Marking Scheme
Strictly Confidential
(For Internal and Restricted use only)
Senior Secondary School Certificate Examination, 2025
SUBJECT NAME PHYSICAL EDUCATION (Q.P. CODE 75)

General Instructions: -

1	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2	**"Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, Evaluation done and several other aspects. Its' leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in News Paper/Website etc may invite action under various rules of the Board and IPC."**
3	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one's own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. **However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In class-X, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.**
4	The Marking Scheme carries only suggested value points for the answers These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6	Evaluators will mark(√) wherever answer is correct. For wrong answer CROSS 'X' be marked. Evaluators will not put right (✓) while evaluating which gives an impression that answer is correct and no marks are awarded. **This is most common mistake which evaluators are committing.**
7	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totaled up and written in the left-hand margin and encircled. This may be followed strictly.
8	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.

9	If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out with a note **"Extra Question"**.
10	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
11	A full scale of marks _____(example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines).This is in view of the reduced syllabus and number of questions in question paper.
13	Ensure that you do not make the following common types of errors committed by the Examiner in the past:- ● Leaving answer or part thereof unassessed in an answer book. ● Giving more marks for an answer than assigned to it. ● Wrong totaling of marks awarded on an answer. ● Wrong transfer of marks from the inside pages of the answer book to the title page. ● Wrong question wise totaling on the title page. ● Wrong totaling of marks of the two columns on the title page. ● Wrong grand total. ● Marks in words and figures not tallying/not same. ● Wrong transfer of marks from the answer book to online award list. ● Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) ● Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
14	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0)Marks.
15	Any unassessed portion, non-carrying over of marks to the title page, or totaling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also of the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
16	The Examiners should acquaint themselves with the guidelines given in the "**Guidelines for Spot Evaluation**" before starting the actual evaluation.
17	Every Examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totaled and written in figures and words.
18	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.

General instruction

a. The marking scheme carries only suggested value point for the answers.

b. These are only guidelines and do not constitute the complete answer.

c. The student can have their own expression and if the expression is correct, the marks be awarded accordingly

d. The candidates would be permitted to obtain a photocopy of the answer book on request on payment of the prescribed processing fee. All evaluator /Additional head examiners/Head examiners are once again reminded that they must ensure that evaluation is carried out as per value point for each answer as given in the marking scheme.

e. All Head examiners/Additional head examiners/Evaluators are instructed that while evaluating the answer book if the answer found to be totally incorrect, (X) should be marked on the incorrect answer and awarded '0' marks

MARKING SCHEME
PHYSICAL EDUCATION **Max. Marks: 70**

Q. No.	Expected Answer	Distribution of Marks
1.	(D) Maintenance of the field	1
2.	(D) To promote health and recreation at the institution.	1
3.	(B) Scoliosis	1
4.	(C) Endurance activities	1
5.	(A) Obesity	1
6.	(B) Dhanurasana (For Visually Impaired Candidates only) (B) Forward bending in the sitting position	1
7.	(A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).	1
8.	(C) red, blue, yellow and green	1
9.	(B) Second class lever	1
10.	(B) ascorbic acid	1
11.	(B) Both Assertion (A) and Reason (R) are true, but Reason (R) is ***not*** the correct explanation of Assertion (A)	1
12.	(C) Sit and reach test	1
13.	(B) a – (iii), b – (i), c – (iv), d – (ii)	1
14.	(A) Law of Inertia	1
15.	(B) a - (iii), b - (i), c - (ii), d - (iv)	1
16.	(B) Self-esteem	1
17.	(A) Fartlek training	1
18.	(C) Iso-metric exercise	1

	SECTION B (any 5 Answers)	
19.	Q. Suggest any two corrective measures for each, bow-leg and round shoulder. Ans. Corrective measures for bow-leg – Walk on the inner edge of the feet Perform/Practice Garudasana Perform lunges (leg strengthening exercises) Wearing of braces and modified shoes Corrective measures for round shoulder : T-stretch, wall stretch, Handclasp stretch and planks, pull-ups, reverse shoulder stretch, etc. Developing the habit of keeping the spine straight is also helpful in correcting rounded shoulders. Perform asanas like Chakrasana, Dhanurasana, Ushtrasana, Bhujangasana Shoulder rotation clockwise and anticlockwise (Any two corrective measure for each)	1+1 = 2
20.	Q. Enlist four benefits of participation in physical activities for children with special needs. Ans. 1. Physical benefits – • Improves motor skills • Improves flexibility and mobility • Builds strength, endurance, and speed • Supports cardiovascular health 2. Psychological benefits- • Builds confidence and boosts self-esteem. • Reduces stress and anxiety • Enhances focus and attention • Develop a sense of achievement 3. Social benefits– • Enhances Team work • Improves communication skills • Develops Leadership • Promotes inclusion	0·5× 4 = 2

