

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.

FIRST TERMINAL EXAMINATION 2020 - 2021

SUBJECT: PHYSICAL EDUCATION CLASS: IX
TIME : 2 HOURS. DATE: 21/09/2020 MARKS: 60

SECTION A (30 MARKS)

Attempt all questions from this section.

Question 1

- a) What is axial skeleton? [2]
- b) What is cartilaginous joint? Give one example. [2]
- c) State and explain any three benefits of exercise on the skeletal system. [3]
- d) Differentiate between a hinge joint and a pivot joint. [3]

Question 2

- a) Define the term joint. [2]
- b) Explain the term cardiac muscles. [2]
- c) Write a short note on ribs of human body. [3]
- d) State and explain any three benefits of exercise on the muscular system. [3]

Question 3

- a) State the location and function of Deltoid muscle. [2]
- b) State the location and function of the bicep muscle. [2]
- iii) Write a short note on the hamstring muscles. [3]
- v) Explain in detail the Latissimus dorsi muscle in human body. [3]

SECTION B (30 Marks)

Attempt all questions from this section.

CRICKET

Question 4

- a) Explain the following terms in Cricket:
 - i) A hook shot. [2]
 - ii) A protective equipment's. [2]
- b) i) What is a 30 yard circle? What is the importance of the thirty yard circle? [3]
- ii) Differentiate between a Beamer and a Yorker. [3]

FOOTBALL

Question 5

- a) Explain the following terms in Football:
 - i) A touch line. [2]
 - ii) A flag posts. [2]
- b) i) What is the shape, circumference and weight of the football? [3]
- ii) State any six duties of referee during the match. [3]

VOLLEYBALL

Question 6

- a) Explain the following terms in Volleyball:
 - i) A warm up area. [2]
 - ii) An Attack line. [2]
- b) i) State any three ways to score a point in Volleyball match. [3]
- ii) Mention any three conditions under which the ball considered “out”? [3]