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| 12.a) Draw a neat diagram of Football with all the specifications.
(or) | CO2 K2 |
| 12.b) Write down the rules and regulations of high jump in athletics. | CO3 K3 |
| 13.a) Write down the basic techniques of Discus throws.
(or) | CO2 K2 |
| 13.b) Describe the basic techniques of high jump. | CO3 K3 |
| 14.a) Explain the fundamental skills of Football.
(or) | CO2 K2 |
| 14.b) Describe the basic skills in shot put. | CO3 K3 |
| 15.a) Write down the duties of lap scorer, finish judges and timers.
(or) | CO2 K2 |
| 15.b) Write about the rules and interpretations of sprint events. | CO2 K2 |

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

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| 16.a) Explain the history and origin of High jump and Long jump.
(or) | CO2 K3 |
| 16.b) Enumerate the laws of Football. | CO2 K3 |
| 17.a) Explain specifications of Long Distance runs and Discus throw with a diagram.
(or) | CO3 K4 |
| 17.b) Draw a neat diagram of High jump run way and the landing area. | CO4 K2 |
| 18.a) Discuss 10 drills to develop middle and long distance run.
(or) | CO3 K3 |
| 18.b) Discuss about 10 drills to develop Shot put and High jump. | CO5 K4 |
| 19.a) List out the rules and interpretations combined events in athletes.
(or) | CO3 K3 |
| 19.b) Explain the rules and interpretations in Football. | CO2 K2 |
| 20.a) Draw a model score sheet for High jump and the 'tie breaking' procedure.
(or) | CO2 K2 |
| 20.b) Explain all the official signals of Football with a neat diagram of each. | CO3 K3 |
