



**DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2023-24
HALF YEARLY EXAMINATION**

CLASS: IX

FULL MARKS:100

SUBJECT: PHYSICAL EDUCATION (SET A)

TIME: 2 HOURS

Answer to this paper must be written on the paper provided separately. You will be not be allowed to write during the first 15minuites. 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 section B.

The intended marks for the questions or parts of questions are given in [].

The paper consists of 6 printed pages.

SECTION A-70 MARKS

Question 1

[20]

Choose the correct answers to the questions from the given options.

(i) Which bone is known as the fractured bone in the body?

- | | |
|---------------------|--------------------|
| (a) Sternum | (c) Cranium |
| (b) Clavicle | (d) Thoarax |

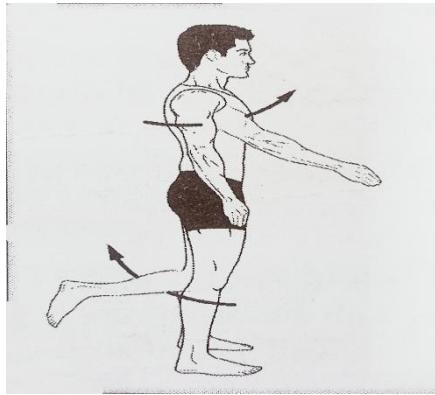
(ii) Mr Roger is a body builder. How many muscles does he has?

- | | |
|------------------------|------------------------|
| (a) 700 muscles | (c) 600 muscles |
| (b) 150 muscles | (d) 850 muscles |

(iii) Arko is an athlete. During his practice he inhales and exhales. Name the process in which he exhales.

- | | |
|------------------------|-------------------------------------|
| (a) Oxygen debt | (c) Diffusion |
| (b) Expiration | (d) Lactic acid accumulation |

(iv) Identify the movement from the picture :



(a) Abduction

(c) Flexion

(b) Adduction

(d) Extension

(v) Which muscle has a greater diversity in shape, size, power and speed of contraction?

(a) Skeletal muscle

(c) Cardiac muscle

(b) Smooth muscle

(d) involuntary muscle

(vi) Given below are the two statements, one labelled as Assertion(A) and other as Reason(R).

Assertion(A):The skeletal system protects number of vital organs and delicate Organs.

Reason (R):The immovable joint skull protects brain, which is an important function of the skeletal system.

Which of the following statement is correct:

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

(vii) All sportsperson do warming up exercises before their training. Name the movements that takes place in shoulder and hip joint.

(a) Circumduction

(c) Abduction

(b) Adduction

(d) Flexion

(viii) Gall bladder is an example of:

- | | |
|------------------------|---------------------|
| (a) Involuntary muscle | (c) Skeletal muscle |
| (b) Cardiac muscle | (d) Lungs |

(ix) Tibia is also known as:

- | | |
|--------------------|-----------------|
| (a) Sesamoid bones | (c) Breast bone |
| (b) Phalanges | (d) Shin bone |

(x) _____ is the primary muscle used in the process of inspiration.

- | | |
|---------------|-----------------|
| (a) Pharynx | (c) Will power |
| (b) Diaphragm | (d) Second wind |

(xi) Anisha is a badminton player. Name the muscle located at the back of her leg?

- | | |
|------------------------|-------------------|
| (a) Involuntary muscle | (c) Gastrocnemius |
| (b) Quadriceps | (d) Triceps |

(xii) _____ joints have an angular movement in all directions and the pivot movement is also taking place.

- | | |
|---------------|---------------------|
| (a) Condyloid | (c) Ball and socket |
| (b) Saddle | (d) Hinge |

(xiii) Name the muscle which is rounded as well as triangular in shape.

- | | |
|--------------------|----------------|
| (a) Cardiac muscle | (c) Pectorals |
| (b) Deltoid | (d) Quadriceps |

(xiv) The interchange of gasses that occurs between the blood and cells is known as_____.

- | | |
|------------------------------|--------------------|
| (a) Lactic acid accumulation | (c) Second wind |
| (b) Cellular respiration | (d) Vital capacity |

(xv) What is the main function of patella?

- | | |
|---------------------|----------------------------|
| (a) Arranging bones | (c) Acid based balanced |
| (b) Knee extension | (d) Strengthening ligament |

(xvi) Football is an example of _____.

- | | |
|-------------------------|--------------|
| (a) Doing less activity | (c) Sleeping |
| (b) Vigorous activity | (d) Both a&c |

(xvii) Name the upper part of the sternum.

- | | |
|---------------|---------------|
| (a) Phalanges | (c) Flexion |
| (b) Humorous | (d) Manubrium |

(xviii) Name the group of four muscles located in front of the thigh. These muscles are also called ‘quads’.

- | | |
|----------------|-------------|
| (a) Hamstring | (c) Biceps |
| (b) Quadriceps | (d) Gluteus |

(xix) Most of the internal organs are made up of_____.

- | | |
|-------------------------|---------------------|
| (a) Involuntary muscles | (c) Skeletal muscle |
| (b) Cardiac muscle | (d) Both b&c |

xx) Condyloid joint is an example of _____ movements.

- | | |
|-------------------|---------------|
| (a) Circumduction | (c) Flexion |
| (b) Adduction | (d) Abduction |

Question 2

- (i) Define tidal volume. [2]
- (ii) Write any two movements that takes place in saddle joint. [2]
- (iii) Differentiate between circumduction and rotation. [3]
- (iv) How does strong will power influences an individual? [3]

Question 3

- (i) State any two benefits of muscular system. [2]
- (ii) Write a short note on alveoli. [2]
- (iii) List out the function of rotator cuffs. [3]
- (iv) “The diaphragm is the primary muscle used in the process of inspiration”- explain. [3]

Question 4

- (i) **What is a ball and socket joint?** [2]
- (ii) **Name any two muscles which are included in hip flexors.** [2]
- (iii) **“Bronchioles are the first conducting pathway with in the respiratory system”- explain.** [3]
- (iv) **Rahul is a 16 years old boy. Who started his training for marathon race couple of days back. During the training period when Rahul goes for cross country running he feels a sense of discomfort while inhaling. As a trainer of Rahul what will be your decision regarding his training and why?** [3]

Question 5

- (i) **Define abduction.** [2]
- (ii) **State the characteristics of gliding joint.** [2]
- (iii) **List out the function of tibialis interior muscles.** [3]
- (iv) **Write a short note on pelvis.** [3]

Question 6

- (i) **Name any two exercises that can be perform with the help of eccentric contraction.** [2]
- (ii) **Differentiate between smooth and cardiac muscles.** [2]
- (iii) **Enlist the function of skeletal system.** [3]
- (iv) **Which systems get benefitted if an individual performs yoga regularly and why?** [3]

SECTION B-30 MARKS

Attempt All Question

FOOTBALL

Question 7

- (i) (a) Mention the minimum and maximum number of players required for a match. [2]
 (b) Write down the measurements of goal area and penalty area. [2]
 (c) State any three procedures that will be followed during kick off. [3]
 (d) Explain technical area and its importance. [3]

- (ii) (a) What is the time duration of a football match? [2]
 (b) Mention the radius and importance of the centre circle. [2]
 (c) Explain the procedure of throw in. [3]
 (d) What is sudden death in football ? [3]

- (iii) (a) Explain the term through pass. [2]
 (b) Differentiate between injury time and extra time. [2]
 (c) When is the ball in and out of play? [3]
 (d) Mention the main point to remember while doing tackling. [3]