



DELHI PUBLIC SCHOOL NEWTOWN
SESSION 2024 – 2025
HALF YEARLY EXAMINATION

CLASS : IX
SUBJECT: PHYSICAL EDUCATION [SET A]

FULL MARKS :100
TIME :2 HOURS

*(Candidates are allowed additional 15 minutes for only reading the paper. They must NOT start writing during this time). Attempt all questions from Section A and two questions from Section B.
The intended marks for questions or parts are given in the brackets []
This paper consist of five printed pages.*

SECTION – A

(Attempt all questions from this section)

Question 1

Choose the correct answer to the questions from the given options: [20]

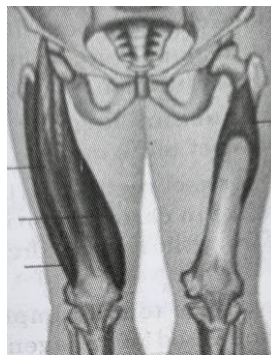
(i) Abduction movement is found in:

- | | |
|-------------------|---------------------------|
| (a) Hinge joint | (b) Ball and socket joint |
| (c) Gliding joint | (d) Pivot joint |

(ii) Most of the internal organs are made up of:

- | | |
|------------------------|--------------------|
| (a) Involuntary muscle | (b) Cardiac muscle |
| (c) Voluntary muscle | (d) None of these |

(iii) Identify the picture and name the muscle.



- | | | | |
|----------------|--------------|----------------|-------------|
| (a) Quadriceps | (b) Gluteals | (c) Hip Flexor | (d) Triceps |
|----------------|--------------|----------------|-------------|

(iv) The main mineral stored in bone is:

- | | | | |
|----------|-------------|---------------|------------|
| (a) Iron | (b) Calcium | (c) Potassium | (d) Sodium |
|----------|-------------|---------------|------------|

(v) Assertion (A):The diaphragm is the primary muscle involved in breathing.

Reason (R):During inhalation the diaphragm contracts and moves downward, increasing the volume of the thoracic cavity and decreasing the pressure inside allowing air to flow into the lungs.

Which of the following statement is correct:

- (a) Both (A) and (R) are true , but (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

(vi) Name that connects the larynx to the bronchi and allow the air to pass to the lungs.

- (a) Trachea
- (b) Larynx
- (c) Alveoli
- (d) Involuntary muscles

(vii) The skeletal muscles make about _____ of an adult's body weight.

- (a) 11%
- (b) 82%
- (c) 60%
- (d) 42%

(viii) External rotation is also called:

- (a) Medial rotation
- (b) Lateral rotation
- (c) Circumduction
- (d) Adduction

(ix) Match the following:

- | | |
|------------------|----------------|
| (I) Flexion | 1) Breast bone |
| (II) Lactic acid | 2) Hill |
| (III) Sternum | 3) $C_3H_6O_3$ |
| (IV) Oxygen debt | 4) Hinge joint |

(a) I – 1 , II – 4 , III – 3 , IV – 1

(b) I – 3 , II – 2 , III – 1 , IV – 4

(c) I – 2 , II – 1 , III – 4 , IV – 3

(d) I – 4 , II – 3 , III – 1 , IV – 2

(x) Name the muscle which is rounded as well as triangular and located at the top most part of the arm and top of the shoulder.

- (a) Rotator cuffs
- (b) Pectorals
- (c) Triceps
- (d) Deltoid

(xi) Which of the following is not a function of the muscular system?

- (a) Movement
- (b) Posture maintenance
- (c) Heat production
- (d) Blood cell production

(xii) Shin bone is also called:

- (a) Fibula
- (b) Patella
- (c) Tibia
- (d) Hip Flexors

- (xiii) Ayush is one of the best athlete of his school. During his sports day, without warming up, he participated in 400m flat race. He started well, but in between the race he fell down on the ground with severe pain.

