



**DELHI PUBLIC SCHOOL NEWTOWN  
SESSION 2021-22  
MONDAY TEST**

**CLASS: IX  
SUBJECT: PHYSICAL EDUCATION**

**FULL MARKS: 40  
DATE: 21.06.2021**

**Instruction:**

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

**Question-1**

- a) What is sternum? [2]
- b) Name the joints usually found in abduction movements. [2]
- c) Mention any three benefits of exercises on the skeletal system. [3]
- d) Differentiate between true ribs and false ribs. [3]

**Question-2**

- a) Write a short note on cranium? [2]
- b) What is skeletal system in human body? [2]
- c) “These joints have an angular movement in all direction and a pivot movement”-discuss. [3]
- d) Write in details the structural aspect of ulna and radius. [3]

**Question-3**

- a) What are metatarsals? [2]
- b) Define saddle joint. [2]
- c) Enlist any three functions of skeletal system. [3]
- d) Write short note on femur and fibula. [3]

**Question-4**

- a) What is circumduction? [2]
- b) Mention any two movements that takes place in condyloid joint. [2]
- c) “The patella is known as the knee cap”. - explain. [3]
- d) What are the three classifications of joints? [3]

