



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2022-23
MONDAY TEST-2

CLASS: IX
SUBJECT: PHYSICAL EDUCATION

FULL MARKS:40
DATE: 11.10.2022

Instruction:

- All questions are compulsory.
- This paper consists of 3 printed pages.

SECTION A

Question-1

Choose the correct answer to the question from the given options. (Do not copy the questions.) **[10]**

- (i) Arteries are divided into _____ classes.
- (a) 03
 - (b) 05
 - (c) 02
 - (d) 10
- (ii) The ability to perform skills in communication and team building is called:
- (a) Patience
 - (b) Anxiety
 - (c) Leadership
 - (d) Endurance
- (iii) Approximate weight of an adult human heart is:
- (a) 100gm
 - (b) 800gm
 - (c) 300gm
 - (d) 950gm
- (iv) Who discovered ABO and Rh blood groups?
- (a) Dr Landsteiner
 - (b) Greg Costikyan
 - (c) Eric Zimmerman
 - (d) Jay Coakley

- (v) Fear, anger, joy, hope, jealousy, hate and distress are called:
- (a) Stress
 - (b) Emotions
 - (c) Cooperation
 - (d) Positive attitude
- (vi) “A game is a form of play with goals and structure”. Who stated the above line?
- (a) Kevin J Maroney
 - (b) Jay Coakley
 - (c) Clark C
 - (d) Eric Zimmerman
- (vii) What is the normal blood pressure of an adult?
- (a) 140/90 mm Hg
 - (b) 120/80 mm Hg
 - (c) 150/95 mm Hg
 - (d) All of the above
- (viii) The liquid medium of blood is known as _____.
- (a) Thrombocytes
 - (b) Plasma
 - (c) Leukocytes
 - (d) Erythrocytes
- (ix) The ability to have the feeling of trust, loyalty and friendship among a group of persons is called:
- (a) Anxiety
 - (b) Team work
 - (c) Endurance
 - (d) Camaraderie
- (x) In the field of games and sports the process of planning and exercising conscious control of time spent to increase effectiveness is called:
- (a) Respecting authority
 - (b) Time management
 - (c) Emotional control
 - (d) Patience

SECTION B

Question 2

- a) What is cardiac output? [2]
- b) In which ways does sports help an individual? [2]
- c) Write in detail the mechanism of blood circulation. [3]
- d) “Sportsmanship is a social quality”. - explain. [3]

Question-3

- a) Explain monocytes. [2]
- b) Enlist the functions of capillaries. [2]
- c) Differentiate between systolic and diastolic blood pressure. [3]
- d) “Participation in games and sports has a positive connection in enhancing self-esteem”. – justify. [3]

Question-4

- a) What are erythrocytes? [2]
- b) How is resilience important for an athlete? [2]
- c) State any three benefits of exercises on the circulatory system. [3]
- d) Does cooperation and teamwork help a sportsperson? [3]