



**DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2024 – 2025
MONDAY TEST**

CLASS : IX

SUBJECT : PHYSICAL EDUCATION

FULL MARKS :40
DATE : 18/11/2024

- * This paper consists of 03 pages.
- * The intended marks for question are given in the brackets []

Question – 1 [10]

Choose the correct answer to the questions from the given options :

- (i) Which of the following statement sums up fear, anger, joy, hope, jealousy and hate as a psychological traits ?

 - (a) The development of positive attitude.
 - (b) It brings about emotional control.
 - (c) The development of right attitude towards winning and losing.
 - (d) It helps to build confidence.

(ii) Match the following :

(I)	Sinusoidal Capillaries	(1)	50 – 110 ml
(II)	Psychological benefits	(2)	Bone marrow
(III)	Hemoglobin	(3)	Resilience
(IV)	Stroke Volume	(4)	Main Protein red blood cells

(iii) Research studies indicate that games and sports can greatly reduce _____.

 - (a) Revolution
 - (b) Personality
 - (c) Depression
 - (d) Thinking ability

(iv) The normal Hb % in an adult male :

 - (a) 2 to 20 gm
 - (b) 31 to 42 gm
 - (c) 14 to 16 gm
 - (d) 21 to 28 gm

(v) Which among the following improves the success of a football players?

 - (a) Teamwork
 - (b) Natural resources
 - (c) Anxiety
 - (d) Creativity

- (vi) Identify the picture and choose the correct answer of the given options :



- (a) Measuring of body temperature
 - (b) Measuring of blood sugar
 - (c) Measuring of blood pressure
 - (d) All of these

- (vii) Given below are two statements labeled as Assertion (A) and Reason (R)

Assertion (A) : While we do exercises our heart beats at a faster rate. Exercises helps to build stronger heart walls.

Reason (R) : The heart wall is made up of cardiac muscle.

- (a) Both (A) and (R) are right and (R) is the correct explanation of (A).
 - (b) Both (A) and (R) are right, but (R) is not the correct explanation of (A).
 - (c) (A) is wrong , but (R) is right.
 - (d) (A) is right , but (R) is wrong..

- (viii) Mrittika is a national level basketball player. She possess combination of skill and physical abilities such as speed, agility, strength, power and explosiveness to jump high and drive to the basket. Her accuracy and consistency from different spat and ability to shoat with both hands from different angles are marvelous. The coach of her school selected her in the school team. Based on case study above, choose the appropriate quality of Mrittika.

- (a) Cooperation** **(b) Leadership**
(c) Build confidence **(d) Development of right attitude**

- (ix) Muscular arteries are also called :

- (a) Distributing arteries (b) Conducting arteries**
(c) Vertebral arteries (d) All of these

(x) Given below are two statements labeled as Assertion (A) and Reason (R)

Assertion (A) : When an athlete play fair games, follows rules of the games, respect the judgment of referee and officials and treating opponent players with respect.

Reason (R) : An athlete is not showing respect towards the game and rules of the game.

- (a) Both (A) and (R) are right and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are right but (R) is not the correct explanation of (A).
- (c) (A) is wrong, but (R) is right.
- (d) (A) is right , but (R) is wrong.

Question – 2

- (a) “These muscular arteries are much smaller in size.” - explain. [2]
- (b) What are erythrocytes ? [2]
- (c) Differentiate between systolic and diastolic blood pressure. [3]
- (d) Simon is a long distance runner, always participate in marathons, cross country running, long distance cycling , triathlons and swimming. Which of the psychological benefits helps Simon to maintain doing all these activities ? [3]

Question – 3

- (a) Explain cardiac output. [2]
- (b) How is time management important for an athlete ? [2]
- (c) Write in details the mechanism of blood circulation. [3]
- (d) “Playing games and sports provides participant with opportunities to develop skills in communication and team building” - explain. [3]

Question – 4

- (a) In which ways does sports help an individual ? [2]
- (b) Enlist the functions of capillaries. [2]
- (c) Write in details the different types of leucocytes. [3]
- (d) State the importance of resilience and self-esteem of an athlete. [3]