# GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.

**FIRST TERMINAL EXAMINATION 2023 - 2024**

**SUBJECT:** PHYSICAL EDUCATION **CLASS:** IX

**TIME:** Two Hours. **DATE:** 03/10/2023

**MARKS:** 100

**SECTION A (50 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.) [20]

**i**) The Human Anatomy is ……………………..

a) The study of the functions of body parts.

b) The is the study of the structure of the human body.

c) The study of bacteria and viruses.

d) The study of disease and its causes.

**ii**) The skull, thorax and vertebral column are part of the ……….. skeleton.

a) Axial skeleton.

b) Appendicular skeleton.

c) Central nervous system.

d) Complete skeleton.

**iii**) The function of tendon is …………………

a) To link bones to bones.

b) To link muscles to bones.

c) To link muscles to ligaments.

d) To bind the cells in compact bones.

**iv**) The total number of facial bones is:

a) 22.

b) 8.

c) 12.

d) 14

**v**) The purpose of the rib cage is to..............

a) Protect the brain.

b) Protect the spinal cord.

c) Protect the heart and lungs.

d) Protects the kidneys.

**vi**) A place where two or more bones join is called a …………...

a) Ligament

b) Joint

c) Muscle

d) Tendon

**vii**) The movement of body parts away from the midline is called as ………….

a) Flexion.

b) Extension.

c) Abduction.

d) Adduction.

**viii**) The …… bone extends from lateral side of the elbow to the thumb side of the wrist and runs parallel to the ulna.

a) Hyoid bone.

b) Ulna.

c) Femur.

d) Radius.

**ix**) Given below are the two statements labeled Assertion (A) and Reason (R).

# Assertion: First seven pairs of ribs are called true ribs.

# Reason: These ribs are connected ventrally to the sternum.

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

**x**) Match the following:

Axial skeleton Number of bones.

I) Cranium 1) 1

II) Hyoid 2) 33

III) Ear ossicles 3) 8

IV) Vertebral column 4) 6

a) I-3, II-B, III-1, IV-4.

b) I-1, II-3, III-4, IV- 2.

c) I-3, II-1, III-4, IV-2

d) I-4, II-1, III-2, IV-3

**xi**) A bundle of fibrous tissue that has the ability to contract and producing movement is …………

a) Tendons.

b) Ligaments.

c) Joints.

d) Muscle.

**xii**) The involuntary muscle is ………

a) The muscles that are under the control of our will and is generally attached to the skeleton.

b) The muscles in the human body whose contraction is controlled by autonomic nervous system.

c) The muscles are located in the walls of the heart, appear striated.

d) The muscles located in the legs.

**xiii**) What type of muscle is the deltoid?

a) It is thick muscle on back.

b) It is a muscle on the front part of the upper arm

c) It is a large muscle on the back of the upper limb.

d) It is a thick, triangular shoulder muscle.

**xiv**) The Pectoral muscle is:

a) It is a muscle on the front part of the upper arm.

b) The muscles that connect the front of the human chest with the bones of the upper arm and shoulder.

c) It is a thick, triangular shoulder muscle.

d) It is a large muscle on the back of the upper limb.

**xv**) 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.

**xvi**) The ……. muscle supports the trunk, allow movement and hold organs in place.

a) Bicep muscle.

b) Tricep muscle.

c) Lattissimus dorsi muscle.

d) Abdominal muscle.

**xvii**) What are the names of the two heads of the gastrocnemius muscle?

a) Anterior and Posterior.

b) Medial and lateral.

c) Right and left.

d) Vastus and bravis.

**xviii**) Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion: Non-striated muscles are said to be voluntary in nature.  
Reason: Non-striated muscles are under the control of our will.

# 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**) Which is NOT a function of muscles?

(a) Cause movement.

(b) Produce heat.

(c) Absorb nutrients.

(d) Maintain posture.

xx) Identify the following muscle:



a) Bicep muscle.

b) Tricep muscle.

c) Quadriceps femoris muscle.

d) Hip flexors.

**Question 2**

a) What is appendicular skeleton? [2]

b) Explain with example the cartilaginous joint in human body. [2]

c) State and explain any three bones of the lower limb of the skeletal system. [3]

d) State and explain any three functions of skeletal system. [3]

**Question 3**

a) Where is sternum located? State the function of sternum. [2]

b) What are voluntary muscles? [2]

c) Explain in detail the vertebral column in human body. [3]

d) Explain in detail the Pectoral muscle. Give function. [3]

**Question 4**

a) What do you mean by isotonic muscle contraction? [2]

b) Explain the term cardiac muscle. [2]

c) Write a short note on Latissimus dorsi muscle. Give function. [3]

d) Explain in detail the Tibialis anterior muscle. Give function. [3]

**SECTION B (50 Marks)**

Attempt **two** questions from this section.

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

**CRICKET**

**Question 5**

a) Explain the following terms in Cricket: [8]

i) A sightscreen.

ii) Scorer.

iii) A Pitch.

iv) The return crease.

b) i) Mention three situations when a team’s innings is said to be completed. [3]

ii) Explain the term ‘Declaration’ in Cricket. [3]

iii) Enumerate any three duties of captain during the match. [3]

c) Draw a well labeled diagram of Cricket field of play showing any seven

fielding positions on the leg side. [8]

**Question 6**

a) Explain the following terms in Cricket: [8]

i) Fourth umpire.

ii) A protected area.

iii) The bowling crease.

iv) Boundary for four.

b) i) State and explain any three intervals in Cricket. [3]

ii) What is ‘30 yard circle’ in Cricket? What is the importance of 30 yard

circle in the game of Cricket? [3]

iii) What is the length, width and depth of the bat? [3]

c) i) State any four instances when the ball is considered a ‘Dead ball’. [4]

ii) Explain the terms Byes and Leg byes in Cricket. [4]

**FOOTBALL**

**Question 7**

a) Explain the following terms in Football: [8]

i) Quarter circle.

ii) Optional mark.

iii) Technical area.

iv) Half way line.

b) i) Mention any three duties of coach. [3]

ii) Explain the term ‘Penalty area’ in Football. [3]

iii) What is the material, circumference and weight of the ball? [3]

c) Draw a neat labeled diagram of a football field showing all its dimension [8]

**Question 8**

a) Explain the following terms in Football: [8]

i) Half time interval.

ii) A goal scored.

iii) Abandoned match.

iv) Offside.

b) i) Explain the two methods of determining the winner of the match in

case of a tie in a football match. [3]

ii) What is the procedure adopted to restart a match when there is a situation

of ‘Dropped ball’ during the match in progress? [3]

iii) Explain the signals of Assistant referee for the following:

1) Offside.

2) Substitution.

3) Throw in. [3]

c) i) Mention any four circumstances where the Referee awards an Indirect free kick against a goalkeeper. [4]

ii) When is the ball considered in play and out of play in Football? [4]