



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2023-2024
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 answers.

*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 6 printed pages.*

SECTION A

(Attempt all questions from this Section)

Question 1

Choose the correct answers to the questions from the given options. [20]

- (i) A social trait which is very significant in winning games and sports:
 - (a) Leadership
 - (b) Respecting authority
 - (c) Cooperation
 - (d) Anxiety

- (ii) Which of the following allows gas exchange in the lungs?
 - (a) Alveoli
 - (b) Bronchi
 - (c) Bronchioles
 - (d) Capillaries

- (iii) The ability to have the feeling of trust, loyalty and friendship with in a group is called _____.
 - (a) Respecting authority
 - (b) Time management
 - (c) Emotional control
 - (d) Camaraderie

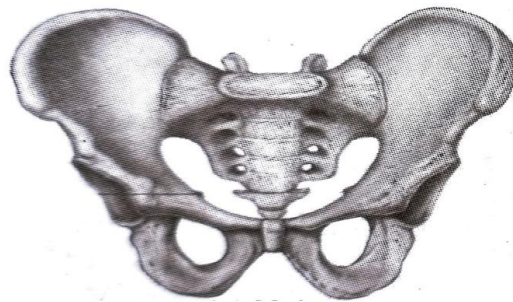
- (iv) Name the largest sesamoid bone.
 - (a) Tibia
 - (b) Patella
 - (c) Ulna
 - (d) Radius

- (v) Rakesh is a state level football player. He is a good athlete and plays as a midfielder. Though he is good player but being very aggressive in nature, he has been found disobeying his team captain and does not give pass to his teammates. During the matches he tends to score goal alone and shows wrong body gestures. When the coach explains him he listens but does not implement it whenever required.

Based on the case study given above, choose the appropriate behaviour of Rakesh.

- (a) Resilience
- (b) Positive attitude
- (c) Lack of cooperation
- (d) Fair play

- (vi) Choose the function of the given picture from the following options:



- (a) Helps in stabilizing the ankle and supports the muscle of lower leg.
 - (b) Transfers weight from the upper axial skeleton to lower appendicular.
 - (c) Helps in knee extension.
 - (d) Protects stomach, spleen and kidney.
- (vii) Which of the following bone has high probability of getting fractured?
- (a) Sternum
 - (b) Clavicle
 - (c) Cranium
 - (d) Thorax
- (viii) Heart is made up of_____.
- (a) Skin
 - (b) Bone
 - (c) Muscle
 - (d) Food
- (ix) Interchange of gases that occurs between the blood and cells is called_____.
- (a) Stroke volume
 - (b) Tidal volume
 - (c) Cellular respiration
 - (d) Lactic acid accumulation

- (x) A dome shaped sheet of muscle that is inserted into the lower ribs which performs an important function in respiration is called_____.
 (a) Cardiac output
 (b) Capillaries
 (c) Diaphragm
 (d) Skeletal system
- (xi) Which of the following movement found in abduction?
 (a) Gliding joint
 (b) Ball and socket joint
 (c) Hinge joint
 (d) Pivot joint
- (xii) Assertion: An athlete having negative attitude plays a significant role in improving performance.
 Reason: Competitiveness is an essential trait in games and sport.
 (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.
- (xiii) Red blood cells are also called_____.
 (a) Plasma
 (b) Haemoglobin
 (c) RH factor
 (d) Erythrocytes
- (xiv) “A game is a system in which players engage in an artificial conflict defined by rules that results in a quantifiable outline”- who stated the above lines?
 (a) Eric Zimmerman
 (b) Greg Costikyan
 (c) Clark C
 (d) Kevin J Marone
- (xv) Match the following:
- | | |
|---------------------------|-----------------------------------|
| (I) Leukocytes | (1) Enhancing positive connection |
| (II) Pranayama | (2) White blood cells |
| (III) Involuntary muscles | (3) Yoga |
| (IV) Self-esteem | (4) Gall bladder |
- a) I-3, II-1, III-4, IV-2
 b) I-4, II-3, III-2, IV-1
 c) I-2, II-3, III-4, IV-1
 d) I-1, II-2, III-3, IV-4

