

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.

SECOND TERMINAL EXAMINATION 2020 - 2021

SUBJECT: PHYSICAL EDUCATION

CLASS: IX

TIME : 1 HOURS.

DATE: 12/02/2021

MARKS: 40

SECTION A (20 MARKS)

Attempt all questions from this section.

Question 1

- a) Define the terms Respiration. [2]
- b) What do you mean by Total lung capacity? [2]
- c) What do you understand by oxygen debt in respiration? [3]
- d) How does diffusion of respiratory gases takes place in the alveoli? [3]

Question 2

- a) Define the terms Heart rate. [2]
- b) What do you understand by the term blood clotting? [2]
- c) State any three functions of plasma. [3]
- d) Differentiate between arteries and veins. [3]

SECTION B (20 Marks)

Attempt **two** questions from this section.

You must attempt **one** question on each of the **two** games of your choice.

CRICKET

Question 3

- a) Explain the following terms in Cricket:
 - i) Bowled, ii) Timed out, iii) Stance. [6]
- b) What is danger area in Cricket? [2]
- c) Mention any four instances when umpire calls for a No ball. [2]

Question 4

- a) Explain the following terms in Cricket:
 - i) Free hit, ii) Sight screen, iii) Body line bowling. [6]
- b) What do you understand by the term bowling crease? [2]
- c) State any four instances when the ball is considered a dead ball. [2]

FOOTBALL

Question 5

- a) Explain the following terms in Football:
 - i) A direct free kick, ii) A throw in, iii) A goal kick. [6]
- b) State any four fouls when the referee shows a yellow card to a player during the game. [2]
- c) Mention four fouls of a Goalkeeper that result in an indirect free kick being awarded by the referee. [2]

Question 6

- a) Explain the following terms in Football:
 - i) Advantage, ii) AIFF, iii) Dribbling. [6]
- b) What is tackling? State any two points to be kept in mind during tackling. [2]
- c) When is the corner kick awarded and from where is it taken? [2]