



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2021-2022
FINAL TERM EXAMINATION

CLASS: IX
SUBJECT: PHYSICAL EDUCATION

FULL MARKS: 100
TIME: 2 HOURS

(Candidates are allowed additional 10 minutes for only reading the paper. They must NOT start writing during this time.)
The question paper comprises of Two Parts. Part-I is based on Multiple Choice Questions. Part-II is based on subjective/long questions.
The intended marks for questions are given in brackets.[]
The paper consists of 7 printed pages.

PART-I
CRICKET

(Attempt all questions.)

Question 1

Choose the correct answers to the question from the given options. (Do not copy the questions. Write the correct answer only.)

[20]

- (i) When was ICC established?
 - (a) 1909
 - (b) 1953
 - (c) 1960
 - (d) 1877
- (ii) The term used for the collective performance of batting side, when a team takes its turn to bat_____.
 - (a) Team
 - (b) Inning
 - (c) Umpire
 - (d) None of these
- (iii) What is the circumference of a cricket ball?
 - (a) 20.1 cm- 21.00 cm
 - (b) 25.4 cm-26.00 cm
 - (c) 28.0 cm- 30.00 cm
 - (d) 22.4 cm-22.90
- (iv) During the first ten overs of a power play. How many fielders are allowed outside the 30 yards circle.
 - (a) 2
 - (b) 3
 - (c) 4
 - (d) 5

- (v) Additional run scored by the batter due to an errant throw from a fielder_____.
 (a) Dolly catch
 (b) Spin
 (c) Overthrow
 (d) Fielding
- (vi) “Deep Mid-wicket” is an onside fielding position.
 (a) No, it is a batting skill.
 (b) No, it is a bowling skill.
 (c) Yes, onside fielding position.
 (d) All of the above.
- (vii) The length of the cricket pitch is:
 (a) 10 yards
 (b) 22 yards
 (c) 20 yards
 (d) 25 yards
- (viii) Which of the following tournament is not an ICC tournament?
 (a) Champions Trophy
 (b) T 20 World cup
 (c) World Test Championship
 (d) Ranji Trophy
- (ix) The illegal action of changing the condition of the ball by artificial/unfair means is known as_____.
 (a) Beamer
 (b) Dead ball
 (c) Bump ball
 (d) Ball tampering
- (x) It is a type of bowling which does not bounce on the pitch before reaching the batter.
 (a) Wicketkeeping
 (b) Full toss
 (c) Hit wicket
 (d) Runout
- (xi) It is an offside fielding position between the slips and point.
 (a) Silly point
 (b) Cover
 (c) Third man
 (d) Gully
- (xii) A very simple catch which is easily taken by a fielder.
 (a) Dolly catch
 (b) Seam
 (c) Timed out
 (d) Square cut
- (xiii) Which umpire is also known as off field umpire?
 (a) Match referee
 (b) Third Umpire
 (c) Second Umpire
 (d) All of the above

- (xiv) Name the material used to manufacture the cricket bat.
- (a) Iron ore
 - (b) Fiber glass
 - (c) Wood
 - (d) Glass
- (xv) When a batter misses the ball and it passes through the wicketkeeper to give run in a conventional way.
- (a) Over
 - (b) No ball
 - (c) Hat trick
 - (d) Bye
- (xvi) The term used for faint edge off the bat.
- (a) Nick
 - (b) Seam
 - (c) Tailender
 - (d) None of the above
- (xvii) Full form of BCCI:
- (a) Board of Cricket for Control in India
 - (b) Board of Control for Cricket in India
 - (c) Best Cricket Control in India
 - (d) Board Control Cricket in India
- (xviii) It is an act of a bowler or a fielder shouting at the umpire for the wicket.
- (a) Declaration
 - (b) An appeal
 - (c) Century
 - (d) Power play
- (xix) Total height of the wicket including bail is:
- (a) 20.5 inches
 - (b) 21.5 inches
 - (c) 26.5 inches
 - (d) 28.5 inches
- (xx) The term used when a bowler takes three wickets on three consecutive deliveries.
- (a) Hat trick
 - (b) Rubber
 - (c) Over
 - (d) Gully

FOOTBALL
(Attempt all questions)

Question 2

Choose the correct answers to the question from the given options.(Do not copy the question write the correct answer only). [20]

- (i) A goalkeeper touches the ball with his hand in his own penalty area after a deliberate pass from a team mate with lower part of the body. How does the play need to be restarted?
 - (a) Goal kick
 - (b) Indirect free kick
 - (c) Direct free kick
 - (d) Dropped ball
- (ii) After taking a corner kick, the ball strikes a foreign object and becomes defective. What decision does the referee make?
 - (a) The referee awards the corner kick retaken with a new ball.
 - (b) The referee awards a dropped ball to be taken with a new ball.
 - (c) The referee awards a dropped ball to be taken with a new ball where the ball touched the foreign object.
 - (d) None of the above.
- (iii) What material are the posts and crossbar made of?
 - (a) Wood, metal, fiber glass or other approved materials.
 - (b) Wood, metal or other approved materials.
 - (c) Plastic or wood only.
 - (d) Any material that is not dangerous to the players.
- (iv) Regarding corner kick which answer is correct?
 - (a) The ball is in play at the moment that it was kicked with the foot, and clearly moves, even if it has not left the corner arc.
 - (b) The ball is in play the moment it was kicked with the foot,clearly moved and has not left the corner arc.
 - (c) The ball is in play the moment it has moved its circumference.
 - (d) None of the above.
- (v) For an offence to be considered a foul, it must occur on the field of play.
 - (a) Yes
 - (b) No
 - (c) It is hardly ever necessary.
 - (d) Yes, but with a few exceptions such as when a player leaves the field as part of play and commits offence.
- (vi) A player is guilty of dangerous play, lifting his leg when an opponent tries to head the ball and striking him on the head.What decision does the referee make?
 - (a) He penalise the offending team with an direct free kick or penalty kick.
 - (b) He penalise the offending team with an indirect free kick.
 - (c) He stops play and restarts with a dropped ball.
 - (d) He lets play continue.

