

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.

FIRST TERMINAL EXAMINATION 2021 - 2022

SUBJECT: PHYSICAL EDUCATION

CLASS: IX

TIME : 1 HOURS.

DATE: 24/09/2021

MARKS: 40

SECTION A (20 MARKS)

Attempt all questions from this section.

Question 1

- a) What is appendicular skeleton? [2]
- b) What is synarthroses? [2]
- c) State and explain any three benefits of exercise on the skeletal system. [3]
- d) Differentiate between a ball and socket joint and a pivot joint. [3]

Question 2

- a) What is isotonic muscle contraction? [2]
- b) Explain the term involuntary muscle. [2]
- c) Write a short note on abdominal muscle. [3]
- d) Write a short note on hamstring muscle [3]

SECTION B (20 Marks)

Attempt two questions from this section.

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

CRICKET

Question 3

- a) Explain the following terms in Cricket:
 - i) Third umpire. [4]
 - ii) A protective equipment's. [4]
- b) i) What is the shape, circumference and weight of the ball? [3]
- ii) What do you understand by the term 'substitute'? State the restrictions on the role of a substitute. [3]

Question 4

- a) Explain the following terms in Cricket:
 - i) A sight screen. [4]
 - ii) Batting equipment's. [4]
- b) i) State any three duties of the Leg umpire in Cricket. [3]
- ii) Explain the term 'follow on' in Cricket. [3]

FOOTBALL

Question 5

- a) Explain the following terms in Football:
 - i) A goal line. [4]
 - ii) An outer circle. [4]
- b) i) Mention any three duties of referee before the match. [3]
- ii) What is kickoff? Give any two instances when kick off is initiated. [3]

Question 6

- a) Explain the following terms in Football:
 - i) A quarter circle. [4]
 - ii) A corner flag posts. [4]
- b) i) Give the proper procedure to replace a field player with a substitute player. [3]
- ii) Answer the following: [3]
 - 1) Radius of center circle,
 - 2) Distance between goal post.
 - 3) Minimum number of players to begin the match.