

GREENLAWNS SCHOOL, WORLI
TERMINAL EXAMINATION: 2020-2021
PHYSICAL EDUCATION

No	Exam	Marks
1	Class Assessment 10+10	20
2	Project Work	20
3	Terminal Exam	60
		Total- 100

Class Assessment (10 Marks)

- 1) Write a short note on upper limb (2)
- 2) Write a short note on lower limb (2)
- 3) Write a short note on rib (2)
- 4) Write a short note on sternum. (2)
- 5) Explain endoskeleton and exoskeleton. (2)

Class Assessment (10 Marks)

Explain the following joint movement with example.

- 1) Protection (1)
- 2) Ball and Socket (1)
- 3) Extension (1)
- 4) Adduction (1)
- 5) Immovable joint (2)
- 6) Partly movable joint (2)
- 7) Freely movable joint(2)

Project Work (20 Marks)

Introduction of Cricket.

Draw a diagram ground measurement fielding positions.

Name of the player and personal information.

Career and achievement in cricket.

Performance of national and international

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Std: IX
Date: 21/09/2020

Marks: 60
Time: 2 hrs

SECTION A (30 MARKS)

Attempt all questions from this Section

Question 1

- a) What do you understand by human skeletal system? [2]
- b) What are Triceps muscle? [2]
- c) State and explain any three benefits of exercise on the muscular system. [3]
- d) Write a short note on Thorax part of the skeletal system. [3]

Question 2

- a) What is Cartilaginous joint? Give one example. [2]
- b) What is isotonic muscle contraction? [2]
- c) Write a short note on Tibialis anterior muscles. [3]
- d) Explain endoskeleton and exoskeleton. [3]

Question 3

- a) Explain the Adduction joint movement with examples. [2]
- b) Explain Deltoid muscle. [2]
- c) Write a short note on Cardiac muscles. [3]
- d) State any three functions of the skeletal system: [3]

SECTION B (30 MARKS)

Attempt one question on each of the two games given below

CRICKET

Question 4

- a) Explain the following terms in Cricket: [6]
 - 1) Googly
 - 2) Pull Short
 - 3) On drive
- b) i) What is the importance of the 30 yard circle? [9]
 - ii) State any three duties of a Captain in cricket.
 - iii) Write down the position of leg umpire in cricket?

Question 5

- a) Explain the following terms: [6]
1) long barrier 2) Material of the ball 3) Straight drive
- b) i) Mention any three fielding position leg side (on side) of the field. [9]
ii) Name any three wicket keepers equipment.
iii) State any three duties of manager in cricket.

FOOTBALL

Question 6

- a) Explain the following terms in football: [6]
1) Touch line 2) Corner arc 3) Weight and circumference of the football
- b) Draw a diagram of a Football field showing its dimensions: [9]

Question 7

- a) Explain the following terms in football: [6]
1) Chest trap 2) Heading 3) Direct free kick
- b) i) Give the proper procedure to replace a player with a substitute player. [9]
ii) List any three duties to be performed by the Captain of the team.
iii) When is the corner kick awarded and from where is it taken?