		4. Emotional benefits • Elevates mood • Encourages positive attitude • Develops resilience • Reduces fear (any four points)	
21.	Q. Ans.	Enumerate any two myths related to food items with their respective facts. Myth: The fewer the carbohydrates, healthier you are- Fact: Choosing the healthiest carbohydrates especially whole grains is important for health and well-being and is required in larger quantity. Myth: Oils/Margarine have fewer calories than Ghee/butter- Fact: Ghee/Butter and Oils/ Margarine have about the same amount of calories. Some margarines are actually unhealthier because they contain trans-fats, which have even more adverse effects on cholesterol and heart health. Myth: Apples and brinjals are rich in iron because they turn brown when cut- Fact: They are an excellent source of fibre but not of iron. This change in colour is an enzymatic reaction and has nothing to do with iron. Myth: Drinking water in between meals affects digestion- Fact: The truth is that drinking water simply fills up the stomach and as a result one tends to eat less which is especially good when someone is trying to lose weight. Myth: Vegetarian diet does not build muscle Fact: Vegetarians derive Protein required for muscle growth from grain, pulses (dals) & Soya bean,milk and milk product. (Any two or any other myths with their respective facts.)	1+1 = 2

<table>
<tr><td>22.</td><td>Q.

Ans.</td><td>Mention the the fitness index score formula and its norms for the Harvard step test.
The fitness index score formula =
$\frac{\text{Duration of the Exercise in Seconds} \times 100}{5.5 \times \text{Pulse count of 1} - 1.5 \text{ min after Exercise}}$
Norms for Harvard Step Test
<table><tr><td>Upto 49</td><td>Poor</td></tr><tr><td>50 – 80</td><td>Average</td></tr><tr><td>81 or above</td><td>Good</td></tr></table></td><td>1+1 = 2</td></tr>
<tr><td>23.</td><td>Q.

Ans.</td><td>Mention any two strategies for enhancing adherence to exercise.
strategies for enhancing adherence to exercise are:
1. Set realistic goals
2. Create a routine
3. Choose enjoyable activities
4. Track progress
5. Find a workout buddy/partner
6. Incorporate variety
7. Work load according to physical capacity
8. Focus on benefits
9. Mindful expectations
10. Advance communication about activity, space ,resource person should be communicated clearly
11. Approachable space
12. Appropriate equipment
13. Age appropriate graded activities (Any two)</td><td>1+1 = 2</td></tr>
<tr><td>24.</td><td>Q.

Ans.</td><td>When wrestlers fall on the mat, why they spread their arms, knees and legs? Justify your answer.
- As per the guiding principles of equilibrium and centre of gravity, the stability of an athlete depends on his/her COG. It is exactly in the middle of the body around which it can rotate freely in any direction and where the body weight is centred. Wrestlers always spread their feet, arms, knees and legs on the mat and make COG come down.
-May reduce the chances of injuries
-Maintain balance and stability,
- Broader the base, greater the stability.
- Lower the centre of gravity, higher the stability.</td><td>2</td></tr>
</table>

	SECTION C (Any 5 answers)		
25.	Q.	"The organisation of its community sports reflects the progress of any country". In the context of this statement, outline 'Run for a specific cause' and 'Run for unity'.	1·5+1·5 = 3
	Ans.	Run for a Specific Cause This event is generally conducted to spread awareness about social issues like cleanliness, promoting a green environment, etc. The purpose of such events is to spread awareness among the masses for a specific cause or to generate charity. For example, the specific cause may be cancer, AIDS, gender inequality, etc. Run for Unity In such a type of run, the purpose is to foster peace, promote the feeling of integrity and brotherhood in the community, state, nation or among different religions. Such events help to develop bonding and a sense of togetherness among people cutting across social and economic barriers.	
26.	Q.	Describe the physical and psychological benefits of women's participation in sports.	1× 3 = 3
	Ans	Physical benefits of women's participation in sports- 1. Reduce the chances of lifestyle diseases i.e. Diabetes, High blood pressure, Obesity etc. 2.Tones muscles 3.Improves cardiovascular system 4.Improves bone density 5.Improves reproductive health 6.Better sleep pattern 7.Improves posture and flexibility Psychological benefits of women's participation in sports 1.Reduces stress and anxiety 2.Improves mood and emotional well being 3.Improves self esteem 4.Better cognitive function 5.Improves sleep quality 6.Improves focus and concentration 7.Promotes goal setting skills 8.Develops leadership qualities (any 3 points explained)	

