



## DELHI PUBLIC SCHOOL NEW TOWN

SESSION 2024 – 2025

### FINAL EXAMINATION

CLASS: IX

FULL MARKS: 100

SUBJECT: PHYSICAL EDUCATION [SET A]

TIME: 2 HOURS

*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 answer.*

*Attempt all questions from Section A and two questions from Section B.*

*The intended marks for questions or part of questions are given in [ ].*

*The paper consists of seven printed pages.*

### SECTION A

*(Attempt all questions from this Section)*

#### Question 1

Choose the correct answer from the options given:

[20]

(i) Name the primary muscle used in the process of inspiration.

- (a) Diaphragm      (b) Gastrocnemius      (c) Alveoli      (d) Lungs

(ii) Match the following:

- |       |                          |     |            |
|-------|--------------------------|-----|------------|
| (I)   | Humerus                  | (1) | Fatigue    |
| (II)  | Lactic acid accumulation | (2) | Flexion    |
| (III) | Rotator cuffs            | (3) | Phagocytic |
| (IV)  | Monocytes                | (4) | Upper arm  |

(a) I – 2, II – 4, III – 1, IV – 3

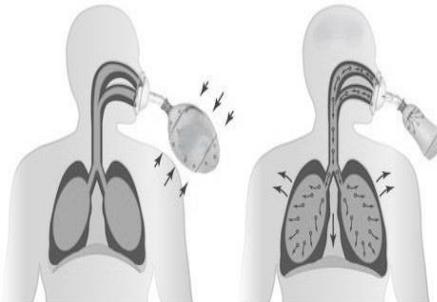
(b) I – 3, II – 1, III – 4, IV – 2

(c) I – 4, II – 1, III – 2, IV – 3

(d) I – 1, II – 2, III – 3, IV – 4

(iii) Who discovered A.B.O. and Rh blood groups?

- |     |                 |     |                   |
|-----|-----------------|-----|-------------------|
| (a) | Dr. Landsteiner | (b) | Greg Casti Kyan   |
| (c) | Luschen         | (d) | Kevin, J. Maroney |



(x) Match the following:

- |       |                               |     |                              |
|-------|-------------------------------|-----|------------------------------|
| (I)   | <b>Concentric contraction</b> | (1) | <b>Respiration system</b>    |
| (II)  | <b>Tidal volume</b>           | (2) | <b>Calf bone</b>             |
| (III) | <b>Capillaries</b>            | (3) | <b>Arm curl</b>              |
| (IV)  | <b>Fibula</b>                 | (4) | <b>Exchange of materials</b> |

- (a) I – 3, II – 1, III – 4, IV – 2  
(b) I – 2, II – 4, III – 1, IV – 3  
(c) I – 4, II – 3, III – 2, IV – 1  
(d) I – 2, II – 3, III – 4, IV – 1

(xi) Which of the following is also known as voice box?

- |     |                |     |                |
|-----|----------------|-----|----------------|
| (a) | <b>Pharynx</b> | (b) | <b>Larynx</b>  |
| (c) | <b>Bronchi</b> | (d) | <b>Alveoli</b> |

(xii) Given below are two statements labeled as Assertion (A) and (R):

**Assertion (A): Regular exercise helps individuals maintain sound health.**

**Reason (R): It increases the chances of degenerative joint diseases.**

- (a) Both (A) and (R) are correct, and (R) is the correct explanation of (A).  
(b) Both (A) and (R) are correct, but (R) is not the correct explanation of (A).  
(c) (A) is incorrect, but (R) is correct.  
(d) (A) is correct, but (R) is incorrect.

(xiii) \_\_\_\_\_ transport nutrients, glucose, sodium chloride, fats and amino acid to the tissues.

- |     |                     |     |                     |
|-----|---------------------|-----|---------------------|
| (a) | <b>Thrombocytes</b> | (b) | <b>Plasma</b>       |
| (c) | <b>Leucocytes</b>   | (d) | <b>Erythrocytes</b> |

(xiv) Which capillaries are found in all types of muscle connective tissues and the central nervous system?

- |     |                               |     |                                |
|-----|-------------------------------|-----|--------------------------------|
| (a) | <b>Sinusoidal capillaries</b> | (b) | <b>Fenestrated capillaries</b> |
| (c) | <b>Arteriols</b>              | (d) | <b>Continuous capillaries</b>  |

(xv) RBC's are manufactured in:

- |     |                |     |                    |
|-----|----------------|-----|--------------------|
| (a) | <b>Patella</b> | (b) | <b>Bone marrow</b> |
| (c) | <b>Sternum</b> | (d) | <b>Rib cage</b>    |

## Question 2

- (a) What are arterioles? [2]

(b) Enumerate the term sport with its definition. [2]

(c) Enlist the functions of skeletal system. [3]

(d) “Large group of muscles in front of the abdomen that assists in the regular breathing movement and supports the muscles” – discuss. [3]

### **Question 3**

- (a) Write in details the characteristics of veins. [2]
- (b) Discuss the effects of exercise on muscular system. [2]
- (c) List any three functions of rotator cuffs. [3]
- (d) Differentiate between concentric and eccentric contraction. [3]

### **Question 4**

- (a) How is camaraderie important for an athlete? [2]
- (b) Define stroke volume. [2]
- (c) “Healthy lifestyle keeps every individual positive”- explain. [3]
- (d) “Unfair acts are appropriately punished and disapproved in games and sports by official”– justify. [3]

## **SECTION B**

*(Attempt two questions from this Section)*

*(You must attempt one question on each of the two games of your choice)*

### **CRICKET**

#### **Question 5**

- (i) Explain the following terms in cricket: [8]
  - (a) Catch out
  - (b) An over
  - (c) An appeal
  - (d) Toss
- (ii) (a) Rohit started the innings as a batter, but while playing the first ball in the 1st over, the ball got trapped between his clothing and equipment. What will be the decision of the umpire in this situation? [9]
  - (b) What procedure will the umpire follow if the ball is deemed unfit for play?
  - (c) State any three duties of a coach.
- (iii) Write the following measurements in cricket: [8]
  - (a) Weight and circumference of the cricket ball.
  - (b) Length and widest part of a cricket bat.
  - (c) Height and breadth of cricket stumps.
  - (d) Distance between wickets and height of the wicket from the ground.

## Question 6



## FOOTBALL

## Question 7

## Question 8