



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2020-2021
HALF YEARLY EXAMINATION (ONLINE)

CLASS: IX

SUBJECT: PHYSICAL EDUCATION

FULL MARKS: 60

TIME: 1 ½ HOURS

Instruction:

- All questions are compulsory.
- This paper consists of 1 printed page.

SECTION A [30 Marks]

Question 1

- a) What is clavicle? [2]
- b) Define second wind. [2]
- c) Write short notes on pelvis and patella. [3]
- d) Differentiate between voluntary and involuntary muscles. [3]

Question 2

- a) Name the shortest and longest bone in our body. [2]
- b) Write a short note on Latissimus Dorsi. [2]
- c) List out and explain any three benefits of exercises on respiratory system. [3]
- d) Enumerate the functions of skeletal system. [3]

Question 3

- a) Define respiratory system. [2]
- b) Write a short note on Tibialis Interior muscles. [2]
- c) Explain the classification of different types of joints. [3]
- d) Differentiate between isotonic and isometric contraction. [3]

SECTION B [30 Marks]

FOOTBALL

Question 4

- a) Write the full form of FIFA. [2]
- b) How is the corner kick is awarded? [2]
- c) What is the weight of a standard football? [2]
- d) State three duties of an assistant referee. [3]
- e) Write a short note on Subroto Cup. [3]
- f) What is the procedure of taking throw-in? [3]

Question 5

- a) Explain the term dropped ball. [2]
- b) Write length and breadth of penalty area. [2]
- c) State minimum and maximum size of a standard football. [2]
- d) Mention any three instances for which a direct free kick is awarded. [3]
- e) Under which three situations can a referee show a red card to a player? [3]
- f) State any three fouls in the game of football. [3]