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| 12.a) Draw a neat diagram of Football with all the specifications.<br>(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.<br>(or)              | CO2 K2 |
| 13.b) Describe the basic techniques of high jump.                            | CO3 K3 |
| 14.a) Explain the fundamental skills of Football.<br>(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.<br>(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.<br>(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.<br>(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.<br>(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.<br>(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.<br>(or)      | CO2 K2 |
| 20.b) Explain all the official signals of Football with a neat diagram of each.             | CO3 K3 |

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