

# Model Question Paper: Year 2025-26

**CLASS: 10<sup>th</sup> (Secondary)**

**Code: A**

Roll No.

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## **Physical Education**

National Skills Qualification Framework (NSQF)

[Hindi and English Medium]

### **ACADEMIC**

**समय: 2.30 घण्टे]**

**[ पूर्णांक: 60**

**Time allowed: 2.30 hours]**

**[ Maximum Marks: 60**

- कृपया जांच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 4 तथा प्रश्न 30 हैं।

Please make sure that the printed pages in this question paper are 5 in number and it contains 30 questions.

- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें।

Before beginning to answer a question, its Serial Number must be written.

- उत्तर-पुस्तिका के बीच में खाली पन्ना न छोड़ें।

Don't leave blank page/pages in your answer-book.

- उत्तर-पुस्तिका के अतिरिक्त कोई अन्य शीट नहीं मिलेगी। अतः आवश्यकतानुसार ही लिखें और लिखा उत्तर न काटें।

Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.

- परीक्षार्थी अपना रोल नं० प्रश्न-पत्र पर अवश्य लिखें। रोल नं० के अतिरिक्त प्रश्न-पत्र पर अन्य कुछ भी न लिखें और वैकल्पिक प्रश्नों के उत्तरों पर किसी प्रकार का निशान न लगाएं।

Candidate must write their Roll No. on the question paper. Except Roll No. do not write anything on question paper and don't make any mark on answer of objective type questions.

- कृपया प्रश्नों के उत्तर देने से पूर्व यह सुनिश्चित कर लें कि प्रश्न-पत्र पूर्ण व सही है, परीक्षा उपरान्त इस सम्बन्ध में कोई भी दावा स्वीकार नहीं किया जायेगा।

Before answering the questions, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

Instructions (निर्देश): -

1. All questions are compulsory. (सभी प्रश्न अनिवार्य हैं)
2. Question no. **1 to 15** are MCQ/ One Word/ Fill in the Blank type's questions carrying **one marks** each. (प्रश्न 1 से 15 तक एक नंबर के हैं)
3. Question no **16 to 21** are very short answer type question carrying **two marks**. (प्रश्न 16 से 21 दो नंबर के हैं)
4. Question no **22 to 27** are short answer type question carrying **three marks**. (प्रश्न 22 से 27 तीन नंबर के हैं)
5. Question no **28 and 30** are long answer type questions carrying **five marks**. (प्रश्न 28 से 30 पांच नंबर के हैं)

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[ खण्ड—अ ]

[Section-A]

**Objective Types Questions**

**15 x 1 = 15 Marks**

Q-1 There is \_\_\_\_\_ components of free play.

Q-2 \_\_\_\_\_ allows the user to turn off the computer.

Q-3 Exchange of information by speaking, writing or using other medium is called \_\_\_\_\_ .

Q-4 Which day is celebrated as National Sports Day ?

Q-5 What are the types of communication based on communication channels ?

Q-6 What is a skill test ?

Q-7 Which is an example of assessment tools ?

- (a) ability test
- (b) learning outcomes
- (c) checklist
- (d) inquiry

Q-8 Which is not included in 4R's ?

- (a) Reduce
- (b) Reuse
- (c) Recycle
- (d) Recover

Q-9 Which is not a part of 7C's ?

- (a) Clarity
- (b) Courtesy
- (c) Correctness
- (d) Conclusion

Q-10 In which game rotation of team members occurs ?

- (a) Football
- (b) Volleyball
- (c) Hockey
- (d) Basketball

Q-11 Which is not a team game ?

- (a) Tennis
- (b) Rugby
- (c) Baseball
- (d) Relay race

Q-12 Bhaichung Bhutia is related to which sport ?

- (a) Cricket
- (b) Hockey
- (c) Table Tennis
- (d) Football

Q-13 Assertion : Double Dribbling is a foul when ?

Reason : a player bounces the ball with both hands.

- (a) assertion is correct but reason is wrong statement.
- (b) reason is correct but assertion is wrong statement.
- (c) both are correct but reason is not correct explanation of assertion.
- (d) both are correct and reason is correct explanation of assertion.

Q-14 Assertion : In nose bleeding do not bend the head backwards.

Reason : This can increase the blood pressure in head.

- (a) assertion is correct but reason is wrong statement.
- (b) reason is correct but assertion is wrong statement.
- (c) both are correct but reason is not correct explanation of assertion.
- (d) both are correct and reason is correct explanation of assertion.

Q-15 Assertion: Muscles weakness is a symptom of heat stroke.

Reason : Nose bleeding occur when one of the small blood vessel in the mucous membrane of nose bursts.

- (a) assertion is correct but reason is wrong statement.
- (b) reason is correct but assertion is wrong statement.
- (c) both are correct but reason is not correct explanation of assertion.
- (d) both are correct and reason is correct explanation of assertion.

### **Very Short Answer Types Questions**

**6 x 2 = 12 Marks**

Q-16 Explain any two stress management techniques ?

Q-17 What do you mean by assessment ?

Q-18 What is full meaning of evaluation ?

Q-19 What is inventory management ?

Q-20 Explain all types of cost estimating ?

Or

What are monetary items ?

Q-21 Explain violation ?

Or

Write any four best teaching practices in schools ?

[ खण्ड—स ]

[Section-C]

### **Short Answer Types Questions**

**6 x 3 = 18 Marks**

Q-22 Write the steps to create a new folder ?

Q-23 How do you review documents ?

Q-24 What is report writing and its examples ?

Q-25 Write benefits of free play ?

Q-26 Explain homogeneous and heterogeneous grouping ?

Or

Describe influence of environmental factor on physical activities ?

Q-27 Describe action, balance and coordination with examples ?

Or

Write principles of first aid ?

[ खण्ड—द ]

[Section-D]

### **Long Answer Types of Questions**

**3 x 5 = 15 Marks**

Q- 28 Explain sprain and strain and its remedies ?

Or

What is heat stroke ? Its symptoms and remedies ?

Q-29 How to store balls ?

Or

How to maintain balls (I) before using (ii) after using ?

Q-30 Write about qualities of a good teacher ?

Or

Differentiate between reflective and non reflective teacher ?

