GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.
FIRST TERMINAL EXAMINATION 2024 - 2025

SUBJECT: PHYSICAL EDUCATION **CLASS:** IX
TIME: Two Hours. **DATE:** 24/09/2024
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) Which part of the skeletal system includes the skull, vertebral column, and rib cage?
(a) Appendicular skeleton (b) Axial skeleton
(c) Peripheral skeleton (d) Central skeleton

(ii) What is the primary function of the human skull?
(a) Protecting the brain and sensory organs
(b) Facilitating breathing and respiration
(c) Providing attachment points for muscles for movement.
(d) Storing minerals and fat in the body.

(iii) The only movable bone in the skull of a man is……..
(a) Ethmoid bone. (b) Nose bone.
(c) Mandible bone. (d) Lacrimal bone.

(iv) Which of the following part of human skeleton forms the helmet for the protection of human brain?
(a) Mandible (b) Temporal bone
(c) Hyoid (d) Cranium.

(v) The thorax is:
(a) The portion between the neck and abdomen.
(b) The portion between ankle and head.
(c) The portion near pelvic girdle.
(d) The portion between knee and toes.

(vi) A gymnast is performing a complex routine on the uneven bars. She needs to swing from one bar to another with a wide range of motion in her shoulders. What type of joint does her shoulder have that allows for this movement?
(a) Hinge joint (b) Ball-and-socket joint
(c) Gliding joint (d) Fixed joint

(vii) During pregnancy, the ligaments around this bone relax and widen slightly to accommodate childbirth. What bone is this referring to?

(a) Ilium (b) Sacrum
(c) Ischium (d) Pubis.

(viii) Which bone, commonly known as the collarbone, connects the sternum to the scapula and helps stabilize the shoulder?

(a) Scapula (b) Humerus
(c) Clavicle (d) Radius

(ix) A bundle of fibrous tissue that has the ability to contract and producing movement is …….

(a) Tendons. (b) Ligaments.
(c) Joints. (d) Muscle.

(x) Which type of muscle tissue is attached to bones by tendons and allows for voluntary movements like walking, running, and jumping?

(a) Smooth muscle (b) Cardiac muscle
(c) Skeletal muscle (d) Involuntary muscle.

(xi) Muscles that are not under conscious control and are found in places like the intestines and blood vessels are known as what?

(a) Voluntary muscles (b) Involuntary muscles
(c) Skeletal muscles (d) Cardiac muscles.

(xii) Which type of muscle contraction occurs when the muscle changes length while maintaining constant tension, such as during lifting weights?

(a) Isotonic muscle contraction (b) Eccentric muscle relaxation.
(c) Concentric muscle relaxation. (d) Isometric muscle contraction

(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 biceps muscle works in conjunction with other muscles for various arm movements. When throwing a baseball, the biceps muscle works with the triceps. How does the biceps contribute to this action?

(a) Provides stability to the condyloid joint.
(b) Extends the elbow to propel the ball forward.
(c) Initiates the throwing motion by flexing the elbow.
(d) Assists with internal rotation of the shoulder

(xv) The quadriceps muscle is located on the:
(a) Front side of the thigh. (b) Front side of the lower leg
(c) Backside of the upper arm (d) Side of the hip

(xvi) Mr. Jacob, a weightlifter struggles to maintain proper form during squats due to a lack of core stability. He report a feeling of weakness and instability in his midsection. Which muscle group is crucial for core stability during exercises like squats?
(a) Gastocnemius muscle group (b) Deltoid muscle.
(c) Abdominal muscles. (d) Hip flexors group.

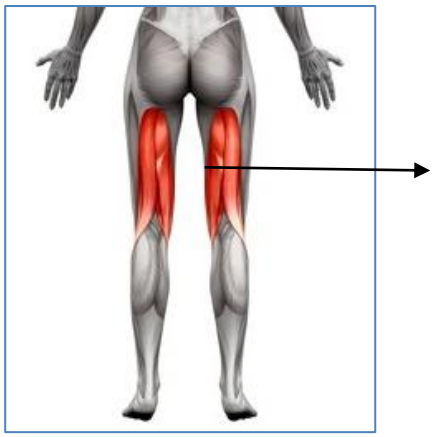
(xvii) Given below are the two statements labelled Assertion and Reason.
Assertion: Non-striated muscles are said to be voluntary in nature.
Reason: Non-striated muscles are under the control of our will.
In the context of the above two statements, which one of the following is correct?
(a) Both (A) 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

(xviii) Match the following types of joints with their examples.

(I) Hinge joint	1) Neck.
(II) Pivot joint	2) Cranium.
(III) Ball and socket joint.	3) Elbow.
(IV) Fixed joint	4) Hip.

(a) I-3, II-4, III-2, IV- 1. (b) I-3, II-1, III-4, IV-2.
(c) I-3, II-2, III-1, IV-4 (d) I-3, II-1, III-2, IV-3

(xix) Identify the following muscle:



(a) Bicep muscle. (b) Hamstring muscle.
(c) Quadriceps muscle. (d) Gastrocnemius muscle.

