GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.

SECOND TERM EXAMINATION 2025 - 2026

SUBJECT: PHYSICAL EDUCATION (GR. III)

CLASS: IX. **TIME:** 2 HOURS.
MARKS: 100 **DATE:** 06 /03 /2026.

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.
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 [ ].

SECTION A (50 MARKS)

Attempt **all** questions from this section.

QUESTION 1 [20]

Choose the correct answers to the questions from the given options.
(Do not copy the question. Write the correct answer only.)

(i) A blood transfusion is the process of:
(a) Removing excess blood from the body.
(b) Transferring blood from a donor to a recipient.
(c) Stimulating the body to produce more RBC's.
(d) Filtering waste products from the blood.

(ii) Plasma is the:
(a) Solid component of blood containing red and white blood cells.
(b) Clot that forms when blood platelets clump together.
(c) Solid in red blood cells that carries oxygen.
(d) Liquid portion of blood that carries various dissolved substances.

(iii) Which of the following part is known as the sound box of our body system?
(a) Vocal gland. (b) Trachea.
(c) Larynx. (d) Nasopharynx.

(iv) The bronchi further branch into smaller tubes called:
(a) Trachea. (b) Alveoli.
(c) Pharynx. (d) Bronchioles.

(v) During a physical examination, a doctor tells a patient that their lungs are protected by the rib cage and are situated above the diaphragm. In which part of the body are the lungs located?
(a) In the thoracic cavity. (b) In the pelvic cavity.
(c) In the abdominal cavity. (d) In the cranial cavity.

(vi) A patient undergoes a chest X-ray after an accident, and the doctor points out that the lung with three lobes is injured. Which lung is affected?
(a) Left lung. (b) Right lung.
(c) Upper lung. (d) Lower lung.

(vii) Which of the following membranes encloses lungs?
(a) Pleural membrane. (b) Perichondri membrane.
(c) Periosteum membrane. (d) Pericardium membrane.

(viii) Which part of the respiratory system acts as an air conditioner by warming, moistening and filtering the inhaled air?
(a) Larynx. (b) Nasal chambers.
(c) Pharynx. (d) Lungs.

(ix) When does oxygen debt occur?
(a) During periods of rest. (b) During sleep.
(c) During intense exercise. (d) During meditation.

(x) What is the normal range of hemoglobin levels in adult males?
(a) 20.5-26.5 grams per deciliter. (b) 6.5-8.5 grams per deciliter.
(c) 4.5-6.5 grams per deciliter. (d) 13.5-17.5 grams per deciliter.

(xi) Which of the following gas is released out during the process of respiration?
(a) Oxygen. (b) Hydrogen.
(c) Carbon dioxide. (d) Helium.

(xii) The study of the blood circulatory system is called as
(a) Osteology. (b) Angiosociology.
(c) Hematology. (d) Angiology.

(xiii) A patient is diagnosed with a condition in which blood is not reaching the lungs properly for oxygenation. The doctor explains that the vessel responsible for carrying deoxygenated blood from the right ventricle to the lungs may be blocked. Which of the following blood vessels carries deoxygenated blood from the right ventricle to the lungs?
(a) Pulmonary artery. (b) Pulmonary vein.
(c) Aorta. (d) Liver.

(xiv) A 45-year-old athlete experiences sharp chest pain that worsens during deep breathing. The doctor explains that the protective double-membrane sac around the heart is inflamed. This sac produces a lubricating fluid that reduces friction during heart movements. The double-membrane sac surrounding the heart is called the:

(a) Pleura. (b) Epicardium.
(c) Pericardium. (d) Valve.

(xv) During a routine health check-up, a doctor records a person's blood pressure as 120/80 mm Hg**.** The lower reading represents the pressure in the arteries when the heart relaxes between beats. What is the normal diastolic blood pressure in a healthy adult human?

(a) 40 mm Hg. (b) 80 mm Hg.
(c) 120 mm Hg. (d) 160 mm Hg.

(xvi) During a practical period, the Biology teacher showed how blood travels through the arteries, which then branch out into much smaller vessels for nutrient and gas exchange. What are these smaller vessels called?

(a) Veins. (b) Venules.
(c) Capillaries. (d) Chambers.

(xvii) Which structure in the nose is responsible for trapping dust and other particles?

(a) Alveoli. (b) Cilia.
(c) Bronchi. (d) Epiglottis.

(xviii) Given below are the two statements labeled Assertion (A) and Reason (R).
Assertion (A): Platelets help in blood clotting.
Reason (R)**:** They prevent excessive blood loss during injury.
In the context of the above two statements, which one of the following 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.

(xix) Given below are the two statements labeled Assertion (A) and Reason (R).
Assertion (A): Alveoli do not contain blood capillaries.
Reason (R): Alveoli are tiny, sac-like structures.
In the context of the above two statements, which one of the following 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.

(xx) Match the heart valves with their location in human body:

(I) Tricuspid Valve.	(1) Between left atrium and left ventricle
(II) Bicuspid Valve.	(2) Between right atrium and right ventricle
(III) Pulmonary Valve.	(3) Between left ventricle and aorta
(IV) Aortic Valve.	(4) Between right ventricle and pulmonary artery

(a) I-2, II-1, III-3, IV-4.
(b) I-2, II-1, III-4, IV- 3.
(c) I-1, II-4, III-3, IV-2.
(d) I-3, II-4, III-1, IV-2.

