

GREENLAWNS SCHOOL, WORLI
TERMINAL EXAMINATION: 2024-2025
PHYSICAL EDUCATION

Std: IX
Date: 24/09/2024

Marks: 100
Time: 2 hour

SECTION A (50 MARKS)

Question 1

Choose the correct answer and write the correct option.

[20]

- 1) The Human Anatomy is
- i) The is the study of the functions of body parts.
 - ii) The is the study of the structure of the human body.
 - iii) The study of bacteria and viruses.
 - iv) The study of disease and its causes.
- 2) Which body system is primarily responsible for producing movement, maintaining posture, and generating heat?
- i) Skeletal system
 - ii) Muscular system
 - iii) Nervous system
 - iv) Endocrine system
- 3) The process responsible for breathing in humans.
- i) Perspiration.
 - ii) Respiration.
 - iii) Circulation.
 - iv) Photosynthesis.
- 4) Which organs are primarily involved in the respiratory system?
- i) Stomach and intestines
 - ii) Heart and blood vessels
 - iii) Lungs and airways
 - iv) Bones and muscles
- 5) The human skull is made up of..... number of bones.
- i) 26
 - ii) 14
 - iii) 22
 - iv) 15
- 6) The three categories of the muscles are.....
- i) Tendons, Ligaments, Joints.
 - ii) Cardiac, Smooth, Skeletal.
 - iii) Flexion, Smooth, Extension.
 - iv) Skeletal, Stringy, Smooth.
- 7) Larynx is a.....
- i) Wind pipe
 - ii) Food pipe
 - iii) Sound box
 - iv) Message box
- 8) The total number of facial bones is:
- i) 22
 - ii) 8
 - iii) 12
 - iv) 14
- 9) Involuntary muscles are located at.....
- i) Legs
 - ii) Hands
 - iii) Arms
 - iv) Heart

- 10) The bronchi further branch into smaller tubes called:
 i) Trachea ii) Alveoli iii) Bronchioles iv) Pharynx
- 11) Which of the following is a primary function of the neck in the human body?
 i) Digesting food ii) Pumping blood
 iii) Supporting the head iv) Controlling body mass
- 12) Which of the following areas of the body is the primary location of the deltoid muscle?
 i) Abdomen ii) Thigh iii) Back iv) Shoulder
- 13) The purpose of the rib cage is to.....
 i) Protect the stomach. ii) Protect the spinal cord.
 iii) Protect the heart and lungs. iv) Protects the kidneys.
- 14) During a shoulder press exercise, which muscle is primarily responsible for lifting the arm?
 i) Bicep brachii ii) Deltoid iii) Trapezius iv) Latissimus dorsi
- 15) Due to their location, the lungs are protected by the:
 i) Ribs and sternum ii) Skull iii) Vertebral column iv) Pelvis
- 16) Which of the following actions is primarily performed by the biceps brachii muscle?
 i) Extension of the elbow ii) Flexion of the elbow
 iii) Abduction of the shoulder iv) Extension of the wrist
- 17) Ulna is a bone found in the.....
 i) Skull ii) Arms iii) Chest iv) Legs
- 18) Where is the latissimus dorsi muscle primarily located in the human body?
 i) Upper arm ii) Lower leg iii) Lower back iv) Chest
- 19) What is the primary function of the lungs in the respiratory system?
 i) To produce mucus ii) To exchange gases
 iii) To filter air iv) To absorb CO₂
- 20) What is the primary function of the vertebral column in the human body?
 i) Facilitating digestion
 ii) Supporting the arm and leg
 iii) Protecting vital organs such as the heart and lungs
 iv) Providing structural support and protection of the spinal cord

Question 2

- a) Name the two main parts of human Skeleton. [2]
 b) Write a short note on wind pipe. [2]
 c) Differentiate between the clavicle and scapula bone. [3]
 d) State and explain any three benefits of exercise on the respiratory system. [3]

Question 3

- a) Where are voluntary muscles located? [2]
- b) What is vertebral column? How many bones it consists of? [2]
- c) Explain the biceps muscle with functions. [3]
- d) State and explain any three benefits of exercise on the skeletal system. [3]

Question 4

- a) Define the term respiration. [2]
- b) What is isometric muscle contraction? [2]
- c) State and explain any three benefits of exercise on the muscular system. [3]
- d) Write the difference between inhalation and exhalation. [3]

SECTION B (50 MARKS)

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

CRICKET

Question 5

- a) State the following. [8]
 - i) A 30 yard circle.
 - ii) Size of sightscreen.
 - iii) Test Match.
 - iv) Protective equipment.
- b) i) State any three duty of a captain. [9]
 - ii) When umpire changing the end?
 - iii) Mention three situations when a team's innings is said to be complete.
- c) Draw a diagram of a Cricket Pitch and mark the following: [8]
(Outer and inner circle, Umpire position, Fielding position Leg side 6 and offside 6)

Question 6

- a) Explain the following terms in Cricket: [8]
 - i) Byes
 - ii) Hit Wicket
 - iii) An over
 - iv) Inning
- b) i) State any three occasions when the umpire can change the ball in the game. [9]
 - ii) State any three ways by which runs are scored?
 - iii) State any three instances when the ball is considered a 'dead ball'.
- c) Explain the following terms in Cricket: [8]
 - i) Leg before wicket
 - ii) Bowled
 - iii) Hit the ball twice
 - iv) Runner

FOOTBALL

Question 7

- a) Explain the following terms in football: [8]
i) Length of football field ii) The shape of the ball
iii) The number of players in a team iv) Distance and height of the goalposts
- b) i) Give the proper procedure to replace a field player which substitute player. [9]
ii) List any three duties to be performed by the captain of the team.
iii) Write down the referee's signals in the following conditions.
1) A goal scored 2) Caution 3) Corner Kick
- c) Draw a diagram of a football field showing its entire dimension. [8]
i) Touch lines, ii) Goal lines, iii) The goal area, iv) The penalty area, v) The penalty mark, vi) The penalty arc, vii) The centre circle, viii) The corner arc, ix) Optional mark, x) Optional flag

Question 8

- a) Explain the following terms in football: [8]
i) Goal line ii) Corner arc
iii) The weight of the ball iv) The ball out of play
- b) i) State any three duties coach. [9]
ii) What is the three procedure of resuming the game from kick off?
iii) Write any three instances where a direct free kick is awarded.
- c) i) What is the procedure of resuming the game of Penalty kick? [8]
ii) Give four offences for which a yellow card is shown to a player?
