

GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.

SECOND TERM EXAMINATION 2023 - 2024

SUBJECT: PHYSICAL EDUCATION (GR. III)

CLASS: IX.
MARKS: 100

TIME: 2 HOURS.
DATE: 23/02/2024.

Answers to this paper must be written on the paper provided separately.

You will **not** be allowed to write during the first **15** minutes.

This time is to be spent in reading the question paper.

The time given at the head of this paper is the time allowed for writing the answers.

Attempt **all** questions from Section A and **two** questions from Section B.

The intended marks for questions or parts of questions are given in brackets [].

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 answer only.)

(i) What is the exchange of gases between inhaled air and the blood called?

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

(ii) What body structure protects the lungs from outside harm?

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

(iii) The pharynx functions as a protective region because of?

- (a) Tonsils.
- (b) Sinuses.
- (c) Internal nares.
- (d) Opening to auditory tube.

(iv) Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion: Fatigue is inability of muscle to relax.

Reason: It is due to lactic acid accumulation by repeated contractions.

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.

(v) Which organ is made up of air-carrying tubes and tiny sacs?

- (a) The brain.
- (b) The lungs.
- (c) The stomach.
- (d) The diaphragm.

(vi) Which part of human lungs provide surface for exchange of gases?

- (a) Diaphragm.
- (b) Bronchioles.
- (c) Bronchiole tree.
- (d) Alveoli.

(vii) During oxygen debt, the lactic acid is removed from:

- (a) Muscles.
- (b) liver.
- (c) Lungs.
- (d) Heart.

(viii) What is aerobic respiration?

- (a) Respiration through skin.
- (b) Respiration without molecular oxygen.
- (c) Respiration in presence of oxygen.
- (d) Partial oxidation of glucose.

(ix) Which of these statements is true about internal respiration?

- (a) Production of ATP.
- (b) Exchange of gases between the bloodstream and tissue cells.
- (c) Exchange of gases between alveoli and the bloodstream.
- (d) Breathing between the atmosphere and the alveoli.

(x) Which of the following is the function of the trachea?

- (a) Gaseous Exchange.
- (b) Tissue respiration
- (c) Exhales the air from the body.
- (d) Filters the air we breathe.

(xi) The study of the blood circulatory system is called

- (a) Angiology.
- (b) Cardiology.
- (c) Hematology.
- (d) Osteology.

(xii) What is the covering of the heart known as?

- (a) Meninges.
- (b) Pleura.
- (c) Pericardium.
- (d) Peritoneum.

(xiii) In which of the following excess blood is stored and released when there is deficiency?

- (a) Adrenal gland.
- (b) Pancreas.
- (c) Liver
- (d) Spleen.

(xiv) Which of the following has the thickest wall?

- (a) Right ventricle.
- (b) Left ventricle.
- (c) Right atrium.
- (d) Left atrium.

(xv) Heart beat initiates from

- (a) Purkinji fibers.
- (b) Auriculo ventricular node.
- (c) Bundle of HIS.
- (d) SA node.

(xvi) Which of the following arteries does not carry oxygenated blood?

- (a) Systemic.
- (b) Hepatic.
- (c) Pulmonary.
- (d) Cardiac.

(xvii) What is the opening between the left atrium and the left ventricle known as?

- (a) Mitral valve.
- (b) Tricuspid valve.
- (c) Aortic valve.
- (d) Pulmonary valve.

(xviii) The forms clots when blood vessels get damaged.

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

(xix) Blood pressure is the pressure exerted by blood against

- (a) Kidneys walls.
- (b) Artery walls.
- (c) Brain cells.
- (d) Stomach wall.

(xx) Which type of blood group is known as universal donar?

- (a) ABC.
- (b) AB.
- (c) B.
- (d) O negative.

QUESTION 2

- (a) What do you mean by 'Internal Respiration'? [2]
- (b) What is 'Tidal volume'? [2]
- (c) State any three functions of lungs. [3]
- (d) State and explain any three benefits of exercise on the Respiratory System. [3]

QUESTION 3

- (a) What do you mean by 'Vital capacity'? [2]
- (b) Define the term 'Respiratory System'. [2]
- (c) State any three functions of Plasma. [3]
- (d) Explain the term 'Systolic blood pressure'. [3]

QUESTION 4

- (a) What is 'Cardiac Output'? [2]
- (b) Define the term 'Rhesus factor'. [2]
- (c) Differentiate between RBC's and WBC's. [3]
- (d) Explain the term Haemoglobin. State the normal range of Haemoglobin for men and women? [3]

SECTION B (50 Marks)

Attempt **two** questions from this section.

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

CRICKET (25 Marks)**QUESTION 5**

- (a) Explain the following terms in Cricket: [8]
 - (i) A substitute.
 - (ii) A long barrier.
 - (iii) Hit wicket.
 - (iv) The batter out of his ground.
- (b) (i) List six different types of strokes played by the batsman behind his popping crease on onside of the wicket.
- (ii) Explain the term 'an Appeal'. What is the importance of an appeal in Cricket?
- (iii) When is a batter considered to be out stumped? [9]
- (c) (i) When is a batsman said to be 'a run out'?
- (ii) Write the full form of ICC and BCCI.
- (iii) Explain the term 'All out' in Cricket.
- (iv) Explain the term 'Full-toss' in Cricket. [8]

QUESTION 6

- (a) Explain the following terms in Cricket: [8]
 - (i) A straight drive.
 - (ii) A pull shot.
 - (iii) A knuckle ball.
 - (iv) A reverse swing.

- (b) (i) Name any three International tournaments in Cricket.
(ii) Explain 'Obstructing the field' as a method of getting the batsman out.
(iii) Differentiate between 'a duck' and 'a golden duck' in Cricket. [9]
(c) (i) What do you mean by the term Power play in cricket?
(ii) Explain the term Bodyline Bowling in cricket.
(iii) What do you mean by the term Beamer in Cricket?
(iv) Explain the term Tail ender in cricket. [8]

FOOTBALL (25 Marks)

QUESTION 7

- (a) Explain the following terms in Football: [8]
(i) A red card.
(ii) A cross pass.
(iii) A swerve shot.
(iv) A toe punt.
(b) (i) State any three cautionable offences in football.
(ii) When is a corner kick awarded and from where is it administered?
(iii) Explain the procedure of resuming the game from a Goal kick in Football. [9]
(c) (i) Explain the term Penalty kick in football.
(ii) Explain the term 'wall' in football.
(iii) When is a throw in awarded in a football match?
(iv) Name any two international tournaments in football. [8]

QUESTION 8

- (a) Explain the following terms in Football: [8]
(i) A thigh trap.
(ii) A sliding tackle.
(iii) An overlap.
(iv) A set piece.
(b) (i) State any three fouls for which the referee can show a Red Card to the player.
(ii) What is kicking? State any two types of kicks used in Football.
(iii) What is dribbling? State any three points to be kept in mind during dribbling. [9]
(c) (i) What is the purpose of heading in Football?
(ii) Explain the term 'Dead ball' in Football.
(iii) What do you mean by an 'Offside trap'?
(iv) Explain the term 'Super sub' in Football. [8]
