

**GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.**

**FIRST TERMINAL EXAMINATION 2022-2023**

**SUBJECT: PHYSICAL EDUCATION**

**CLASS: IX**

**TIME: 1.30HOURS.**

**DATE: 16/09/2022**

**MARKS: 60**

**SECTION A (30 MARKS)**

Attempt all questions from this section.

**Question 1**

Choose the correct answers from the given options.

(Do not copy the questions. Write the correct answer only.)

[10]

i) What is Human Physiology?

- (a) It is the scientific study of the mind and behavior.
- (b) It is the study of the functions of body organs.
- (c) It is the study of microscopic bacteria.
- (d) It is the study of the internal and external structures of the human body.

ii) The bones of the upper limb, lower limb and pectoral girdle are the parts of ..... skeleton.

- (a) Axial skeleton.
- (b) Appendicular skeleton.
- (c) Central nervous system.
- (d) Complete skeleton.

iii) In the human body, the number of thoracic vertebrae is -

- (a) 22
- (b) 12
- (c) 7
- (d) 5

iv) An example of ball and socket joint in the human body can be found in the .....

- (a) Shoulder.
- (b) Knees.
- (c) Ankles.
- (d) Wrist.

v) The ..... refers to a movement that increases the angle between two body parts.

- (a) Flexion.
- (b) Abduction.
- (c) Rotation.
- (d) Extension.

**vi)** The muscular system is:

- (a) It is the ability to move joints effectively through a maximum range of motion.
- (b) It is a set of tissues in the body with the ability to change shape.
- (c) It is the process by which the movement of nutrients, oxygen, hormones, minerals, carbon dioxide and other toxic excretory substances takes place.
- (d) It the movement of oxygen from the outside environment to the cells.

**vii)** Which of the following is NOT the example of striated muscle?

- (a) Mouth.
- (b) Upper arm.
- (c) Bone marrow.
- (d) Eyes.

**viii)** The Pectoral muscle is:

- (a) It is a muscle on the front part of the upper arm.
- (b) It is a thick, triangular shoulder muscle.
- (c) It connects the front of the human chest with the bones of the upper arm and shoulder.
- (d) It is a large muscle on the back of the upper limb.

**ix)** The location of tricep muscle is:

- (a) It is a muscle on the front part of the upper arm.
- (b) It is a thick, triangular shoulder muscle.
- (c) It is located between the ribs and the pelvis on the front of the body.
- (d) It is a large muscle on the back of the upper limb.

**x)** Which muscle is located at the front of your thigh?

- (a) Quadriceps muscle.
- (b) Hamstring muscle.
- (c) Hip flexors.
- (d) Gluteal muscle.

## **Question 2**

- a) What is axial skeleton? [2]
- b) What is condyloid joint? Give example. [2]
- c) State and explain any three bones of the upper limb of the skeletal system. [3]
- d) State and explain any three functions of skeletal system. [3]

### Question 3

- a) What do you mean by isometric muscle contraction? [2]
- b) Explain the term involuntary muscle. [2]
- c) Write a short note on Hamstring muscle. Give function. [3]
- d) Explain in detail the Gastrocnemius muscle. Give function. [3]

### SECTION B (30 Marks)

Attempt **two** questions from this section.

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

#### CRICKET

### Question 4

- a) Explain the following terms in Cricket: [6]
- i) A substitute.
- ii) A bowling crease.
- iii) A match referee.
- b) i) Mention three situations when a team's innings is said to be completed. [3]
- ii) Explain the term 'danger area' in Cricket. [3]
- iii) Enumerate any three duties of leg umpire. [3]

### Question 5

- a) Explain the following terms in Cricket: [6]
- i) A sightscreen.
- ii) A batsman's retirement.
- iii) A scorer.
- b) i) Explain the term return crease of the pitch. [3]
- ii) What do you understand by the term 'follow on' in Cricket? [3]
- iii) State any three duties of main umpire in a cricket match. [3]

## FOOTBALL

### Question 6

- a) Explain the following terms in Football: [6]
- i) Center circle.
  - ii) Touch line.
  - iii) Outer circle.
- b) i) Explain the term 'Goal area' in Football. [3]
- ii) Give the proper procedure to replace a field player with a substitute player in a Football match. [3]
- iii) Mention any three duties of Referee during a match in progress. [3]

### Question 7

- a) Explain the following terms in Football: [6]
- i) Fourth official.
  - ii) Penalty mark.
  - iii) Extra time.
- b) i) Mention any three duties of Assistant referee during a match. [3]
- ii) Draw a neat labeled diagram of a football field showing all its dimension. [6]