DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2022-2023
HALF YEARLY EXAMINATION

CLASS: IX **FULL MARKS: 100**

SUBJECT: PHYSICAL EDUCATION [SET B] **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 answers.

Attempt all question. The intended marks for questions or part of questions are given in [ ]. The paper consists of 4 printed pages.

SECTION A

[70 MARKS]

(Attempt all questions from this Section)

Question 1 **[10]**

Choose the correct answer and write the correct option.

i) Finger bones are also called:
- **(a) Hamate bone**
- **(b) Gridles**
- **(c) Phalanges**
- **(d) Metacarpal**

ii) _____connects nasal and oral cavities to the larynx.
- **(a) Nose**
- **(b) Bronchioles**
- **(c) Alveoli**
- **(d) Pharynx**

iii) In which part of the respiratory system does the gaseous exchange takes place?
- **(a) Alveoli**
- **(b) Trachea**
- **(c) Rotation**
- **(d) Pharynx**

iv) Name the joint which has a rotary movement in one axis.

(a) Saddle joint
(b) Ball and socket joint
(c) Pivot joint
(d) Flexion

v) Name the muscle which assists in adduction, extension and internal rotation of the arm at shoulder.

(a) deltoid
(b) latissimus dorsi
(c) abdominals
(d) Pivot joint

vi) External rotation is also called:

(a) adduction
(b) circumduction
(c) lateral rotation
(d) None of these

vii) The joint which permits a great freedom of movements.

(a) Condyloid joint
(b) Saddle joint
(c) Gliding joint
(d) Pivot joint

viii) Name the muscle which is derived from a Greek word "delta".

(a) Hamstring
(b) Quadriceps
(c) Deltoid
(d) Biceps

ix) Which is called the breast bone?

(a) Femur
(b) Fibula
(c) Tibia
(d) Sternum

x) How many carpel bones are present in each wrist?

(a) 01
(b)10
(c) 08
(d) 07

Question 2

a)	**What are phalanges?**	**[2]**
b)	**List out any two functions of tibia.**	**[2]**
c)	**Differentiate between external and internal rotation.**	**[3]**
d)	**"Lungs are the vital organs for respiration". -explain.**	**[3]**

Question 3

a)	**Name the movements associated with saddle joint.**	**[2]**
b)	**Explain cellular respiration.**	**[2]**
c)	**What are the three structural classifications of joints?**	**[3]**
d)	**"The femur is also called thigh bone". -explain.**	**[3]**

Question 4

a)	**Define oxygen debt.**	**[2]**
b)	**Name the joints associated with abduction movements.**	**[2]**
c)	**Differentiate between isotonic and isometric contraction.**	**[3]**
d)	**"Pectorals are the muscles that connect the front of the human chest". -explain.**	**[3]**

Question 5

a)	**What are cardiac muscles?**	**[2]**
b)	**State the characteristics of gastrocnemius.**	**[2]**
c)	**Mention any three benefits of exercises on the skeletal system.**	**[3]**
d)	**Enumerate the mechanics of breathing.**	**[3]**

Question 6

a)	**Name the muscles used while performing standing broad jump.**	**[2]**
b)	**Mention any two movements that take place in hinge joint.**	**[2]**
c)	**"The word 'latissimus dorsi' is a latin word which means broad muscle of the back". -explain.**	**[3]**
d)	**Explain the types of ribs.**	**[3]**

Question 7

a)	**What are carpals?**	**[2]**
b)	**State any two characteristics of patella.**	**[2]**
c)	**Differentiate between tidal volume and vital capacity.**	**[3]**
d)	**Write in details the structural aspect of scapula and clavicle.**	**[3]**

SECTION B

[30 MARKS]

FOOTBALL

(Attempts all questions)

Question 8

a)	**What is the importance of a goal area?**	**[2]**
b)	**Explain the term "Advantage".**	**[2]**
c)	**What is Goal Line Technology?**	**[2]**
d)	**Mention the duration of a football match.**	**[2]**
e)	**State the two types of passes in the game of football.**	**[2]**
f)	**Explain corner kick.**	**[2]**
g)	**Write a short note on technical area and goal line.**	**[3]**
h)	**List the basic compulsory equipment used by a football player.**	**[3]**
i)	**Under which three situations can a referee show a red card to a player.**	**[3]**
j)	**Write a short note on offside and indirect free kick.**	**[3]**
k)	**Mention the significance of the ball in play and out of play.**	**[3]**
l)	**Write the procedure of throw-in.**	**[3]**