27.	Q. Ans.	Define flexibility. Explain the methods to improve flexibility for a gymnast. Flexibility –Flexibility is known as the range of motion around a joint or It is the ability to execute a movement with greater amplitude or range Methods to improve flexibility : 1.Slow Stretching 2.Slow Stretch and Hold 3.Static Stretching 4.Dynamic Stretching 5.Ballistic Method 6.Proprioceptive Neuromuscular Facilitation (PNF) Technique (Explanation of any two methods)	1+2 = 3
28.	Q. Ans.	Mention any three importance of diet during competition. 1. Dealing with nutritional needs during training is crucial for optimal performance. The main aim during exercise and training should be to maintain water balance, control body temperature, sustain normal blood sugar levels and delay fatigue. Water that is lost through sweating during exercise needs to be replaced, in order to maintain fluid balance and normal temperature. Even slight dehydration brings in mental and physical fatigue and weakens the performance. 2. During small breaks in the events, such as tennis, boxing, etc., the consumption of adequate carbohydrates and fluids may be taken care of. In shorter breaks, carbohydrate-rich foods like bananas, juices, carbohydrate-based drinks (less than 2 percent concentration) or simply water may be taken. 3. If exercising for more than 60 minutes, carbohydrate-electrolyte beverages like diluted fruit juices containing 5 percent to 8 percent carbohydrates can be ingested. 4. As the duration of high intensity events continues, muscle glycogen levels diminish. Therefore, for endurance athletes, in events lasting longer than two hours, carbohydrate-rich solids or liquid meals are recommended during exercise.	1× 3 = 3

5. Carbonated beverages, fizzy drinks and drinks that contain caffeine are not recommended.

(Any three points)

29. Q. Describe the following : 1·5+1·5 = 3

(a) Residual volume (b) Stroke volume

Ans. **Residual volume**: Residual volume is the volume of air that remains in the lungs after forceful expiration. Regular exercise increases residual volume that helps to exchange the gases in normal limits.

Stroke Volume: The volume of blood pumped during one beat (contraction) is called stroke volume. During exercise, stroke volume increases as more oxygen is required. This is accomplished by delivering blood to muscles. After an endurance training programme, the capacity of the heart to pump blood in one contraction is increased by 20 to 50 percent.

(Or any other relevant answer)

30. Q. Compare and contrast hostile and instrumental aggression. 3

Ans.

	Hostile	Instrumental
Intent	Harm or Suffering	Harm or Suffering
Primary Goal	Harm or injure	Win or advantage
Process	Non-Legitimate	Non-Legitimate
Emotion	Anger	No Anger
Explanation	Self-justification instead of apology	Offer apologies

(any 3 points)

	SECTION D (Internal Choices Available)	
31.	i. (A) 06 ii. 16 iii. 10 and 11 **OR** $\frac{NB+1}{2}$ iv. (C) Seeding (For ***Visually Impaired*** Candidates only) i. 16 ii. (A) Knock out tournament iii. (A) Logistics committee iv. $\frac{NB+1}{2}$ **OR** $\frac{NB-1}{2}$	1× 4 = 4
32.	i. (C) 8 ii. 1924 iii. Dr. Ludwig Guttmann iv. Two strategies are : 1. Proper instructions 2. Proper space 3. Adapted equipment 4. Modified rules 5. Graded activities 6. Social strategies 7. Involve people with disability in decision making 8. Regular medical check up (any 2 points or any other relevant points)	1× 4 = 4

33.	i. (D) – Accumulation of lactate ii. Cardiac output is the amount of blood pumped out by the heart in 1 minute. or Stroke volume X heart rate=cardiac output iii. (A) – Amount of air inhaled and exhaled in one breath. iv. (D) Endurance	1× 4 = 4
	SECTION - E **(Answer any 3)**	
34.	Q. Describe the procedure and benefits of Mandukasana and Makarasana to control hypertention. Ans. Mandukasana : Mandukasana comes from the Sanskrit word 'Manduk' which means frog. This yoga asana is aptly named frog pose as your body resembles a frog when you practice it. This yoga asana is fairly straightforward and can be practiced by almost all age groups. Procedure : • Sit in Vajrasana and make fists with both hands, the thumbs inside. • Place your fists on your belly next to the belly button. • Bend forward with exhalation. • Keep looking straight. • Hold your breath in the yoga posture for a few seconds and come up with inhalation. • Repeat this asana 3-4 times. Benefits : • This asana is beneficial to all organs of the body. • Mandukasana gives you relief from diabetes, digestive disorders and constipation. • This asana improves the flexibility and mobility of the knee and ankle joints. • It helps tone muscles of the shoulder and abdomen. • Regular practice of this asana increases your lung capacity.	2·5+2·5 = 5

- This yoga asana is beneficial for people suffering from problems of the pancreas and the heart.
- This asana helps reduce fat from thighs, belly and hips.

