

ICSE Class 10th Physical Education 2024 Question Paper

Question 1 [20]

Choose the correct answers to the questions from the given options.
(Do not copy the questions, write the correct answers only.)

(i) The stage from the age of 5 to 12 years is called _____.

- (a) Infancy
- (b) Adolescence
- (c) Adulthood
- (d) Childhood

This paper consists of 15 printed pages and 1 blank page. Turn Over

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(xx) Overstretching of ligament causes _____.

- (a) Contusion
- (b) Concussion
- (c) Strain
- (d) Dislocation

Question 2

(i) Define Physical Education.

(ii) What is full form of MCL?

(a) Medial Cruciate Ligament

(b) Medial Cramp Ligament

(c) Medial Crucial Ligament

(d) Medial Collateral Ligament

(iii) An education which develops harmonious growth and development of a child:

(a) Physical Fitness

(b) Health Education

(c) Physical Education

(d) Sports Training

(iv) Exercise helps in increasing _____ to the brain.

(a) Ideas

(b) Oxygen flow

(c) Energy

(d) Rest

(v) What is the minimum qualification to become a basketball coach in India?

(a) NIS Diploma

(b) B.P.Ed

(c) M.Phil

(d) Ph.D

(vi) _____ is used for growth and repair of all the cells in the body.

(a) Protein

(b) Vitamin

(c) Carbohydrate

(d) Sodium

The body cannot repair itself without rest and _____.

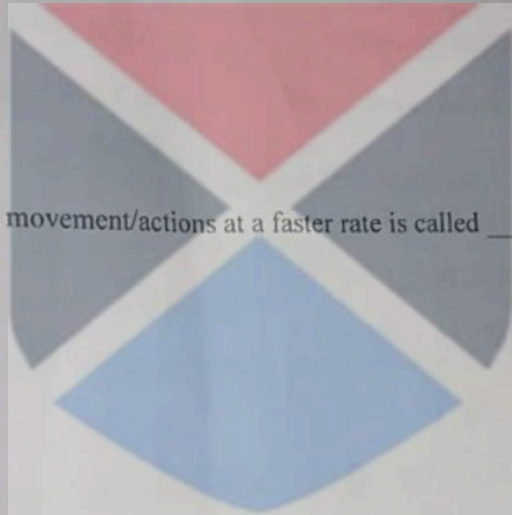
- (a) continuity
- (b) adaptation
- (c) recovery
- (d) frequency

The ability of a person to do daily work without fatigue is called _____.

- (a) Progression
- (b) Physical Fitness
- (c) Balance
- (d) Obesity

The ability to perform movement/actions at a faster rate is called _____.

- (a) Endurance
- (b) Power
- (c) Stamina
- (d) Speed



Assertion (A): The growth refers to the increase in size, length and weight.

Reason (R): The growth can be felt only through estimate and inspection.

In the context of the above two statements, which one of the following is correct?

- (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)

(xi) A good level of physical fitness is helpful in preventing _____.

- (a) Agility
- (b) Speed
- (c) Injuries
- (d) Performance

(xii) Match the following:

- | | |
|-------------------------------|---|
| I. Physical development | 1. A child recognizes his parents well. |
| II. Psychological development | 2. A child learns to roll over. |
| III. Social development | 3. A child is afraid of the dark in night. |
| IV. Emotional development | 4. A child learns to share a toy with a friend. |

(a) I-1, II-3, III-4, IV-2

(b) I-3, II-4, III-2, IV-1

(c) I-4, II-3, III-1, IV-2

(d) I-2, II-1, III-4, IV-3

(xiii) Cartwheel in gymnastics is an example of _____.

- (a) Dynamic Balance
- (b) Static Balance
- (c) Active Balance
- (d) Passive Balance

(xiv) The unit used to describe the energy content of food is called as _____.

- (a) Litre
- (b) Kilogram
- (c) Calorie
- (d) Meter

(xv) Which is the longest stage of human growth and development?

- (a) Adulthood
- (b) Childhood
- (c) Infancy
- (d) Adolescence

(xvi) _____ is an important element which makes up for almost 70% of our body weight.

- (a) Fibers
- (b) Minerals
- (c) Fat
- (d) Water

(xvii) What is the most common symptom of Achilles Tendonitis injury?

- (a) Patients may experience knee instability
- (b) Tenderness on the outside of the elbow
- (c) Pain above the heel, especially when stretching the ankle
- (d) Repeated vomiting or nausea

(xviii) According to the Principle of Progression, the overload should not be _____.

- (a) Increased Rapidly
- (b) Increased Normally
- (c) Increased Specifically
- (d) Increased Regularly

(xix) _____ is essential for the healthy development of a child.

- (a) Recreation
- (b) Proper nutrition
- (c) Meditation
- (d) Exertion