



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2022-2023
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 provided 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 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 4 printed pages.*

SECTION A

(Attempt all questions from this Section)

Question 1

Choose the correct and write the correct option.

[20]

- i) Muscular arteries are smaller in size but they maintain blood pressure, which is known as:
a) Arterioles c) veins
b) heart d) cardiac output
- ii) Interchange of gases that occurs between the blood cells called:
a) Oxygen debt c) lactic acid accumulation
b) cellular respiration d) alveoli
- iii) "Sports is an institutionalized type of competitive physical activity located on continuum between play and world"- who stated the above line?
a) Jay Coakley b) Luschen c) Nixon d) Katie Salen
- iv) Name the chemical that can cause muscle stop working.
a) Sodium bicarbonate c) magnesium sulphate
b) lactic acid d) calcium hypochlorite
- v) Platelets are also known as:
a) monocytes c) thrombocytes
b) lymphocytes d) granulocytes

- vi) The ability of highs, the lows, the wins and the loses in the field of games and sports is common to sports person called:
 - a) Cooperation c) resilience
 - b) team work d) camaraderie
- vii) Average heart rate of an adult:
 - a) 10 beats per minute c) 70 beats per minute
 - b) 110 beats per minute d) 90 beats per minute
- viii) Who discovered ABO and Rh blood groups?
 - a) Dr Landsteiner c) Eric Zimmerman
 - b) Greg Costikyan d) Hili
- ix) Name the funnel-shaped tube that connects our nasal and oral cavities to the larynx.
 - a) Nose c) diaphragm
 - b) pharynx d) lactic acid accumulation
- x) Which of the following joints is immovable?
 - a) fibrous joint c) ball and socket joint
 - b) synovial joint d) cartilaginous joint
- xi) The lungs are protected by:
 - a) Sternum c) backbone
 - b) rib cage d) skin
- xii) Which system provide protection and support of the body?
 - a) Respiratory system c) circulatory system
 - b) Skeletal system d) muscular system
- xiii) Collar bone is also called:
 - a) Clavicle bone c) sternum
 - b) vertebrae d) rib cage
- xiv) Name the joints which permits angular movement in one direction.
 - a) hinge joint c) saddle joint
 - b) condyloid joint d) pivot joint
- xv) The ability to have the feeling of trust, loyalty and friendship among a group of people is called:
 - a) anxiety c) endurance
 - b) team work d) camaradiere
- xvi) Abduction movements are found in:
 - a) gliding joint c) hinge joint
 - b) ball and socket d) pivot joint
- xvii) The most important social benefits of games and sports called:
 - a) respecting authority c) games and sports
 - b) emotional development d) psychological development
- xviii) Name the thin lateral bone of the lower leg.
 - a) Tibia c) pelvis
 - b) patella d) fibula
- xix) Fear ,anger, joy, hope, jealousy, hate and distress are called:
 - a) Stress c) cooperation
 - b) emotions d) positive attitude
- xx) The upper part of the sternum is known as:
 - a) Humerus c) phalanges
 - b) manubrium d) carpal

Question 2

- a) What is cardiac output? [2]
- b) Enumerate the term game with its definition. [2]
- c) Discuss the effects of exercises on muscular system. [3]
- d) “Positive attitude of the players plays a significant role in improving performance”- discuss. [3]

Question 3

- a) Define vital capacity. [2]
- b) Why blood is known as “river of life”? [2]
- c) Differentiate between concentric and eccentric contraction. [3]
- d) Enumerate the mechanism of breathing. [3]

Question 4

- a) State the characteristics of latissimus dorsi. [2]
- b) Write a short note on oxygen debt. [2]
- c) Differentiate between systolic and diastolic pressure. [3]
- d) Explain the structural aspect of human heart. [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) Briefly explain the following terms: [8]
 - (a) A run out
 - (b) Hook shot
 - (c) A stance
 - (d) Century
- (ii) (a) List out any three duties of a match referee. [9]
 - (b) State any three types of cricket matches.
 - (c) What is meant by bad light?
- (iii) (a) List any four protective equipment used in the game of cricket. [8]
 - (b) Mention any four fielding positions on the offside of the field.
 - (c) State the full form of ICC and BCCI.
 - (d) Explain the term declaration.

Question 6

- (i) **Enlist the following terms:** [8]
 - (a) **Ball tampering**
 - (b) **Follow on**
 - (c) **Power play**
 - (d) **An over**
- (ii) (a) **What will be the restriction of a substitute in a game of cricket?** [9]
 - (b) **How does a match start?**
 - (c) **When is a striker considered to be caught out?**
- (iii) **Write the following:** [8]
 - (a) **Weight and circumference of a cricket ball.**
 - (b) **Length and width of a cricket bat.**
 - (c) **Height and breadth of cricket stumps.**
 - (d) **Distance between stumps and inner circle from the wickets.**

FOOTBALL

Question 7

- (i) **Draw a well-labelled diagram of a football field giving all its dimension.** [8]
- (ii) (a) **State any two duties of a football coach.** [9]
 - (b) **What do you mean by “Extra time” in football?**
 - (c) **List any three offences for which red card is shown to a player.**
- (iii) **Explain the following terms:** [8]
 - (a) **Through pass**
 - (b) **Dropped ball**
 - (c) **Kicking**
 - (d) **Advantage**

Question 8

- (i) **Define the following terms:** [8]
 - (a) **Tackling**
 - (b) **Corner kick**
 - (c) **Technical area**
 - (d) **Kick-off**
- (ii) (a) **Write the procedure of restarting the game when the ball crosses the touch line.** [9]
 - (b) **Explain ball in and out of play.**
 - (c) **Give the measurement of the goal area in football.**
- (iii) **Answer the following:** [8]
 - (a) **Length and breadth of a football field.**
 - (b) **Minimum and maximum number of players to start a match.**
 - (c) **Height and width of goal post.**
 - (d) **Distance of penalty mark from goal line.**