



**DELHI PUBLIC SCHOOL NEWTOWN**  
**SESSION 2021-2022**  
**HALF YEARLY EXAMINATION (ONLINE)**

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**CLASS: IX**

**FULL MARKS: 60**

**SUBJECT: PHYSICAL EDUCATION(PAPER-1) TIME:1 HOUR 45 MIN**

*Answer to this paper must be written on the paper provide separately. You will not be allowed to write during the first 15 mins. This time is to be spent in reading the question paper. The time given at the top of this paper is the time allowed for writing the answers.*

*Attempt all question. The intended marks for questions or part of questions are given in [ ]. The paper consists of 2 printed pages.*

**Question-1**

- a) What is clavicle? [2]
- b) Enlist any two functions of skeletal system. [2]
- c) “The deltoid muscle is rounded as well as triangular muscle”. – give reasons. [3]
- d) Do you think controlling body weight is important aspect of an athlete? [3]

**Question-2**

- a) Mention any two movements that takes place in saddle joint. [2]
- b) Differentiate between skeletal and smooth muscle. [2]
- c) “Bronchioles are the finest conducting pathways with the respiratory system”-explain. [3]
- d) State the characteristics of latissimus dorsi. [3]

**Question-3**

- a) Define condyloid joint. [2]
- b) The pelvis is the lower part of the trunk of the human body. -give reasons. [2]
- c) Differentiate between isotonic and isometric contraction. [3]
- d) “The hip flexors are group of muscles around the top of the thigh that connects upper part leg to hip”. -explain. [3]

#### **Question-4**

- a) What is flexion? [2]
- b) Enumerate any two benefits of exercises on the skeleton system. [2]
- c) “The process of respiration consists of two phases”. – explain. [3]
- d) “Second wind play an important role for a sportsperson”. – justify. [3]

#### **Question-5**

- a) Does lactic acid accumulation can cause stop working of muscles- give reasons. [2]
- b) What are phalanges? [2]
- c) Mention any three benefits of exercises on the muscular system. [3]
- d) Enlist any three freely movable joints. [3]

#### **Question-6**

- a) What do you mean by cellular respiration? [2]
- b) Differentiate between tidal volume and vital capacity. [2]
- c) “Pectorals are the muscles that connect the front of the human chest with the bones of the upper arm and shoulder”. – explain. [3]
- d) Enumerate any three benefits of exercises on respiratory system for a sportsperson. [3]