Based on the case study given above, answer the appropriate reason for severe pain:

- (a) External rotation of arm (b) Frequent muscle cramps
(c) He is unfit (d) He was exhausted
- (xiv) _____ is the example of isotonic contraction:
(a) Lifting of light weights (b) Pushing the wall
(c) Time management (d) Leadership
- (xv) What is the study of joints called?
(a) Myology (b) Arthrology (c) Histology (d) Anthropology
- (xvi) How many carpal bones are present in each wrist?
(a) 01 (b) 10 (c) 08 (d) 07
- (xvii) Name the muscle which assists in adduction, extension and internal rotation of the arm at the shoulder. These muscles are also used in various exercises such as pull-ups, chin-ups and swimming.
(a) Deltoid (b) Latissimus dorsi (c) Rotator cuffs (d) Pivot joint
- (xviii) The joint which permits a great freedom of movements.
(a) Condylod joints (b) Saddle joint
(c) Gliding joint (d) Pivot joint
- (xix) Which bone is also known as breast bone?
(a) Femur (b) Fibula (c) Tibia (d) Sternum
- (xx) Which is the appropriate function of the soft tissue in the skeletal system?
(a) They act as shock absorber
(b) Reduces the flexibility of the joints
(c) They do not become weak
(d) Protects the vulnerable organs of the body

Question 2

- (a) Name the movements associated with saddle joint. [2]
(b) Explain cellular respiration. [2]
(c) What are the three structural classification of joints. [3]
(d) “Pectorals are the muscles that connect the front of the human chest”. – explain [3]

Question 3

- (a) What are carpals? [2]
- (b) Name the muscle used while performing standing broad jump. [2]
- (c) Differentiate between tidal volume and vital capacity. [3]
- (d) Explain the types of ribs. [3]

Question 4

- (a) State any two characteristics of patella. [2]
- (b) Explain any two functions of the skeletal system. [2]
- (c) Enumerate the mechanics of breathing. [3]
- (d) Write in detail the structural aspect of scapula and clavicle. [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 the game of cricket: [8]
 - (a) A stance (b) A run-up (c) An over (d) Century
- (ii) (a) State three types of cricket matches. [9]
 - (b) Name the various types of creases marked on a cricket pitch.
 - (c) Rohan is an opening batter of his team. In a match, after defending a ball with his bat, it was rolling back towards the stumps. Rohan blocked or stopped the ball with his right hand. What will be the consequence?
- (iii) (a) List any four protective equipments used in the game of cricket. [8]
 - (b) Explain the term scorer in cricket.
 - (c) State the full form of ICC and BCCI.
 - (d) Mention any four fielding position on the offside of the cricket field.

Question 6

- (i) Explain the following terms in the game of cricket: [8]
 - (a) Hat trick (b) An appeal (c) Obstructing the field (d) Extra runs
- (ii) (a) Explain the term power play. [9]
 - (b) Mention any three duties of a match referee.
 - (c) What do you mean by follow-on in the game of cricket?

- (iii) **Mention the following:** [8]
- (a) **Weight and circumference of a cricket ball**
 - (b) **Length and width of a cricket bat**
 - (c) **Height and breadth of cricket stumps**
 - (d) **Distance between centre spot of the wicket and inner circle**

FOOTBALL

Question 7

- (i) (a) **Under which four situations can a referee show a red card to a player ?** [8]
(b) **Differentiate between goal kick and corner kick.**
- (ii) (a) **State three duties of assistant referee.** [9]
(b) **In a knock out tournament if the match ends in a draw, what will be the procedure followed to determine the winner.**
(c) **State any three methods of restarting in the game of football.**
- (iii) (a) **Explain the term offside.** [8]
(b) **What is kick off?**
(c) **When is the ball in and out of play?**
(d) **Briefly explain the importance of technical area.**

Question 8

- (i) **Explain the following terms in football :** [8]
(a) **Goal area**
(b) **Centre circle**
(c) **Extra time**
(d) **Through pass**
- (ii) (a) **What is the time duration of a football match? Discuss injury time** [9]
(b) **Explain the procedure of throw in**
(c) **State any three duties of match referee**
- (iii) **Answer the following:** [8]
(a) **Minimum and maximum number of players to start a match**
(b) **Radius of centre circle**
(c) **Height and width of the goal post**
(d) **Distance of penalty mark from the goal line**