

Class - 10th (Physical Education)

Maximum marks: 60

CODE- 971(PSR)

ANSWER KEY & MARKING SCEAME

Instructions:-

If the answer of a student does not match with this answer key and the checking teacher feels that the answer is correct, then he can give the marks according to his understanding.

Part -A

Ans-1 __6__

1

Ans -2 _shut down_

Ans- 3 communication

Ans- 4 29 August

Ans- 5 I) verbal communication
II) non verbal communication

Ans- 6 skill test - it is an assessment to provide an unbiased evaluation of a candidate's ability to perform duties .

Ans- 7 (C) checklist

Ans- 8 (D) recover

Ans- 9 (D) conclusion

Ans- 10 (C) volleyball

Ans- 11 (A) tennis

Ans- 12 (D) football

Ans- 13 (D) both are correct and reason is correct explanation of assertion.

Ans- 14 (D) both are correct and reason is correct explanation of assertion.

Ans-15 (C) both are correct but reason is not correct explanation of assertion.

Part -B

Ans- 16 write any two

1) Physical Exercise :-

When stress affects the brain , rest of the body also feels the impact . Physical exercise in the form of walking , skipping or for that matter indulging in any sports has been found to relieve stress as they stabilize mood , improve self - esteem and induce sleep .

2) Yoga :-

Yoga is a school of Hindu philosophy that reduces stress . Yoga includes a series of postures and breathing exercises practiced to achieve control of body and mind .

3) Meditation :-

It is a practice where an individual is supposed to focus his / her mind on a particular object , thought or activity to achieve a calm mental state reducing stress .

4) Enjoying:-

Recreational activities like watching movies , attending concerts , playing games , involving in adventure sports , singing , dancing or even sketching can help individuals transcend to a happier mental state and help manage stress .

5) Going On Vacations with Family and Friends :-

Vacations provide an opportunity of taking a holiday from our routine and appreciate different facets of life . Vacations can be taken up to friends and relatives ' place as well as to far flung attractive locations . Vacationing helps in de - stressing individuals .

6) Taking Nature Walks:-

Taking nature walks in a pristine environment of a national park or a sanctuary or a trail in country side / village , brings us a calmness by allowing our over stimulated minds a chance to relax and helps us to relax .

Ans- 17 Assessment :-

It is the process of gathering and discussing information from multiple and diverse sources in order to develop a deep understanding of what students know , understand , and Open can do with their knowledge as a result of their educational experiences .

Ans- 18 Evaluation:-

It is a systematic determination of a subject's merit , worth and significance , using criteria governed by a set of standards The primary purpose of evaluation , in addition to gaining insight into prior or existing initiatives , is to enable reflection and assist in the identification of future change .

Ans- 19 Inventory management refers to the process of ordering , storing and using a company's inventory . This includes the management of raw materials , components and finished products , as well as warehousing and processing such items .

Ans- 20 There are three types of cost estimation classified according to their scope and accuracy . These are

- (1) order of magnitude estimate ;
- (2) budget estimate ; and
- (3) definitive estimate .

OR

Ans- Monetary items :-

These are assets or liabilities that have a fixed value .Monetary assets include cash and bank balance , deposits and accounts receivable .

Nonmonetary items :-

These cannot be converted to cash quickly . Non - monetary assets include plant and machinery , market linked investments , property etc.

Ans- 21 A violation is an infraction of the rules . The ball shall be awarded to the opponents for a throw - in at the place nearest to the infraction , except directly behind the end line .

OR

Ans- 1) Teachers create a friendly environment so that learning happens best .

2) Teachers make it clear that all the students are equal . They will be treated fairly at all times

3) Teachers value student's opinion and free thinking ability .

4) Teachers address the broader life skills that students require as they make their transitions through and from school .Teachers work together to make connections between enterprising learning and the formal curriculum .

5) Teachers provide students with continuous opportunities for self - analysis and reflection .

6) Enterprising teachers seek and use new knowledge about student's learning .