Makarasana :

Makar means crocodile. While doing this asana the body resembles the shape of a crocodile, hence it is known as Makarasana. It is also considered a relaxing asana like Shavasana.

Procedure :

1. Lie down on the floor on your stomach with your hands folded under the head.
2. Place the right palm over the left palm on the ground and place the head over the right palm in a relaxed way and close your eyes.
3. Stretch the leg as far as possible. The toes should point outwards.
4. Relax the whole body. Breathe normally and slowly feel the whole body touching the ground and the deep relaxation in all your muscles.
5. Relax in this posture for few minutes.
6. While returning from the posture, slowly bring the feet together unfold the arms and come to the prone position.

Benefits :

1. Deep relaxation to the shoulder and the spine.
2. Reduces waist pain.
3. Helps in slipped disc.
4. Beneficial for asthma
5. Relief for arthritis patients.
6. Abdominal muscles get an automatic massage.

(any 2 benefits for each)

35.	Q. Ans.	What do you mean by Equilibrium? Explain how Equilibrium increases with the influence of various factors by giving suitable examples from sports. Equilibrium- State of balance or a stable situation where opposite forces cancel each other and where no changes occur. Or Condition in which the sum of all forces acting on a body is zero, causing it to remain at rest or move with constant velocity. -Lower centre of gravity means more stability: Athletes lower their centre of gravity to improve stability during activities. For example, runners bend their knees to stop more quickly and effectively. Similarly, a wrestler adopts a half –sitting posture for better balance, and shot put thrower bends their knees for better stability to avoid foul. - Stability increases when centre of gravity is centred: Balance is lost if centre of gravity moves outside the support base. Keeping the weight centred over the support base enhances stability. For instance, balance is easily lost in activities like walking on a balance beam with narrow support base. If balance shifts, the gymnast might raise an arm or leg to bring the centre of gravity back to the centre. - Wider base of support enhance stability: Spreading the support base, like standing with feet apart adds stability. Using stance requiring both hands and feet, creates the most comprehensive base and, hence more stability. Body weight is directly proportional to stability: A heavier person or gravity or object is more stable and more challenging to move. This principle is applied in sports like Boxing, Judo, Wrestling, where competitors are classified by weight. More the friction on the surface more the stability: If the surface of a sport or activity has more friction, it leads to greater stability.For example, if the friction on a wrestling mat is less, wrestler will tend to slip. (Any four factors with any suitable example)	1+4 = 5

36.	Q.	What do you understand by circuit training? How a coach will plan circuit training sessions with 6 stations to develop fitness of his new trainees? Explain.	2·5+2·5 = 5
	Ans.	Circuit training: Circuit training method was introduced by R.E morgan and G.T. Admson of Leeds university in 1951. It is the training method in which certain exercises of various kinds are performed with or without apparatus with given dosage. A coach planning a circuit training session for new trainees must consider their fitness level goals and variety of exercises. Each station should focus on different component of fitness such as strength, endurance, agility and flexibility. Coach can plan following stations to develop fitness of his new trainees – 1.Push ups 2.Jump squat 3.Rope skipping 4.Pull ups 5.Shuttle run 6.Arm curling 7.Shoulder press 8.Burpees 9.Step ups 10.Lunges 11.Medicine ball throw 12.Sit ups 13.Spot running 14.Bench press 15.Exercises with dumbbells (Any 6 or any other relevant stations)	
37.	Q.	Write in detail the procedure and scoring of "Flamingo Balance Test' and 'Plate Tapping Test' recommended for the age group 5 – 8 years by SAI Khelo India.	1+2+2 = 5
	Ans.	Procedure Flamingo Balance Test: - Stand on the beam. Keep the balance by holding the instructor's hand (if required to start).	

	- Start the watch as the instructor let goes of the participant/subject. - Pause the stopwatch each time the subject loses balance (either by falling off the beam or letting go of the foot being held).Resume over, timing again until they lose balance. - Count the number of falls in 60 seconds of balancing. - If there are more than 15 falls in the first 30 seconds, the test is terminated. Scoring: The total number of falls or loss of balance in 60 seconds of balancing is recorded. If there are more than 15 falls in the first 30 seconds, the test is terminated. Procedure for Plate Tapping Test: If possible, the table height should be adjusted so that the subject may stand comfortably in front of the discs. The two yellow discs are placed with their centers 60 cm apart on the table. The rectangle is placed equidistant between both discs. The non-preferred hand is placed on the rectangle. The subject moves the preferred hand back and forth between the discs over the hand in the middle as quickly as possible. This action is repeated for 25 full cycles (50 taps). Scoring: The time taken to complete 25 cycles is recorded.	