



**DELHI PUBLIC SCHOOL NEWTOWN**  
**SESSION 2023-24**  
**MONDAY TEST**

**CLASS: IX**

**FULL MARKS: 40**

**SUBJECT: PHYSICAL EDUCATION**

**DATE: 19/05/2023**

•This paper consists of 02 pages.

•The intended marks for questions are given in the brackets [ ]

**SECTION-A**

**Question 1**

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

(i) Which joint permits an angular movement in two directions?

(a) condyloid joint (b) saddle joint (c) gliding joint (d) hinge joint

(ii) There are \_\_\_\_\_ carpal bones in each wrist.

(a) 04            (b) 10            (c) 08            (d) 02

(iii) Adduction movements are found in \_\_\_\_\_.

(a) ball & socket joint (b) pivot joint (c) hinge joint (d) both b& c

(iv) Upper arm bone is known as \_\_\_\_\_.

(a) ulna (b) humerus (c) carpals (d) radius

(v) Which system provides protection and support to the body?

(a) respiratory system (b) skeletal system (c) circulatory system (d) muscular system

(vi) The lungs are protected by \_\_\_\_\_.

(a) sternum (b) ribcage (c) back bone (d) all of the above

(vii) Ball & socket joint is located in \_\_\_\_\_.

(a) shoulder joint (b) joint of the thumb (c) wrist joint (d) elbow joint

(viii) Which of the following joint is immovable?

(a) fibrous joint (b) synovial joint (c) cartilaginous joint (d) ball & socket joint

**(ix) Breast bone is also called:**

**(a) cranium (b) sternum (c) clavicle (d) scapula**

**(x) Collarbone is also called \_\_\_\_\_.**

**(a) clavicle bone (b) vertebrae (c) sternum (d) ribs**

**Question 2**

**(i) What is scapula?** [2]

**(ii) State the characteristic of a hinge joint.** [2]

**(iii) Enlist the types of ribs.** [3]

**(iv) Write in detail the functions of skeletal system.** [3]

**Question 3**

**(i) Define manubrium.** [2]

**(ii) List out the functions of radius.** [2]

**(iii) Enumerate the benefits of exercises on the skeletal system.** [3]

**(iv) Differentiate between internal and external rotation.** [3]

**SECTION-B**

**Question 4**

**Explain the following term:** [10]

**(i) optional mark**

**(ii) goal area**

**(iii) penalty area**

**(iv) centre circle**

**(v) technical area**