

**GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI.**

**SECOND TERM EXAMINATION 2022 - 2023**

**SUBJECT: PHYSICAL EDUCATION**

**CLASS: IX**

**TIME: 2 HOURS.**

**DATE: 10/02/2023**

**MARKS: 100**

**SECTION A (50 MARKS)**

Attempt ALL questions from this section.

**Question 1**

[20]

Choose the correct answers to the questions from the given options. (Do not copy the question. Write the correct option only.)

- i) Respiration is a ..... process.
- a) Biochemical process.
  - b) Physical process.
  - c) Chemical process.
  - d) Mechanical process.
- ii) Which of the following parts of the brain regulates the respiratory process?
- a) The vagus nerve.
  - b) Cerebral peduncle.
  - c) Medulla oblongata.
  - d) Cerebellum.
- iii) Which of the following organ functions as an air conditioner?
- a) Larynx.
  - b) Nasal chambers.
  - c) Pharynx.
  - d) Lungs.
- iv) Trachea, bronchi, and bronchioles are all supported by .....
- a) Complete cartilaginous rings.
  - b) In-cartilaginous rings.
  - c) Bones and blood.
  - d) Incomplete cartilaginous rings.
- v) The maximum volume of air contained in the lung by a full forced inhalation is called?
- a) Tidal volume.
  - b) Vital capacity.
  - c) Total lung capacity.
  - d) Ventilation rate.
- vi) Why do we need to increase our breathing rate during exercise?
- a) Because we need more oxygen to make more energy.
  - b) Because we need more carbon dioxide to make more energy.

- c) Because we need to inhale more energy.
- d) Because we need to exhale more oxygen.
- vii)** The maximum volume of air a person can breathe out after a forced inspiration is called?
  - a) Total lung capacity.
  - b) Breathing rate.
  - c) Tidal volume.
  - d) Vital capacity.
- viii)** The process of exhaling carbon dioxide is known as:
  - a) Inspiration.
  - b) Expiration.
  - c) Second wind.
  - d) Tissue respiration.
- ix)** The ..... prevents the collapse of the trachea.
  - a) Jugular foramen.
  - b) Diaphragm.
  - c) Cartilaginous rings.
  - d) Nasal chamber.
- x)** Which of the following is NOT the function of the respiratory system?
  - a) Protection against blood loss.
  - b) Regulate blood Ph.
  - c) Helps in gaseous exchange.
  - d) Contains receptors for the sense of smell.
- xi)** The study of the blood circulatory system is called as .....
  - a) Cardiology.
  - b) Hematology.
  - c) Angiology.
  - d) Osteology.
- xii)** Which of the following is not included in the human circulatory system?
  - a) Heart.
  - b) Blood vessels.
  - c) Blood.
  - d) Skin.
- xiii)** Human heart is covered by a double membrane sac called .....
  - a) Pleura.
  - b) Pericardium.
  - c) Epicardium.
  - d) Valve.
- xiv)** ) In which of the following excess blood is stored and released when there is deficiency?
  - a) Adrenal gland.
  - b) Pancreas.
  - c) Spleen.
  - d) Thyroid gland.

**xv)** Mitral valve is present between which of the following?

- a) The left atrium and left ventricle.
- b) The right atrium and right ventricle.
- c) Left and right atrium.
- d) Left and right ventricles.

**xvi)** Which component in the blood acts as an anticoagulant?

- a) Fibrinogen.
- b) Thrombin.
- c) Globin.
- d) Heparin.

**xvii)** An individual's blood is classified as ..... if an inherited protein is found on the surface of the blood cells.

- a) ANA-Positive.
- b) Rh-Positive.
- c) Rh-Neutral.
- d) Rh-Negative.

**xviii)** The \_\_\_\_\_ forms clots when blood vessels get damaged.

- a) Platelets.
- b) Cellulose.
- c) Haemoglobin.
- d) WBC.

**xix)** The red blood cells are formed in:

- a) Heart.
- b) Lymph nodes.
- c) Bone marrow.
- d) Liver.

**xx)** Who suggested that “everyone has a specific blood group”?

- a) Louis Pasteur.
- b) Mendel.
- c) Darwin.
- d) Landsteiner.

### **Question 2**

- a) Define the terms ‘respiration’. [2]
- b) What is the process of diffusion at the alveoli? [2]
- c) Write a short note on ‘Lungs’. [3]
- d) What is oxygen debt? Why does it occur? [3]

### **Question 3**

- a) Define the terms ‘circulation’. [2]
- b) What do you understand by the term ‘stroke volume’? [2]
- c) What is the mechanism of blood flow in human body? [3]
- d) State any three functions of haemoglobin. [3]

#### Question 4

- a) What do you understand by the term 'sports'? [2]
- b) How do sports and game play an important role in building confidence? [2]
- c) Differentiate between internal respiration and external respiration. [3]
- d) State and explain any three benefits of exercise on circulatory system. [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) Byes.
  - ii) Bowled.
  - iii) A straight drive.
  - iv) A yorker.
- b) i) When is a batsman considered to be out stumped? [3]
- ii) Explain the term Chinaman in Cricket. [3]
- iii) What do you understand by the term appeal? What is the importance of appeal in a cricket match? [3]
- c) Briefly explain the following terms in Cricket: [8]
  - i) Arm ball.
  - ii) Full toss.
  - iii) A hook shot.
  - iv) Timed out.

#### Question 6

- a) Explain the following terms: [8]
  - i) Bad light.
  - ii) Golden duck.
  - iii) Power play.
  - iv) Played on.
- b) i) What is meant by Carrom ball in Cricket? [3]
- ii) Explain the technique sweep shot. [3]
- iii) When is a ball deemed 'lost' during play? What procedures are then adopted in case the ball is declared 'lost'? [3]
- c) Briefly explain the following terms in Cricket: [8]
  - i) ICC.
  - ii) King's pair.
  - iii) A night watchman.
  - iv) A square cut.

## FOOTBALL

### Question 7

- a) Explain the following terms in Football: [8]
- i) Penalty kick.
  - ii) Instep kick.
  - iii) A toe punt.
  - iv) AIFF.
- b) i) What is 'trapping'? State any two ways of trapping in Football. [3]
- ii) When is the 'corner kick' awarded and from where is it taken? [3]
- iii) Explain the term 'man to man marking' in Football. [3]
- c) i) State any four offences committed by a player within his own penalty area, which warrants the award of a penalty kick. [4]
- ii) State any four fouls when the referee shows a yellow card to a player during the game. [4]

### Question 8

- a) Explain the following terms: [8]
- i) Throw in.
  - ii) Goal kick.
  - iii) Swerve shot.
  - iv) A nutmeg.
- b) i) Name any three national tournaments in Football. [3]
- ii) Write down the procedure to restart the game when the ball passes over touch line. [3]
- iii) Differentiate between 'Cross pass' and 'Chip pass'. [3]
- c) i) State any four types of fouls committed by a player that may invite a red card from the referee. [4]
- ii) State the position of the following during the execution of a penalty kick in a game of football:
- 1) The ball.
  - 2) The defending goal-keeper.
  - 3) The players other than the kicker.
  - 4) The assistant referee. [4]