

GREENLAWNS SCHOOL, WORLI
TERMINAL EXAMINATION: 2025-2026
PHYSICAL EDUCATION

Std:- IX

Date:- 09 /09/2025

Marks: 100

Time: 2 hour

SECTION A (50 MARKS)

Question 1

Choose the correct answer and write the correct option.

[20]

1) Which term refers to the movement that decreases the angle between two body parts, typically bending a limb at a joint?

- a) Extension b) Flexion c) Abduction d) Adduction

2) How many types of muscles are present in the body?

- a) 4 b) 2 c) 3 d) 5

3) Respiration primarily involves which of the following components?

- a) Water and nutrients b) Oxygen and carbon dioxide
c) Glucose and proteins d) Vitamins and minerals

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

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

5) Tarsals is the bone of

- a) Hand b) Shoulder c) Feet d) Thigh

6) The muscles located at the walls of the heart are.....

- a) Smooth muscle b) Cardiac muscle c) Skeletal muscle d) Involuntary muscle

7) Larynx is a.....

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

8) A place where two or more bones join is called a

- a) Ligament b) Joint c) Muscle d) Tendon

9) Which of the following areas of the body is the primary location of the deltoid muscle?

- a) Abdomen b) Thigh c) Back d) Shoulder

10) What is the definition of exhalation?

- a) The process of inhaling air into the lungs
b) The movement of air out of the lungs
c) The exchange of gases between the bloodstream and body tissues
d) The production of energy through cellular respiration

- 11) The joints between the bones of the cranium is a joint.
 a) The ball and socket b) Fixed c) Hinge joint d) Condylloid joint
- 12) During a push-up exercise, the triceps muscle is primarily responsible for:
 a) Lowering the body towards the ground
 b) Raising the body off the ground
 c) Stabilizing the core
 d) Rotating the torso
- 13) An example of ball and socket joint in the human body can be found in the.....
 a) Knee b) Ankles c) Shoulder. b) Elbow
- 14) The gluteal muscles are located on the:
 a) Front of the thigh b) Back of the thigh
 c) Lower leg d) Back of the hip
- 15) When does oxygen debt occur?
 a) During periods of rest b) During intense exercise
 c) During sleep d) During meditation
- 16) The tibialis anterior muscle is located in the:
 a) Back of the lower leg b) Side of the calf
 c) Front of the lower leg d) Deep within the foot
- 17) It is a moment of body parts away from the midline.
 a) Fluxion b) Extension c) Abduction d) Adduction
- 18) A normal breathing rate for an adult at rest typically falls within the range of:
 a) 5-10 breaths per minute b) 12-16 breaths per minute
 c) 18-24 breaths per minute d) 25-30 breaths per minute
- 19) How does regular exercise benefit the respiratory system?
 a) It decreases lung capacity
 b) It increases the risk of respiratory diseases
 c) It improves lung function and efficiency
 d) It decreases oxygen intake
- 20) Match each muscle with its function:
 I) Biceps 1) Straightens the knee (extension)
 II) Quadriceps 2) Bends the elbow (flexion)
 III) Triceps 3) Raises the arm (abduction)
 IV) Deltoid 4) Straightens the elbow (extension)
 a) I-3, II-B, III-1, IV-4
 b) I-1, II-3, III-4, IV- 2
 c) 1-2, II-1, III-4, IV-3
 d) I-3, II-1, III-2, IV-4

Question 2

- a) What is cranium? How many bones it is made up of? [2]
- b) Write a short note on lungs. [2]
- c) Differentiate between the true ribs and false ribs. [3]
- d) State and explain any three benefits of exercise on the respiratory system. [3]

Question 3

- a) Where are involuntary muscles located? [2]
- b) List the different types of bones based on their shape. [2]
- c) Explain the triceps 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 are hip flexors muscles? [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) Importance of 30 yard circle.
 - ii) Twenty 20 international (T20).
 - iii) Off side.
 - iv) Protective equipment.
- b) i) State any three duty of a vice-captain. [9]
 - ii) Explain a 'declaration' in a cricket match.
 - 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) Umpires changing end
 - ii) Circumference of the ball
 - iii) The length of the bat
 - iv) Inning

- b) i) State any three occasions when the umpire can change the ball in the game. [9]
ii) State any three duties of the main umpire.
iii) Under what conditions does the umpire change the bat?
- c) Explain the following terms in Cricket: [8]
i) Leg before wicket
ii) Bowled
iii) Hit the ball twice
iv) Run out

FOOTBALL

Question 7

- a) Explain the following terms in football: [8]
 - i) Touch line
 - ii) Penalty mark
 - iii) Optional flag post
 - 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) Sending off offence
 - 3) Corner Kick
- c) Draw a diagram of a football field showing its entire dimension. [9]
 - 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) The player equipment
 - ii) Full time
 - iii) Goal scored
 - 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?
