



DELHI PUBLIC SCHOOL NEW TOWN

SESSION 2024 – 2025

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 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 answer.

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 seven printed pages.

SECTION A

(Attempt all questions from this Section)

Question 1

Choose the correct answer from the options given:

[20]

(i) Name the primary muscle used in the process of inspiration.

- (a) Diaphragm (b) Gastrocnemius (c) Alveoli (d) Lungs**

(ii) Match the following:

- | | |
|--------------------------------------|-----------------------|
| (I) Humerus | (1) Fatigue |
| (II) Lactic acid accumulation | (2) Flexion |
| (III) Rotator cuffs | (3) Phagocytic |
| (IV) Monocytes | (4) Upper arm |

(a) I – 2, II – 4, III – 1, IV – 3

(b) I – 3, II – 1, III – 4, IV – 2

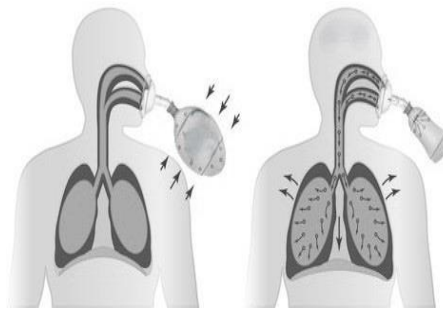
(c) I – 4, II – 1, III – 2, IV – 3

(d) I – 1, II – 2, III – 3, IV – 4

(iii) Who discovered A.B.O. and Rh blood groups?

- | | |
|----------------------------|------------------------------|
| (a) Dr. Landsteiner | (b) Greg Casti Kyan |
| (c) Luschen | (d) Kevin, J. Maroney |

- (iv) How many vertebrae are present in human vertebral column?
- (a) 13 (b) 30
(c) 33 (d) 43
- (v) Akansha is a good athlete but does not practice regularly. During the Annual Sports Day, she performed well in her individual events (100m, 200m, and 400m) but failed to perform in the 4x100m relay due to exhaustion. Based on the case study, choose the most appropriate reason for her performance:
- (a) Increase in Hemoglobin
(b) Reduction in heart related problems
(c) Lactic acid accumulation
(d) Expiration
- (vi) Where does air diffusion into the blood occur through various chemical reactions?
- (a) Second wind (b) Alveoli
(c) Oxygen debt (d) Diaphragm
- (vii) Identify the picture and choose the correct answer from the given options.



- (a) Second wind (b) Tidal volume
(c) Nasal cavity (d) Cell respiration
- (viii) Which muscle is rounded and triangular in shape?
- (a) Deltoid (b) Triceps
(c) Hip flexors (d) Quadriceps
- (ix) Platelets are also called:
- (a) Erythrocytes (b) Thrombocytes
(c) Plasma (d) Agranulocytes

(x) Match the following:

(I) Concentric contraction

(1) Respiration system

(II) Tidal volume

(2) Calf bone

(III) Capillaries

(3) Arm curl

(IV) Fibula

(4) Exchange of materials

(a) I – 3, II – 1, III – 4, IV – 2

(b) I – 2, II – 4, III – 1, IV – 3

(c) I – 4, II – 3, III – 2, IV – 1

(d) I – 2, II – 3, III – 4, IV – 1

(xi) Which of the following is also known as voice box?

(a) Pharynx

(b) Larynx

(c) Bronchi

(d) Alveoli

(xii) Given below are two statements labeled as Assertion (A) and (R):

Assertion (A): Regular exercise helps individuals maintain sound health.

Reason (R): It increases the chances of degenerative joint diseases.

(a) Both (A) and (R) are correct, and (R) is the correct explanation of (A).

(b) Both (A) and (R) are correct, but (R) is not the correct explanation of (A).

(c) (A) is incorrect, but (R) is correct.

(d) (A) is correct, but (R) is incorrect.

(xiii) _____ transport nutrients, glucose, sodium chloride, fats and amino acid to the tissues.

(a) Thrombocytes

(b) Plasma

(c) Leucocytes

(d) Erythrocytes

(xiv) Which capillaries are found in all types of muscle connective tissues and the central nervous system?

