

**GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.**

**SECOND TERM EXAMINATION 2024 - 2025**

**SUBJECT: PHYSICAL EDUCATION (GR. III)**

**CLASS:** IX.  
**MARKS:** 100

**TIME:** 2 HOURS.  
**DATE:** 14/02/2025.

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) A game is .....

- (a) An activity that performed for recreation, competition, or entertainment.
- (b) A mental or physical activity with rules that is done for fun, such as physical activities like hide and seek, board games such as chess, video games.
- (c) A recreational activity that involves physical effort, skill, or strategy, often governed by specific rules.
- (d) A systematic activity designed for learning, problem-solving, or leisure, which may include elements of chance or skill.

(ii) What is the activity that requires physical effort and ability and is played between two teams called?

- (a) Sports
- (b) Chess
- (c) Games
- (d) Wrestling

(iii) What is the study of the blood circulatory system called?

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

(iv) What are the tiny air sacs present in human lungs called?

- (a) Alveoli
- (b) Bronchus
- (c) Bronchioles
- (d) Ventricles.

(v) What are the lower chambers of the heart called?

- (a) Auricles.
- (b) Ventricles.
- (c) Valves.
- (d) Chambers.

- (vi) Which part of the body is often referred to as a "blood bank"?
- (a) Spleen. (b) Liver  
(c) Pulmonary gland. (d) Lungs
- (vii) The opening of right atrium into right ventricle is guarded by .....
- (a) Mitral valve (b) Tricuspid valve  
(c) Bicuspid valve (d) Aortic semilunar valve.
- (viii) Arteries carry what type of blood throughout the body?
- (a) Deoxygenated blood. (b). Plasma only  
(c) Oxygenated blood. (d) Blood cells only.
- (ix) Which chamber of the heart receives oxygenated blood from the lungs?
- (a) Left atrium (b) Right atrium  
(c) Left ventricle (d) Right ventricle
- (x) Which of the following is the largest artery of the human body?
- (a) Coronary arteries (b) Pulmonary artery  
(c) Veins (d) Aorta.
- (xi) What is the name of the double membrane sac that protects the human heart?
- (a) Myocardium (b) Peritoneum  
(c) Pericardium (d) Mesothelium
- (xii) What can a significant increase in the number of white blood cells indicate?
- (a) High blood pressure. (b) Lack of oxygen in the body.  
(c) Low blood pressure. (d) Infection in the body.
- (xiii) Due to their location, the lungs are protected by the:
- (a) Vertebral column (b) Diaphragm  
(c) Ribs and sternum. (d) Muscles of the abdomen.
- (xiv) In which part of the cell does respiration primarily occur?
- (a) Ribosomes. (b) Nucleus.  
(c) Cytoplasm. (d) Mitochondria.
- (xv) Which gas is released during the process of respiration?
- (a) Oxygen. (b) Hydrogen.  
(c) Carbon dioxide. (d) Helium.
- (xvi) Which structure in the nose is responsible for trapping dust and other particles?
- (a) Alveoli. (b) Epiglottis.  
(c) Bronchi. (d) Cilia.
- (xvii) The pharynx functions as a protective region because of?
- (a) Tonsils. (b) Sinuses.  
(c) Internal nares. (d) Opening to auditory tube.

(xviii) Match the following parts of respiratory system with their description:

- |                  |  |
|------------------|--|
| I) Larynx        | 1) Passageway for air from the nose and mouth to the larynx.         |
| II) Pharynx      | 2) Voice box, contains vocal cords.                                  |
| III) Pleura      | 3) Filters, warms, and moistens air entering the respiratory system. |
| IV) Nasal Cavity | 4) Membrane surrounding the lungs.                                   |

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

(xix) Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion (A): Alveoli are surrounded by a dense network of capillaries.

Reason (R): Capillaries are thick-walled vessels that prevent gas exchange.

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.

(xx) Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion (A): Blood pressure is always the same throughout the day.

Reason (R): Blood pressure is regulated by the autonomic nervous system and can vary based on factors such as stress, physical activity, and sleep

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

- (a) What do you mean by 'Respiration'? [2]  
(b) How does diffusion of respiratory gases takes place in the alveoli? [2]  
(c) State and explain any three benefits of exercise on the Respiratory System. [3]  
(d) Explain the phenomenon of "Second Wind" experienced during prolonged or strenuous physical activity. Why is it believed to occur, and how does it benefit athletes? [3]

## QUESTION 3

- (a) Define the term breathing rate. [2]  
(b) Explain the term heart rate. [2]  
(c) What is Hemoglobin? State two functions of Hemoglobin in the human body. [3]  
(d) State and explain any three benefits of exercise on the Circulatory System. [3]

## QUESTION 4

- (a) What is cardiac output? [2]  
(b) Explain the term a Diastolic blood pressure. [2]  
(c) What are platelets, and what is their primary function in the body? Explain how platelets help stop bleeding when a blood vessel is damaged. [3]