(xx) Given below are the two statements labelled Assertion and Reason.
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.

QUESTION 2

(i) What do you mean by human physiology? [2]
(ii) Explain with example the synovial joint in human body. [2]
(iii) State and explain any three hip bones of the skeletal system. [3]
(iv) State and explain any three functions of skeletal system. [3]

QUESTION 3

(i) What is abduction movement in skeletal system? [2]
(ii) Where is the Tibialis anterior muscle located in the body [2]
(iii) Explain in detail the vertebral column in human body. [3]
(iv) A weightlifter reports pain in the lower back and side of the torso after performing pull-ups. On examination, the pain is localized in a broad, flat muscle that extends from the mid-back to the side of the torso behind the arm and is partly covered by the trapezius on the back near the midline.
Which muscle is most likely involved in this case?
State any two functions of this muscle in human body. [3]

QUESTION 4

(i) What do you mean by isometric muscle contraction? [2]
(ii) Rooni, a medical student, is studying the structure and function of different muscle tissues. She learns that cardiac muscle has unique properties compared to other muscle types.
Given this scenario, describe the cardiac muscle in human. [2]
(iii) Where are the gluteal muscles located in the body, and what are the three main muscles that comprise this group? [3]
(iv) A patient is experiencing pain in the back of their lower leg, just above the heel. Upon examination, the pain seems to be concentrated in the muscle that forms the bulk of the calf.
Which muscle is most likely causing this discomfort?
State any two functions of this muscle in the human body. [3]

SECTION B (50 MARKS)

Attempt **two** questions from this section.
You must attempt **one** question on each of the two games.

CRICKET

(You must attempt **one** question on Cricket game.)

QUESTION 5

(**i**) Explain the following terms in Cricket: [8]
(a) A 30 yard circle. (b) A sightscreen.
(c) Boundary for four. (d) The Match referee.

(**ii**) (a) Mention any three fielding positions on the onside of the field.
(b) What is the shape, circumference and weight of the ball used in Cricket?
(c) Enumerate any three duties of Leg umpire during the match. [9]

(**iii**) (a) State and explain any four types of intervals in cricket, highlighting their duration, purpose, and impact on the game.
(b) What are the signals for the following?
(1) Short run. (2) Power play. (3) Bye. (4) Free hit. [8]

QUESTION 6

(**i**) Explain the following terms in Cricket: [8]
(a) A tie match. (b) An over.
(c) The bowling crease. (d) Follow on in a three days test match.

(**ii**) (a) What is the length, width and depth of the bat?
(b) Mention any three instances when umpire calls for a No ball.
(c) Mention three situations when a team's innings is said to be complete. [9]

(**iii**) (a) Explain the terms Leg byes in Cricket.
(b) Mention any two occasions when the umpire will change the ball in the match.
(c) In a four-day first-class match, Team Alpha scores 420 runs in their first innings. Team Gama is then bowled out for 150 runs in their first innings and is asked to follow on. In their second innings, Team Gama scores 160 runs, resulting in a combined total of 310 runs for both innings. With the given case write down the result of the match.
(d) During a local cricket match, a fast bowler delivers a short-pitched ball that hits the batter on the helmet. The batter is shaken but not injured and continues to play after a brief check. Considering this scenario, list and explain the compulsory protective equipment's that a batter must wear to ensure safety during play. [8]

FOOTBALL

(You must attempt **one** question on Football game.)

QUESTION 7

(**i**) Explain the following terms in Football: [8]

(a) Touch line. (b) Center circle.

(c) Penalty mark. (d) Optional flag post.

(**ii**) (a) What is the material, circumference and weight of the ball?

(b) Explain the term 'Goal area' in Football.

(c) During the second half of a match, you notice a team is repeatedly time-wasting by taking excessive time on throw-ins and goal kicks. How should you address this issue, and what are three key duties you need to perform as the referee during the match in progress? [9]

(**iii**) (a) What is kick-off? Give any three situations when a Kick-off is applied?

(b) What is the procedure adopted to restart a match when there is a situation of a dropped ball? [8]

QUESTION 8

(**i**) Explain the following terms in Football: [8]

(a) A goal scored.

(b) Additional time.

(c) A substitute.

(d) Optional mark.

(**ii**) (a) Mention any three duties of Assistant referee during the match in progress.

(b) 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) What decision will the referee give in the following cases?

(1) When the goal is scored unintentionally by the center referee.

(2) At a kick off the same player touches the ball a second time.

(3) A defense player intentionally handles the ball in the penalty area. [9]

(**iii**) Draw a neat and labelled diagram of a football field showing the following with measurements:

(a) Length and breadth. (b) Penalty area. (c) Goal area. (d) Penalty mark

(e) Penalty are. (f) Centre circle. (g) Corner arc [8]