

Second Terminal Examination (2024-25)

Std: IX  
Maximum Marks: 100

Subject: Physical Education  
Duration: 2 Hours

*Answers to this Paper must be written on the paper provided separately.*

*You will not be allowed to write during the first 15 minutes.*

*This time is to be spent in reading the question paper.*

*The time given at the head of this Paper is the time allowed for writing the answers.*

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*Attempt all questions from Section A and two questions from Section B.  
The intended marks for questions or parts of questions are given in brackets [ ].*

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**SECTION A (50 MARKS)**  
*(Attempt all questions from this Section.)*

**QUESTION 1**

Choose the correct answer and write the correct option.

[20]

(i) The \_\_\_\_\_ helps player in gaining their focus after mistakes.

- (a) Competition.
- (b) Emotional control.
- (c) Positive attitude.
- (d) Confidence.

(ii) The \_\_\_\_\_ forms clots when blood vessels get damaged.

- (a) Platelets.
- (b) Cellulose.
- (c) Haemoglobin.
- (d) WBC.

(iii) Which of the following is required naturally for the breakdown of lactic acid.

- (a) Oxygen. (b) Nitrogen.  
(c) Carbon dioxide. (d) Calcium.

(iv) The \_\_\_\_\_ muscle is located on the back portion of the lower leg.

- (a) Bicep muscle. (b) Triceps muscle.  
(c) Gastrocnemius muscle. (d) Hip flexor.

(v) The appendicular skeleton consists of \_\_\_\_\_ number of bones.

- (a) 126 bones.  
(b) 80 bones.  
(c) 206 bones.  
(d) 22 bones.

(vi) The \_\_\_\_\_ is the example of Sports.

- (a) Mahjong.  
(b) Chess.  
(c) Poker.  
(d) Football.

(vii) Blood pressure is the pressure exerted by blood against \_\_\_\_\_.

- (a) Kidney. (b) Artery walls.  
(c) Brain. (d) Stomach.

(viii) The exchange of gases which takes place between the tissue cell is called as \_\_\_\_\_.

- (a) Internal respiration.  
(b) External respiration.  
(c) Respiration.  
(d) Circulation.

(ix) The three categories of muscles are

- (a) Tendon, Ligaments, Joints. (b) Cardiac, Smooth, skeletal.  
(c) Flexion, Smooth, Extension. (d) Skeletal, Stringy, Smooth.

- (x) It is a movement of body parts away from the midline.  
(a) Flexion.  
(b) Extension.  
(c) Abduction.  
(d) Adduction.
- (xi) It is one's ability to judge his own social and personal standing with respect to his environment and be able to derive satisfaction out of it.  
(a) Emotional control. (b) Camaraderie.  
(c) Patience. (d) Self confidence.
- (xii) Mitral valve is present between which of the following?  
(a) The left atrium and left ventricle. (b) The right atrium and right ventricle.  
(c) Left and right atrium. (d) Left and right ventricles.
- (xiii) Where does the gases exchange occur between the lungs and the blood?  
(a) Pharynx.  
(b) Larynx.  
(c) Trachea.  
(d) Alveoli.
- (xiv) A type of contraction in which the muscle shortens is:  
(a) Isometric. (b) Hypertonic.  
(c) Isotonic. (d) Isomonic.
- (xv) The only movable bone in the skull of man is \_\_\_\_\_.  
(a) Ethmoid bone. (b) Mandible bone.  
(c) Nasal bone. (d) Lacrimal bone.
- (xvi) The purpose of the rib cage is to \_\_\_\_\_.  
(a) Protect the stomach (b) Protect the spinal cord.  
(c) Protect the heart and lungs. (d) Protects the kidney.
- (xvii) What type of muscle is the deltoid?  
(a) It is thick muscle on back. (b) It is on the front part of the upper arm.  
(c) It is on the back of the upper limb. (d) It is a thick, triangular shoulder muscle.

(xviii) Respiration is a \_\_\_\_\_.

- (a) Biochemical process. (b) Physical process.  
(c) Chemical process. (d) Mechanical process.

(xxi) What is the opening between the right auricle and the right ventricle called?

- (a) Aortic valve. (b) Bicuspid valve.  
(c) Tricuspid valve. (d) Pulmonary valve.

(xx) Art of motivating a group of people to act towards achieving a common goal is known as \_\_\_\_\_.

- (a) Leadership. (b) Accountability.  
(c) Empathy. (d) Passion.

### QUESTION 2

- (i) How does sports and game play an important role in the development of positive attitude in a player? [2]  
(ii) Explain the term Stroke volume. [2]  
(iii) Write a short note on Alveoli. [3]  
(iv) State and explain any three benefits of exercise on the muscular system. [3]

### QUESTION 3

- (i) Explain the term ball and socket joint [2]  
(ii) What is isotonic muscle contraction? [2]  
(iii) State any three benefits of exercise on the respiratory system. [3]  
(iv) Name any three kinds of movable joints. [3]

## QUESTION 4

- (i) What do you understand by the term Blood pressure? [2]
- (ii) Define term breathing rate. [2]
- (iii) Name any six types of joint movement in physical activities. [3]
- (iv) Write a short note on pectoral muscles. [3]

## SECTION B (50 MARKS)

*(Attempt two questions from this Section.)*

*(You must attempt one question on each of the two games.)*

### CRICKET

## QUESTION 5

- (a) Explain the following terms in Cricket: [8]
- i) Hat-trick.
  - ii) Sledging.
  - iii) Doosra.
  - iv) Free hit.
- (b) i) State any three duties of the main umpire during the match. [3]
- ii) Write any six different ways of batsman getting out. [3]
- iii) Write any six fielding positions on the Onside of the field in cricket? [3]
- (c) Write the following: [8]
- i) Size of sight screen.
  - ii) Weight and circumference of the ball.
  - iii) Width of the bat.
  - iv) Height of the stumps.

## QUESTION 6

- (a) Explain the following terms in Cricket: [8]
- Straight drive.
  - Maiden over.
  - Diamond duck.
  - Bouncer.
- (b) i) Write any three duties of leg umpire? [3]  
ii) State any three instances when the ball is considered a dead ball [3]  
iii) Write any three strokes played by the Right-handed Batsman on the off side of the Field. [3]
- (c) Explain the following terms: [8]
- What is an appeal?
  - What do you mean by term bowling around the wicket?
  - How are the runs scored in a Cricket match?
  - Give two instances when the ball can be declared as a no ball.

## FOOTBALL

## QUESTION 7

- (a) Explain the following terms in Football: [8]
- Man to Man marking.
  - Zonal marking.
  - Sliding tackle.
  - Penalty arc.
- i) List the equipment which should be carried by a referee while conducting the match. [3]  
ii) Write any three sent off offences in Football. [3]  
iii) Write any three duties of referee during the match. [3]

- (c) Explain the following terms in Football: [8]
- Circumference and weight of a football.
  - Maximum and the minimum number of players required to begin a match.
  - Write the full form of AIFF and FIFA.
  - What is an offside?

### QUESTION 8

- (a) Explain the following terms in Football: [8]
- Final pass.
  - Optional mark
  - Corner arc
  - Expulsion.
- (b)
- Under which three situations is a player considered offside? [3]
  - What are the main points to be kept in mind while dribbling? [3]
  - State the position of the following during the execution of a penalty kick in a game of football: (a) The ball. (b) The defending goalkeeper. (c) The players. [3]
- (c) Answer the following question [8]
- Write down the short note on technical area.
  - What is the procedure of Throw in?
  - Write two international tournaments of the Football.
  - Mention any two foul throw in the game of football.
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