7) A good teacher will always create a positive learning environment .

Part-C

Ans- 22 The steps to create a new folder are : 1. Double - click the Computer icon . 2. Select the drive in which you want to create a new folder . Say , Local Disk D .

3. Window will open up showing files and folders in Local Disc D .

Click New Folder on the toolbar .

Right - click anywhere in the blank area of the right column . A shortcut menu appears .

Select New Folder from the shortcut menu . A new folder is created with name New Folder highlighted .

Type a name for the folder

Ans- 23 1) Get a Fresh Start . Until now you've been busy learning about your case - interviews , negotiations , briefings , and arguments .

(2) Use Your Expertise . Meet with your technology experts as full members of the review team .

(3) Leverage The Technology .

(4) Understand The Costs .

(5) Document and Report .

Ans- 24 An analytical report is a type of a business report that uses qualitative and quantitative company data to analyze as well as evaluate a business strategy or process while empowering employees to make data - driven decisions based on evidence and analytics .

Ans- 25 Benefits of Free Play are :-

- 1) Boosts confidence and self - esteem .
- 2) Teaches the ability to recover quickly from setbacks .
- 3) Helps with overcoming emotional trauma or disturbance
- 4) Grows personal resilience .
- 5) Reduces childhood stress and anxiety .
- 6) Increases empathy .
- 7) Encourages expression of views , experiences and frustration.

Ans- 26 Heterogeneous grouping:-

It is when a diverse group of students is put in the same cooperative learning group . This mixed group may consist of students of varying ages , educational levels , interests , special needs , etc. Students are of approximately the same age , but function on different academic , social , and emotional levels . This method of heterogeneous grouping allows students to learn from each other 's differences.

Homogeneous grouping :-

It is the distribution of students , who function at similar academic , social , and emotional levels , being placed in the same cooperative learning group together .

OR

Ans- ENVIRONMENT FACTORS:-

During an athlete's career , numerous things happen which bring changes in his environment . In the early stages , the most common changes involve long , tiring journeys , sometimes combined with a stay for several days in an unfamiliar place . Later in the athlete's career , there are more severe changes to take note of and to prepare for . There are three environmental conditions which an athlete will have to learn how to acclimatise to . These are the altitude , temperature and time change .

Ans- 27 Action : Is a group of muscles working together to perform a particular skill or technique in the best possible way . Examples include locomotion through simple walking , hopping , jumping and crawling .

Balance : The ability to maintain equilibrium when stationary or moving (i.e. not to fall over) through the coordinated actions of our sensory functions (eyes , ears and the appropriate organ systems in our body) . The balance could be of two types :

- a) Static Balance - ability to retain the centre of mass above the base of support in a stationary position ; and
- b) Dynamic Balance - ability to maintain balance with body movement .

Coordination : The ability to control the movement of the body in co - operation with the body's sensory functions e.g. catching a ball (hand and eye co ordination , feet eye co - ordination) .

OR

Ans- Principles of first aid are given below

- 1) Do first things first quickly , quietly and without panic Guard against or treat for shock by moving the patient as little as possible .
- 2) Do not attempt too much
- 3) Reassure the patient and those around in order to reduce tension
- 4) Stop any bleeding
- 5) Give artificial respiration if breathing has stopped .

Part-D

Ans- 28 Sprain : -

A sprain is a stretch or tear of a ligament . Ligaments are tissues that stabilize and support the body's joints .

Strain :

A strain is a twist , pull or a tear of a muscle or tendon .

What to do:-

1)Stop activity right away.

2)Apply R.I.C.E for the first 48 hours .

R- Rest: rest the injured part

I-Ice pack : Wrap an ice pack around the injury , for not more than 20 minutes at a time and for about four to eight times a day

C- Compression : Wrap the injury with an elastic bandage in order to support the injury for two days .

E- Elevation : Keep the injured part raised to decrease swelling .

3) For reducing the pain , give the child paracetamol according to their weight and age.

