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Roll No.

Date:

**NORTHWEST ACCREDITATION COMMISSION, USA**

**GRADE 10<sup>TH</sup> (Secondary)**

**Subject- Physical Education (Practical)  
Subject Code – PP207**


Question Paper No. :

Question Paper code:

**Important Instructions**

**1. OPENING AND CHECKING OF THE QUESTION-BOOKLET**

Break open the seal of the Question-Booklet only when the announcement is made by the Invigilator. After breaking the seal and before attempting the questions, student should immediately check for:

a) The number of the printed page in the Question-Booklet is the same as mentioned on the cover page of the Booklet and

b) Any printing error in the Booklet pages, if any.  
Any discrepancy or error should be brought to the notice of the Invigilator who will then replace the Booklet.

No additional time will be given for this.

**2.** No student, without the permission of the Superintendent, or the Invigilator concerned, is to leave his/her seat or the Examination Room.

**3. FILLING UP THE REQUIRED INFORMATION ON QUESTION-BOOKLET AND ANSWER SHEET**

After breaking open the seal and checking the Booklet, student should:

a) Fill up the **Question Paper No.** and **Question Paper Code** (mentioned on the cover of Question-Booklet) in the space provided on the First Answer Sheet.

b) Fill up his/her Roll Number on the First Answer Sheet and on each Supplementary Answer Sheet,

if taken.

- C) Student should mention the total number of **Supplementary Answer Sheet**, if taken, in the space provided on the First Answer Sheet and also fill up the Serial Number mentioned on each **Supplementary Answer Sheet** along with his/her Roll Number in the register maintained by the Invigilator. Student must tie all the Answer Sheets with the thread provided by the Invigilator.

#### 4. INSTRUCTIONS ABOUT QUESTION PAPER

- a) This Question Paper includes five questions. All questions are compulsory.  
b) All questions are carrying six marks each.

5. Student found in possession of Cellular Phone / Mobile Phone / Pager or any other Communication Device and/or any Book/Note whether using or not, will be liable to be debarred for taking examination(s) either permanently or for specified period or/and dealt with as per law or/and ordinance of the School/SERI according to the nature of offence, or/and he/she may be proceeded against and shall be liable for prosecution under the relevant provision of the Statutory Law.

TIME: 1:30 Hours.

TOTAL MARKS: 30

THE ANSWER SHEET IS TO BE RETURNED ON COMPLETION OF THE TEST

P.T.O.

Total number of questions: 5	Marks allocated to each question: 6	Total marks: 30
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Question 1. What is a League tournament? Explain different types of league tournaments with their advantages and disadvantages.

OR

What is balanced diet? Explain the components of diet.

Question 2. Explain in detail different causes of anxiety.

OR

Explain the meaning of the term 'Drug abuse' and write the effects of drugs on a sports person.

Question 3. Mention any four career options in Physical Education. Write briefly on the functions of any four important institutions of Physical Education in India.

OR

Write any five duties of hockey umpires.

Question 4. Draw a diagram of a field / court / table of the game / sport of your choice with all specifications.

OR

Enlist the important National Sports Awards. Explain any one of them.

Question 5. Enlist any five soft tissue injuries and suggest their First Aid.

OR

What is movement speed? Explain the methods to develop speed endurance.

**END OF THE QUESTION PAPER**

Sample Paper