



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2025 – 2026
MONDAY TEST

CLASS: IX
SUBJECT: PHYSICAL EDUCATION

FULL MARKS:40
DATE: 28/07/2025

General Instructions:

- The paper consists of 03 printed pages.
- Read the questions carefully before answering them.
- Answer all questions. The intended marks for questions or parts of questions are given in brackets [].

Question – 1

[10]

- (i) Corner kick is awarded when the ball crosses the goal line after being last touched by a player from:
- (a) The attacking team (c) Either team
- (b) The defending team (d) Neither team
- (ii) The minimum number of players required for a football match to start is:
- (a) 5 (b) 7 (c) 9 (d) 11
- (iii) A player is in offside position if:
- (a) They are standing behind the last defender.
- (b) They are closer to the opponent goal line than both the ball and second to last opponent at the time of passing .
- (c) They are standing in their own half of the field.
- (d) They have received the ball directly from a throw in.
- (iv) The standard duration of each half in a football match is:
- (a) 30minutes (b) 40minutes (c) 45minutes (d) 60minutes
- (v) If a player fouled inside their own penalty area, what is the usual restart of play?
- (a) Direct free kick (c) Penalty kick
- (b) Indirect free kick (d) Throw-in
- (vi) How many yellow cards can a player receive before being sent off in a football match?
- (a) 1 (b) 2 (c) 3 (d) 4

- (vii) A direct free kick can be awarded for:
 - (a) Off side
 - (b) Handling the ball
 - (c) A goal keeper holding the ball more than six second.
 - (d) Foul throw
- (viii) When a player takes a goal kick, the ball strikes the referee inside the penalty area and continues into play. What decision should the referee make?
 - (a) The referee stops play and restart with a dropped ball.
 - (b) The referee stops play and awards an indirect free kick to the opponent.
 - (c) The referee stops play and orders the goal kick retaken.
 - (d) The referee allows play continue.
- (ix) During throw in, player throws the ball to his own goalkeeper. The ball goes into the goal without being touched. How does the referee restart the match?
 - (a) Goal kick
 - (b) Corner kick
 - (c) kick off
 - (d) Throw in
- (x) A player takes a throw-in correctly. The ball does not enter the field of play but remains outside the touch line.
 - (a) The referee awards a new throw-in to the opposing team.
 - (b) The referee orders the throw-in to be retaken by the same team.
 - (c) The referee cautions the player for delaying.
 - (d) The referee awards a dropped ball.

Question – 2

- (a) Give any two instances when kick-off is initiated. [2]
- (b) State any four duties of Assistant Referee. [2]
- (c) Name the tool kit carried by the referee to conduct a football match. [3]
- (d) When is the ball called in play and out of play in football ? [3]

Question – 3

- (a) Explain the term ‘sudden death’. [2]
- (b) What is the difference between the goal post and height of the cross bar from the ground. [2]

- (c) During tightly contested football match between Manchester City and Manchester United, Manchester City is leading with a single goal in the final minutes of the game. A defender from Manchester City receives possession of the ball near their own goal line and is under pressure from an opposing attacker. He gives pass to his own goal keeper.
- (i) With the help of case study explain the rule of back pass in football. [3]
- (d) Mention any three instances for an awarded indirect free kick. [3]

Question – 4

- (a) List the basic compulsory equipment used by a football player. [2]
- (b) How is a goal scored in the game of football? [2]
- (c) Draw a neat diagram of penalty area and goal post with its dimensions. [3]
- (d) A diagram showing corner kick.



Explain the strategy behind a corner kick. How can a team capitalize on a corner kick opportunity? [3]