and conditioning of the body to take part in various sports and games.

- (A) (A) is true and (R) is false.
 - (B) (A) is false and (R) is true.
 - (C) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (D) Both (A) and (R) are true but (R) is not the correct explanation of (A).
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12. Mr. Anil Abraham is a central government employee. He is interested in athletics. He has wide hips and narrow shoulders which make him pear-shaped, and he also has a high body fat percentage level with slow metabolism. Based on the above extract, identify the body type of Mr. Anil Abraham.

- (A) Ectomorph
 - (B) Paramorph
 - (C) Endomorph
 - (D) Mesomorph
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13. The body structure in which a person holds his body upright against gravity when one is standing, sitting or lying down is known as:

- (A) Agility
- (B) Co-ordination

- (C) Accuracy
 - (D) Posture
-

14. The body's ability to direct the body muscles to achieve the given target every time is called

- (A) Power
 - (B) Speed
 - (C) Accuracy
 - (D) Flexibility
-

15. is used for the growth and repair of all the cells in the body.

- (A) Protein
 - (B) Vitamin
 - (C) Fat
 - (D) Carbohydrate
-

16. The ability of an individual to perform movements of the same pattern at a faster rate is called:

- (A) Speed
 - (B) Power
 - (C) Balance
 - (D) Flexibility
-

17. Which of the following is a common sign of concussion?

- (A) Swelling in the back of the head.
 - (B) Nausea or vomiting.
 - (C) Tenderness along the inner side.
 - (D) Sprain in the lower back muscle.
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18. A training programme made for each player according to their abilities or limits is based on the:

- (A) Principle of Individuality
 - (B) Principle of Adaptation
 - (C) Principle of Reversibility
 - (D) Principle of Overload
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19. Match the following:

Column 1	Column 2
A. Principle of Specificity B. Principle of Overload C. Principle of Individuality D. Principle of Reversibility	1. Training effect reduces when exercise stops. 2. Training should be based on personal capability. 3. Training must be harder than usual to improve skill. 4. Training should target the required skill.

- (A) A-2, B-4, C-3, D-1
- (B) A-3, B-4, C-2, D-1
- (C) A-4, B-3, C-1, D-2
- (D) A-4, B-3, C-2, D-1

20. Sam has curly hair and dimples just like his mother. He wonders how these traits were passed on to him from his mother. After discussing with his teacher, he concludes that these features are transferred from the parents to the children through a biological process. This process is known as _____.

- (A) Puberty
 - (B) Old age
 - (C) Gender
 - (D) Heredity
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