

# GREENLAWNS SCHOOL, WORLI

FINAL EXAMINATION: 2023-2024

PHYSICAL EDUCATION

Std: IX

Date: 16/02/2023

Marks: 100

Time: 2 hrs

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## **SECTION A (50 MARKS)**

*(Attempt all questions from this Section)*

### **Question 1**

[20]

1) What is the lifespan of platelets?

- a) 1 – 7 days                      b) 8 – 12 days                      c) 14 days                      d) 1 month

2) The process responsible for breathing in humans is:

- a) Perspiration                      b) Respiration                      c) Circulation                      d) Photosynthesis

3) Which of the following can help a person build self-confidence?

- a) Figuring out what she/he can control.                      b) Ignoring or dismissing failures  
c) Set challenging goals                      d) Focus on opponent

4) What body structure protects the lungs from outside harm?

- a) Cartilage                      b) Tendon                      c) Rib cage                      d) Diaphragm

5) Larynx is .....

- a) Wind pipe                      b) Food pipe                      c) Sound box                      d) Message box

6) What is the process of transfer of human blood known as?

- a) Transfusion                      b) Processing                      c) Transporting                      d) Transferring

7) The windpipe is also called the .....

- a) Larynx                      b) Lungs                      c) Trachea                      d) Oesophagus

8) ..... forms clot when blood vessels get damaged.

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

9) ..... helps player in gaining their focus after mistakes.

- a) Competition                      b) Emotional control                      c) Positive attitude                      d) Confidence.

10) Blood pressure is measured in terms of .....

- a) mm Hg                      b) mm                      c) cm Hg                      d) Hg

11) Where does gas exchange occur between the lungs and the blood?

- a) Pharynx                      b) Larynx                      c) Trachea                      d) Alveoli

12) What is the approximate weight of the human heart?

- a) 250-300 gm                      b) 250- 350 gm                      c) 350- 450 gm                      d) 300- 400 gm

13) Team can only be successful with joint efforts of .....

- a) Team leader                      b) Team coaches                      c) Team manager                      d) Teammates

- 14) How many times does the heart beat in one minute?  
 a) 40-60                      b) 80-120                      c) 70-75                      d) 12-15
- 15) The process of exchange of gases between inhaled air and blood is referred as:  
 a) Diffusion              b) Internal respiration    c) External respiration    d) Cellular respiration
- 16) The art of motivating a group of people to act towards achieving a common goal is known as .....  
 a) Leadership              b) Accountability          c) Empathy                  d) Passion
- 17) During cellular respiration, the carbon dioxide produced is  
 a) Absorbed                  b) Taken out                  c) Stored                      d) Consumed
- 18) Which of the following is not included in the human circulatory system?  
 a) Heart                      b) Blood vessels          c) Blood                      d) Skin
- 19) Game is a form of .....  
 a) Art                          b) Science                      c) Commerce                  d) Botany
- 20) Sports requires ..... skills.  
 a) Chemical                  b) Social                      c) Physical                      d) Economical

**Question 2**

- a) What is 'Nasal cavity'? Give its function. [2]  
 b) Define the term 'Circulatory system'. [2]  
 c) What is the importance of team work in games and sports? [3]  
 d) State any three functions of Haemoglobin. [3]

**Question 3**

- a) What is 'Trachea'? Give its function. [2]  
 b) Define the term 'Games'. [2]  
 c) State any three benefits of exercise on the respiratory system. [3]  
 d) What is the importance of leadership in games and sports? [3]

**Question 4**

- a) Write a short note on 'Platelets'. [2]  
 b) What is Sports? [2]  
 c) State and explain any three benefits of exercise on the circulatory system. [3]  
 d) Explain the breathing rate part of the respiratory system. [3]

## **SECTION B (50 MARKS)**

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

### **CRICKET**

#### **Question 5**

- a) Explain the following terms: [8]  
i) State the full form from the ICC and BCCI.                      ii) Protective equipment's  
iii) What is the importance of the 30-yard circle?              iv) Weight of the ball
- b) i) State any three duties of the captain. [9]  
ii) Mention three situations when a team's inning is said to be complete?  
iii) State three instances when the ball is considered a Dead ball?
- c) Draw a diagram of cricket field and show any 6 off side and 6 leg side fielding position. [8]

#### **Question 6**

- a) Explain the following terms: [8]  
i) Height of stumps with bails              ii) Innings                      iii) No ball                      iv) Appeal
- b) i) What is meant by obstructing the field? [9]  
ii) What do you understand by the term Timed out?  
iii) State any three duties of the main umpire.
- c) i) State any four occasions when the game can be suspended. [8]  
ii) When is a ball made 'lost' during play? What procedures are then adopted in case in the ball is a declare lost?

### **FOOTBALL**

#### **Question 7**

- a) Explain the following terms: [8]  
i) Center circle                                      ii) Technical Area  
iii) Circumference and weight of the ball              iv) Substitute
- b) i) Give the proper procedure to replace a field player with a substitute player. [9]  
ii) Give any three situations when a Kick-off is applied?  
iii) Mention three circumstances when time is lost or wasted during the course of play and that is added at the end of each playing session.
- c) Draw a diagram of a football field showing all its dimensions. [8]

#### **Question 8**

- a) Explain the following terms: [8]  
i) Penalty mark              ii) Shape and material of the ball              iii) Goal scored              iv) FIFA
- b) i) Explain the procedure in detail for the Tie-break in the game of Football. [9]  
ii) Mention any three procedure of direct free kick.  
iii) List any three offences for which a Red Card is shown to a player.
- c) i) What is the procedure adopted to restart the game from a throw-in? [8]  
ii) Which point to be kept in mind while Heading?

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