- (d) (i) Mr. John a 40-year-old male, who has recently started training for a marathon, visits his physician for a baseline respiratory function test. During the test, the doctor explains that they are measuring the air the patient inhales and exhales during normal, relaxed breathing. The physician mentions that this value is key in understanding how much air his lungs handle with each breath and can help track changes as his fitness improves. What term refers to the volume of air breathed in and out during normal, relaxed breathing?
- (ii) Mr. Soumenn a 30-year-old man is undergoing a lung function test as part of a routine physical exam. The doctor explains that after taking the deepest breath possible, there is still a small amount of air remaining in the lungs, even after forcefully exhaling. This air is critical to prevent the lungs from collapsing. What is the term for the air that remains in the lungs after a person has exhaled as much air as possible?
- (iii) Mr. Rammy a 28-year-old male athlete has been running a marathon for several hours and begins to experience muscle fatigue and soreness. His trainer explains that during prolonged intense exercise, when oxygen supply is insufficient, the body switches from aerobic to anaerobic respiration. Which substance accumulates in the muscles during anaerobic respiration, leading to muscle fatigue and soreness after intense exercise? [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 batter's retirement.
- (ii) A long barrier.
- (iii) A hook shot.
- (iv) Timed out.

(b) (i) List six different types of strokes played by the batter on leg side 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 leg before wicket?

[9]

(c) (i) When is a batsman said to be 'a stumped out'?

(ii) Write the full form of ICC and BCCI.

(iii) During a crucial match, a batter Mr. Kyle walks into the crease with his team needing just a few runs to win. On the very first ball he faces, he is dismissed without scoring any runs, being caught out. What is the term used in cricket to describe the dismissal of a batter who is out without scoring any runs on the very first ball he faces, as in the case of Mr. Kyle during a crucial match?

(iv) In an international cricket match, a player is observed subtly altering the condition of the ball using a foreign object, causing suspicion among the umpires. After an investigation, it is confirmed that the player deliberately altered the ball to gain an unfair advantage. What term is used in cricket to describe the illegal action when a player deliberately alters the condition of the ball using a foreign object to gain an unfair advantage, as observed in an international match?

[8]

### **QUESTION 6**

(a) Explain the following terms in Cricket: [8]

- (i) A batting.
- (ii) A late cut.
- (iii) A reverse sweep.
- (iv) A night watchman.

(b) (i) Name any three National tournaments in Cricket.  
(ii) Explain 'Obstructing the field' as a method of getting the batter out.  
(iii) Differentiate between 'a striker and non-striker' in Cricket. [9]

(c) (i) What do you mean by the term 'Yorker' in cricket?  
(ii) Explain the term 'Doosara' in cricket.  
(iii) During a tense cricket match, the batter hits the ball towards the fielding area and quickly starts running towards the other end. The fielders are positioned far from the ball, and the batter reaches the crease comfortably without the opposition having a chance to throw the ball back in time. What is the term used to describe the type of run when a batter quickly runs to the other crease, taking advantage of the fielders being far from the ball, as seen during a tense cricket match?  
(iv) During a heated cricket match between Team Alpha and Team Beta, a bowler from Team Beta repeatedly makes personal comments and taunts the batter from Team Alpha in an attempt to distract or provoke him. The batter remains focused, but the atmosphere becomes tense due to the verbal exchanges. What term is used in cricket to describe the behavior when a bowler repeatedly makes personal comments and taunts the batter to distract or provoke him during a heated match? [8]

## **FOOTBALL (25 MARKS)**

### **QUESTION 7**

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

- (i) A short pass.
- (ii) Formation.
- (iii) A goal kick.
- (iv) A volley kick.

(b) (i) Explain the procedure of resuming the game from a corner kick in Football.  
(ii) What is dribbling? State any two points kept in mind during dribbling.  
(iii) Name any three international tournaments in football. [9]

(c) (i) Explain the term Penalty kick in football.  
(ii) Explain the term 'man to man marking' in football.  
(iii) During a football match, the ball goes out of bounds along the sideline, and the player from the opposing team prepares to re-enter the ball into play. The player uses both hands and throws the ball from behind the head, ensuring that both feet remain on the ground. What is the action called in football when a player throws the ball back into play from the sideline using both hands from behind the head, ensuring both feet remain on the ground?

(iv) In a football match, a forward breaks free from the defenders and finds himself face-to-face with the goalkeeper, with no other players between them. The goalkeeper comes out to challenge him, but the forward is in complete control of the ball, looking to take a shot. What is the situation called in football when a forward finds himself face-to-face with the goalkeeper, with no other players between them, and is in complete control of the ball, looking to take a shot? [8]

### **QUESTION 8**

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

- (i) A nutmeg.
- (ii) An advantage.
- (iii) The step over.
- (iv) A dead ball.

(b) (i) State any three fouls for which the referee can show a yellow Card to the player during the match.  
(ii) Explain the procedure of taking Penalty kick during a match.  
(iii) What is wall formation? State any two points kept in mind during wall formation in during the game. [9]

(c) (i) Write the full form of AIFF and IFAB.  
(ii) Explain the term 'Obstruction' in Football.  
(iii) During a football match, a controversial situation arises when a shot hits the crossbar, bounces down, and the referee is uncertain whether the ball crossed the goal line. After consulting the technology, it is confirmed that the ball had fully crossed the line before being cleared by the goalkeeper. What technology was used to assist the referee in making this decision?  
(iv) During a fast-paced football match, a midfielder receives a pass and, instead of using the front of his foot to control or pass the ball, he cleverly uses the back of his foot to flick the ball to a teammate running into space. What is the technique called in football when a midfielder uses the back of his foot to flick the ball to a teammate running into space, instead of using the front of his foot? [8]

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