QUESTION 2

(a) What do you mean by 'Respiration'? [2]
(b) Define the term breathing rate. [2]
(c) Explain the term "second wind" in physical activity. [3]
(d) A school plans to introduce daily aerobic activities like jogging, skipping and cycling for students. After a few months, students report better breathing capacity and reduced breathlessness during physical activity. Based on this situation, state and explain any three benefits of regular exercise on the respiratory system. [3]

QUESTION 3

(a) What are the main four blood groups in humans? [2]
(b) Define the term vital capacity of lungs. [2]
(c) Explain the term cellular respiration and describe its process in detail. [3]
(d) A pregnant woman is advised to undergo a blood test to check the positive or negative sign written along with her blood group. The doctor explains that this factor is important for the safety of the mother and the baby.
With reference to this case study answer the following questions:
(i) What is the Rhesus (Rh) factor?
(ii) Where is it found in the blood?
(iii) What does it mean if a person is Rh negative? [3]

QUESTION 4

(a) What is heart rate? [2]
(b) Explain the term cardiac output. [2]
(c) What is the normal range and lifespan of white blood cells and why are they important for the human body? [3]
(d) During a science lesson, a teacher explains that certain blood vessels carry oxygen-rich blood away from the heart to different parts of the body and have thick, muscular walls. With reference to this case study answer the following questions:
(i) Identify these blood vessels.
(ii) What type of blood do they carry?
(iii) Why do they have thick and strong walls? [3]

SECTION B (50 MARKS)

Attempt **two** questions from this section.
You must attempt **one** question on each of the **two** games.

CRICKET (25 Marks)

QUESTION 5

(**a**) Explain the following terms in Cricket: [8]
(i) A substitute.
(ii) How's that?
(iii) A double hit.
(iv) Hit wicket.

(**b**) (i) When is a batter considered to be out 'leg before wicket'?
(ii) Define the terms striker and non-striker in cricket.
(iii) Mention any three International tournaments in cricket. [9]

(**c**) (i) What do the abbreviations ICC and BCCI stand for?
(ii) Explain the term Dead rubber in cricket.
(iii) What do you mean by short run in Cricket?
(iv) During a cricket match, a right-handed batter carefully observes the field placement and notices that most fielders are positioned on the leg side. To take advantage of the open areas on the off side of the wicket**,** the batter decides to play different strokes in that region. Identify and list any four different strokes that can be played by the batter on the off side of the wicket. [8]

QUESTION 6

(**a**) Explain the following terms in Cricket: [8]
(i) Top order.
(ii) A doosara.
(iii) A switch hit.
(iv) A sledging.

(**b**) (i) Name any three National tournaments in Cricket.
(ii) Explain 'Handled the ball' as a method of getting the batter out.
(iii) What is Cut shot? Explain its technique. [9]

(**c**) (i) What do you mean by the term 'Leg glance' in cricket?
(ii) Explain the term 'Bouncer' in cricket.
(iii) What do you mean by Diamond duck?
(iv) During a Test cricket match, a team loses a wicket late in the day when only a few overs are left to be bowled. To protect its specialist batter from facing difficult conditions, the captain sends a lower-order batter to the crease. Identify the role played by this batter and explain why this strategy is used in a cricket match. [8]

FOOTBALL (25 MARKS)

QUESTION 7

(**a**) Explain the following terms in Football: [8]
(i) A Caution.
(ii) Throw in.
(iii) A nutmeg.
(iv) Advantage.

(**b**) (i) Explain the procedure of a Goal kick in Football.
(ii) What is passing? State any two points kept in mind during passing.
(iii) Name any three International tournaments in football. . [9]

(**c**) (i) Explain the term Place kick in football.
(ii) Explain the term 'Off side trap' in football.
(iii) What do you mean by Final pass in football?
(iv) During a football match, a player receives the ball near the halfway line and moves forward by keeping the ball close to his feet, changing direction to get past two defenders without passing the ball to a teammate. Which skill is the player using? Explain this skill in football. [8]

QUESTION 8

(**a**) Explain the following terms in Football: [8]
(i) Sending off offence.
(ii) A corner kick.
(iii) A chip pass.
(iv) A banana kick.

(**b**) (i) What is tackling? State any two points kept in mind during tackling.
(ii) List any three offences for which a Red Card is shown to a player.
(iii) What is wall formation? State any two points kept in mind during wall formation in during the game. [9]

(**c**) (i) Write the full form of AIFF and FIFA.
(ii) Explain the term 'Thigh trap' in Football.
(iii) What do you meant by 'Set piece' in Football?
(iv) During a football match, the defending team does not follow individual attackers closely. Instead, each defender is responsible for protecting a specific area of the field. When an opponent enters that area, the nearest defender applies pressure, especially during corner kicks and free kicks. What type of defensive strategy is being used in this situation? Explain its meaning. [8]

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