OR

Ans-

Heat stroke :-

It is also known as sun stroke , is a type of severe heat illness that results in a body temperature greater than 40.0°C

Signs and Symptoms: -

1)Severe Thirst

2)Muscle weakness

3)Nausea

4)sometimes vomiting

5)Headache

6)Increased sweating

7)Decreased responsiveness or loss of consciousness

What to do :-

1) Bring the child under shade , undress him and make him lie with his feet elevated .

2) If the child is alert , use a cold sponge on his head .

3) Give him sips of cool water or sports drinks If he vomits , turn him to the side to prevent choking .

4)In the case of heatstroke seek medical help immediately .

Ans- 29 To store balls:-

1)Avoid leaving balls in a place that is exposed to direct sunlight .

2) Avoid storing balls in hot places.

3) Avoid leaving the balls in damp places . 4)Store balls in a well - ventilated place . 5)Inflate balls regularly

6)store them in a well ventilated place out of direct sunlight .

OR

Ans-

Before using balls : -

- 1) Inflate balls to correct pressures .
- 2) Before you inflate the balls , moisten the needle .
- 3) To inflate balls , squeeze balls while gradually adding a small amount of air at a time .
- 4) Inflating balls with too much air at once will damage the inner tube / bladder .
- 5) Avoid inflating balls with machines as it may over inflate .

After using balls : -

- 1) Deflate little air after use . If the same air pressure remains in balls after use , balls may expand or deform .
- 2) Wipe the surface with a soft cloth .
- 3) If you are unable to remove dirt easily , wipe balls with a moistened cloth .
- 4) If you are unable to remove dirt with moistened cloth , wipe balls with a cloth moistened with water diluted mild detergent .
- 5) If you use mild detergent to clean balls , thoroughly wipe off any remaining detergent to ensure that it does not remain on the ball surface . (detergent may cause stain) .

Ans- 30 Qualities of A good teacher:-

1) Good Leader :-

Without doubt , Good teachers are good leaders . In the classroom , they own the spotlight , and have the responsibility of being strong instructors so that students listen to them with attention .

2) Good Listener:-

learning , or interesting challenges for students helps them " think outside the box " and develop their own creative learning processes . Good listening ability will surely be appreciated by the students . It will also help the teacher in understanding the students better .

3) Professional:-

Professionalism is the sign of a good teacher . They know that as someone who is responsible for helping people learn , they must take their work seriously . Good teachers dress well , have good hygiene , and treat their students with respect . They believe in punctuality .

4) Fair and Just :-

Equality is an ideal that great teachers hold dear to themselves . They treat their students equally , yet giving them the individual attention they need . No child is left out in the mind of a good teacher , and they make it a mission to teach them all the same .

5) Flexible :-

A good teacher is open to new ideas . He has to be flexible in his approach so that actual learning happens .

6) Patient yet Firm :-

Good teachers know that patience is the greatest virtue in their profession . But at the same time they need to be firm as well . Most children are reassured and feel safer if they know their limits . If a teacher does not remain firm on some set boundaries in the classroom , children usually retaliate through bad behaviour .

Some other Qualities are:-

- 1) Uses effective teaching methods
- 2) Motivates students
- Understands that mistakes are part of learning .
- 3) Never personalizes criticism
- 4) Open when interacting with students.

OR

Ans-. Regular or non reflective teacher :-

- 1) Will go according to syllabus , not checking if children have mastered the concept .
- 2) Will use the same teaching method for all children and all classes .
- 3) Will move to the second lesson when first is completed
- 4) Teach activities which use available equipment
- 5) Will always blame someone else for the problem

Reflective teacher:-

- 1) Will go according to the children's ability to understand and grasp concepts .
- 2) Will change the teaching methodology based on the children and classes .
- 3) Will not move to the second lesson unless the first is well understood .
- 4) Modify activities to use the available equipment.
- 5) Will think how he can change himself to solve the problem