- (vii) **Is it permitted to kick a free kick backwards?**
 - (a) **Yes, unless it is inside the goal area.**
 - (b) **Yes, as long as it is inside the goal area.**
 - (c) **Yes, as long as it is in play when it is kicked and move.**
 - (d) **No, unless it is direct.**
- (viii) **In the laws of the game, what is the colour of football?**
 - (a) **White**
 - (b) **Those authorized by the appropriate association.**
 - (c) **The referee decides the suitability of the match ball.**
 - (d) **Any colour except green which distinguishes it from the field of play.**
- (ix) **Which of the following offences are punishable by a direct free kick?**
 - (a) **Jumps at an opponent.**
 - (b) **Kicks or attempt to kick an opponent.**
 - (c) **Spits at an opponent.**
 - (d) **All answers are correct.**
- (x) **A player carelessly kicks an opponent while contesting for the ball in the penalty area. How should the referee restart a play?**
 - (a) **Dropped ball**
 - (b) **Indirect free kick**
 - (c) **Direct free kick**
 - (d) **Penalty kick**
- (xi) **Can the assistant referee enter the field of play to help to check the defenders wall 10 yards (9.15m) from the ball?**
 - (a) **No**
 - (b) **Yes always.**
 - (c) **Yes, as long as the free kick is given near the touch line and the referee is aware the assistant referee is entering the field of play.**
 - (d) **All of the above.**
- (xii) **While the ball is in play, a player who is outside his penalty area spits at an opponent, who has both feet on the line of penalty area. What decision should the referee make?**
 - (a) **The referee awards a direct free kick from the line of the penalty area and send off.**
 - (b) **The referee awards a penalty kick and send off.**
 - (c) **The direct free kick from where the offence was committed and send off.**
 - (d) **None of the above.**
- (xiii) **From throw-in the ball goes directly into the opponent goal without being touched by the another player. What is the correct restart?**
 - (a) **Corner kick**
 - (b) **Goal kick**
 - (c) **Throw-in**
 - (d) **Kick-off**
- (xiv) **A player carelessly kicks an opponent while contesting for the ball in the center circle. How should the referee restart a play?**
 - (a) **Dropped ball**
 - (b) **Indirect free kick**
 - (c) **Direct free kick**
 - (d) **Penalty kick**

- (xv) From a corner kick the ball curves in the air and completely crosses the goal line outside the field of play. The ball then returns into playing field and is kicked into the goal. What is the correct restart?
- (a) Corner kick
 - (b) Goal kick
 - (c) Throw-in
 - (d) Kick-off
- (xvi) Can referee allow a team in competitive game without a goalkeeper?
- (a) Yes, a team is allowed to play without a goalkeeper.
 - (b) No each team must have a goal keeper.
 - (c) Yes, only if the coach allow a goal keeper.
 - (d) Yes, if the match is conducted with a local rule.
- (xvii) Minimum number of players required to start a match:
- (a) 03
 - (b) 06
 - (c) 07
 - (d) 11
- (xviii) From a penalty kick, the ball rebounds off the goal keeper's back to the player who took the kick. The player then kicks the ball into the goal. What is the correct restart?
- (a) Corner kick
 - (b) Goal kick
 - (c) Indirect kick
 - (d) Kick off
- (xix) The term used when the referee allows the player to continue playing though the team has made a foul.
- (a) Off-side
 - (b) Advantage
 - (c) Caution
 - (d) Misconduct
- (xx) A player persistently infringes the laws of the game. What action should referee take?
- (a) Caution and show the guilty player a yellow card.
 - (b) Send off and show the guilty player on red card.
 - (c) Show a yellow card and send off the player by showing a red card.
 - (d) For this incident neither a caution nor a send off is directed by the laws of the game.

PART-II

(Attempt all questions.)

Question-1

- a) Define Sports. [2]
- b) Write a short note on calvaria. [2]
- c) Differentiate between systolic and diastolic blood pressure. [3]
- d) "The hip flexors are a group of muscles around the top of thighs that connect upper leg to hip". -discuss. [3]

Question-2

- a) Name the different types of ribs. [2]
- b) What is internal rotation? [2]
- c) "Heart is a hollow cone-shaped muscular organ which does pumping action to provide adequate nutrition of cell maintenance". – explain. [3]
- d) Do you think camaraderie is an important aspect of sports? [3]

Question-3

- a) What are arterioles? [2]
- b) Define hinge joint. [2]
- c) Mention any three benefits of exercises on the respiratory system. [3]
- d) Differentiate between concentric and eccentric contraction. [3]

Question-4

- a) State the characteristics of gluteal. [2]
- b) Write a short note on epiglottis. [2]
- c) Differentiate between abduction and flexion. [3]
- d) "Quadriceps muscles are called quads". - discuss. [3]

Question-5

- a) What are smooth muscles? [2]
- b) Enlist the types of capillaries. [2]
- c) Mention any three benefits of games and sports. [3]
- d) Write in details the functional aspects of latissimus dorsi and deltoid. [3]

Question-6

- a) State the functional aspects of hemoglobin. [2]
- b) Name the muscles used while performing lunging. [2]
- c) "Self-esteem and resilience are important for a sportsperson". – justify. [3]
- d) What are the three functional/structural classifications of joints? [3]