(a) Sinusoidal capillaries

(b) Fenestrated capillaries

(c) Arterioles

(d) Continuous capillaries

(xv) RBC's are manufactured in:

(a) Patella

(b) Bone marrow

(c) Sternum

(d) Rib cage

- (xvi) The ability to develop feelings of trust, loyalty and friendship among a group of people is called:
- (a) Respecting authority (b) Time management
(c) Emotional control (d) Camaraderie
- (xvii) Mrs. Khaitan, a 52-year-old woman, experiences pain at the base of her thumb. The pain occurs during tasks such as opening jars or gripping her purse. She reports gradual pain.
- Based on the case study above choose the appropriate joint of her thumb.
- (a) Ball and socket joint (b) Saddle joint
(c) Rotation (d) Pivot joint
- (xviii) The union of two or more bones in the skeleton is called:
- (a) Ligaments (b) Joints
(c) Tendons (d) Sutures
- (xix) Given below are two statements labeled as Assertion (A) and Reason (R):
- Assertion (A): Regular practice in games and sports enhances the belief in performing well.
- Reason (R): It improves physical fitness, skill mastery, and a positive attitude.
- (a) Both (A) and (R) are right, but (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.
- (xx) Adduction movement is found in:
- (a) Gliding joint (b) Hinge joint
(c) Ball and socket joint (d) Pivot joint

Question 2

- (a) What are arterioles? [2]
(b) Enumerate the term sport with its definition. [2]
(c) Enlist the functions of skeletal system. [3]
(d) “Large group of muscles in front of the abdomen that assists in the regular breathing movement and supports the muscles” – discuss. [3]

Question 3

- (a) Write in details the characteristics of veins. [2]
- (b) Discuss the effects of exercise on muscular system. [2]
- (c) List any three functions of rotator cuffs. [3]
- (d) Differentiate between concentric and eccentric contraction. [3]

Question 4

- (a) How is camaraderie important for an athlete? [2]
- (b) Define stroke volume. [2]
- (c) “Healthy lifestyle keeps every individual positive”- explain. [3]
- (d) “Unfair acts are appropriately punished and disapproved in games and sports by official”– justify. [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) Explain the following terms in cricket: [8]
 - (a) Catch out
 - (b) An over
 - (c) An appeal
 - (d) Toss
- (ii) (a) Rohit started the innings as a batter, but while playing the first ball in the 1st over, the ball got trapped between his clothing and equipment. What will be the decision of the umpire in this situation? [9]
 - (b) What procedure will the umpire follow if the ball is deemed unfit for play?
 - (c) State any three duties of a coach.
- (iii) Write the following measurements in cricket: [8]
 - (a) Weight and circumference of the cricket ball.
 - (b) Length and widest part of a cricket bat.
 - (c) Height and breadth of cricket stumps.
 - (d) Distance between wickets and height of the wicket from the ground.

Question 6

- (i) Explain the following terms in cricket: [8]
- | | |
|------------------|------------------------|
| (a) An overthrow | (b) A boundary for six |
| (c) A Yorker | (d) Sight screen |
- (ii) (a) What is meant by “extra run” ? Give two examples of extra run. [9]
- (b) Explain the term “full toss” in cricket.
- (c) State any three ways by which runs are scored.
- (iii) (a) Write any four fielding positions on the “offside”. [8]
- (b) What is the importance of 30 yard circle in the game of cricket?
- (c) Under which condition an umpire can declare bad light?
- (d) State the restriction on the role of a 12th man.

FOOTBALL

Question 7

- (i) Explain the following terms in football: [8]
- | | |
|------------------|---------------|
| (a) Through pass | (b) Advantage |
| (c) Corner arc | (d) Kick off |
- (ii) (a) When is a goal considered to have been scored? [9]
- (b) Explain the concepts of "ball in play" and "ball out of play."
- (c) List the necessary equipment's for a goal keeper.
- (iii) (a) What procedure will be applied if the ball is damaged or becomes defective during the course of play? [8]
- (b) Mention two circumstances when time is lost or wasted during the game.
- (c) During a match, if a player makes a foul but referee does not consider the situation as a foul, the referee continues the match. How does the match continues?
- (d) In a football match if a player receives yellow card twice. What will be the referee's decision?

Question 8

- (i) Explain the following terms in football: [8]
- | | |
|------------------|----------------|
| (a) Bicycle kick | (b) A warning |
| (c) Injury time | (d) A throw-in |
- (ii) (a) List out any three duties performed by the fourth official. [9]
- (b) Name the tool kit carried by the referee to conduct a football match.
- (c) Write down the procedure to restart the game when the ball passes over the touch line.
- (iii) Write the following measurements in football: [8]
- (a) Weight and circumference of the ball.
- (b) Minimum and maximum number of players to begin the match.
- (c) State the full form of AIFF.
- (d) The distance of penalty point from the goal line.