

GREENLAWNS HIGH SCHOOL, WARDEN ROAD, MUMBAI 400 026.
FIRST TERMINAL EXAMINATION 2025 - 2026

SUBJECT: PHYSICAL EDUCATION

CLASS: IX

TIME: Two Hours.

DATE: 23/09/2025

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) What is a ligament?

- (a) A type of muscle that connects bones to muscles.
- (b) A fibrous tissue that connects muscles to skin.
- (c) A tough band of fibrous tissue that connects bones to other bones.
- (d) A fluid-filled sac found in joints.

(ii) Which of the following statements is true about the humerus?

- (a) It is a flat bone located in the chest.
- (b) It is a short bone found in the wrist.
- (c) It is an irregular bone found in the spine.
- (d) It is a long bone located in the upper arm.

(iii) What is the function of the cranium, which is made up of eight flat bones?

- (a) It forms a hard, protective case around the brain.
- (b) It supports the movement of the jaw.
- (c) It protects the spinal cord.
- (d) It helps in the digestion of food.

(iv) What does human anatomy primarily study?

- (a) The chemical reactions in the body.
- (b) The structure of the human body.
- (c) The functions of body organs.
- (d) The growth of microorganisms.

(v) What is the thorax in the human body?

- (a) The area between the head and neck.
- (b) The lower part of the abdomen.
- (c) The region between the neck and abdomen.
- (d) The back portion of the skull.

(vi) What is the function of the clavicle in the human body?

- (a) It connects the ribs to the spine.
- (b) It supports the lower jaw.
- (c) It protects the abdominal organs.
- (d) It acts as a link between the shoulder blade and the sternum.

(vii) Which of the following are the main parts of the pelvic girdle?

- (a) Femur, Tibia, Fibula.
- (b) Scapula, Clavicle, Sternum.
- (c) Ilium, Pubis, Ischium.
- (d) Radius, Ulna, Humerus.

(viii) Aarav, a 15-year-old student, enjoys playing basketball. One day during practice, he jumped to shoot the ball and landed awkwardly, feeling a sharp pain in his knee. After a medical check-up, the doctor informed him that there was no fracture, but the pain was due to a strain around the area where two bones meet and allow movement. Based on the situation above, what part of the body is most likely affected?

- (a) A muscle.
- (b) A tendon.
- (c) A ligament.
- (d) A joint.

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

Assertion (A): First seven pairs of ribs are called true ribs.

Reason (R): True ribs are not directly attached to the sternum.

In the context of two statements, which one of the following is correct?

- (a) Both (A) and (R) are true.
- (b) Both (A) and (R) are false.
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

(x) What are the main components that make up human bones?

- (a) Iron, sodium, muscles, and nerves
- (b) Water, glucose, fat, and skin cells
- (c) Potassium, cartilage, blood, and ligaments
- (d) Calcium, phosphorus, collagen fibers, and bone cells

(xi) During a football match, Rohan falls and hits his nose. Although it hurts, there is no bleeding from within the nose. Which tissue likely helped protect the nose from damage despite the impact?

- (a) Cartilage.
- (b) Ligament.
- (c) Muscle tissue.
- (d) Tendon.

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

Assertion (A): The sternum is a small round bone located in the lower abdomen.

Reason (R): The sternum is a long flat bone located in the centre of the chest.

In the context of two statements, which one of the following is correct?

- (a) Both (A) and (R) are true.
- (b) Both (A) and (R) are false.
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

(xiii) What type of muscle is the deltoid?

- (a) It is thick muscle on back.
- (b) It is a thick, triangular shoulder muscle.
- (c) It is a muscle on the front part of the upper arm.
- (d) It is a large muscle on the back of the upper limb.

(xiv) The muscular system consists of which of the following types of muscles?

- (a) Only voluntary muscles.
- (b) Only involuntary muscles.
- (c) Voluntary muscles, involuntary muscles and cardiac muscle.
- (d) Only cardiac and involuntary muscles.

(xv) What happens during muscle contraction?

- (a) Muscle fibers swell and expand.
- (b) Muscles permanently increase in size.
- (c) Muscle fibers detach from bones.
- (d) Muscle fibers generate tension and either shorten or lengthen.

(xvi) What is the primary function of the rotator cuff in the human body?