- (xvi) Which primary muscle is used in the process of inspiration?
(a) Deltoid
(b) Diaphragm
(c) Pectoral
(d) Abdominal
- (xvii) Distributing arteries are also called _____.
(a) Elastic arteries
(b) Muscular arteries
(c) Auricle
(d) Stroke volume
- (xviii) Name the widest muscle present in the human body.
(a) Rotator cuffs
(b) Latissimus dorsi
(c) Abdominals
(d) Hip flexor
- (xix) What is another name for platelets?
(a) Monocytes
(b) Lymphocytes
(c) Thrombocytes
(d) Granulocytes
- (xx) Name the top portion of the skull which protects the brain?
(a) Sternum
(b) Clavicle
(c) Cranium
(d) Thorax

Question 2

- (a) Write a short note on second wind. [2]
(b) State the characteristics of deltoid. [2]
(c) How respecting authority and positive attitude is important for an athlete? [3]
(d) Differentiate between systolic and diastolic pressure. [3]

Question 3

- (a) State any two benefits of exercises on respiratory system. [2]
(b) Enlist the forms of isotonic contraction. [2]
(c) Differentiate between sports and games. [3]
(d) Enumerate the functional aspects of abdominals and biceps. [3]

Question 4

- (a) What are phalanges? [2]
- (b) List out any two functions of ulna. [2]
- (c) Differentiate between circumduction and rotation. [3]
- (d) “Quadriceps muscles are called quads” – discuss. [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) Briefly explain the following terms: [8]
 - (a) Substitution
 - (b) Declaration
 - (c) No ball
 - (d) Follow on
- (ii) (a) What is meant by ‘extra run’? Give two examples of extra runs. [9]
 - (b) Explain the term ‘full toss’ in cricket.
 - (c) Draw a diagram of a cricket pitch and mark the following:
 - 1. The bowling crease
 - 2. The popping crease
 - 3. The return crease
- (iii) Write the following: [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 stumps and distance of inner circle from the wickets.

Question 6

- (i) Explain the following terms in cricket: [8]
 - (a) An over
 - (b) A wide ball
 - (c) An appeal
 - (d) A toss
- (ii) (a) What do you mean by ball tampering? [9]
 - (b) Explain the role of the third umpire in a match.
 - (c) Explain the term hat-trick.
- (iii) (a) List any four protective equipment’s used in a game of cricket. [8]
 - (b) Mention any four fielding position on the on-side of the field.
 - (c) State the full form of ICC and BCCI.
 - (d) When is a batter considered to be out stumped?

FOOTBALL

Question 7

- (i) Explain the following terms in football: [8]
 (a) Kick-off
 (b) Dropped ball
 (c) Injury time
 (d) Extra time
- (ii) (a) State any three duties of match referee. [9]
 (b) What is the procedure adopted to restart the game from a throw-in?
 (c) Explain the term off-side.
- (iii) (a) State any two conditions when the ball is called 'out of play'. [8]
 (b) What should be the width of the goal line, touch line and goal post?
 (c) Define direct free kick.
 (d) Write down the importance of technical area in football field.

Question 8

- (i) (a) What do you mean by the term red card? [8]
 (b) Explain the term 'sudden death' in football.
 (c) What is the distance between two upright post and the height of the cross bar from the ground?
 (d) Give the measurement of the goal area in football.
- (ii) (a) What is penalty arc and why is it important? [9]
 (b) What do you mean by the term indirect free kick?
 (c) Under what three situations is a player not considered off-side?
- (iii) Explain the following terms in football: [8]
 (a) Heading
 (b) Passing
 (c) Penalty mark
 (d) Goal kick