- (a) To stabilize and move the shoulder joint.
- (b) To support the lower back during lifting.
- (c) To connect the ribs to the spine.
- (d) To assist in knee extension.

(xvii) During a push-up workout, Neha feels a strong contraction in the muscles at the front of her upper torso. Her fitness trainer explains that this exercise primarily targets the muscles responsible for arm movement across the chest. What is the primary location of the pectoral muscles being activated?

- (a) Back.
- (b) Chest.
- (c) Abdomen.
- (d) Thigh.

(xviii) Match each part of the lower leg with its correct function:

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|-------------------|--|
| (I) Patella | (1) Weight-bearing bone of the leg. |
| (II) Tibia. | (2) Protects the knee joint and aids in knee movement. |
| (III) Fibula | (3) Forms the ankle and connects to the metatarsals. |
| (IV) Tarsal bones | (4) Stabilizes the ankle (extension). |

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

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

Assertion: Gastrocnemius is located on the back portion of the lower leg.

Reason: Gastrocnemius helps in the movement of the fingers.

In the context of 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) Identify the following muscle:



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|-------------------------------|---------------------------|
| (a) Tibialis anterior muscle. | (b) Hamstring muscle. |
| (c) Quadriceps muscle. | (d) Gastrocnemius muscle. |

QUESTION 2

- (i) What do you mean by synarthroses? [2]
- (ii) Explain with example the Hinge joint in the human body. [2]
- (iii) State and explain any three benefits of exercise on the skeletal system. [3]
- (iv) The human vertebral column consists of 33 vertebrae that are grouped into different regions. Explain the classification of these vertebrae based on their location and number in each region. [3]

QUESTION 3

- (i) Explain the ball and socket joint in the human body with an example. [2]
- (ii) What is flexion movement? Give any one example from the human body. [2]
- (iii) During football practice, Riya sprints across the field to intercept the ball. As she slows down suddenly, she feels a sharp pain in the back of her thigh and is unable to continue running. The physiotherapist informs her that she might have strained a muscle group responsible for bending the knee and extending the hip.
 - (a) Which muscle group is most likely injured in Riya's case? [1]
 - (b) Mention any two functions of this muscle group. [2]
- (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.
 - (a) Which muscle is most likely involved in this case? [1]
 - (b) State any two functions of this muscle in human body. [2]

QUESTION 4

- (i) What do you mean by isotonic muscle contraction? [2]
- (ii) What are involuntary muscles? Explain with one suitable example. [2]
- (iii) Where are the quadriceps femoris muscles located in the human body? Mention any two main functions of this muscle group. [3]
- (iv) During a sprinting drill, Ravi feels strong engagement and pressure in the muscles of his buttocks. Based on the given scenario, answer the following:
 - (a) Which muscle group is Ravi primarily using during sprinting? [1]
 - (b) State any two functions of this muscle group. [2]

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 sight screen.
- (b) A first class Cricket matches.
- (c) Protective equipment's.
- (d) The Scorers.

(ii) (a) Mention any six fielding positions on the offside of the field.

(b) What is the shape, circumference and weight of the ball used in Cricket?

(c) Coaches play a very important role in the game of cricket. They are responsible not only for improving the players' skills but also for guiding them in strategy, discipline and overall development." On the basis of this statement, state any three important duties of a cricket coach. [9]

(iii) (a) Draw a neat and labelled diagram of a cricket pitch. Show the bowling crease, popping crease, return crease, and the distance between the wickets with correct measurements.

(b) During a school cricket tournament, the umpire was seen making different hand signals to communicate decisions clearly. Based on the above scenario, what are the main umpire signals in cricket for the following situations?

- (1) Third umpire.
- (2) Out.
- (3) Leg bye.
- (4) Free hit. [8]

QUESTION 6

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

- (a) An innings.
- (b) Follow on.
- (c) An innings defeat.
- (d) Wide ball.

(ii) (a) What is the length, width and depth of the Cricket bat used by batter?

(b) Mention three situations when a team's innings is said to be complete.

(c) Explain the term "declaration" in cricket. [9]

(iii) (a) In the game of cricket, a "No Ball" is called by the main umpire when the bowler commits an illegal delivery or violates specific rules during the delivery. Based on your understanding, state any four situations in which the main umpire calls a 'No Ball' during a cricket match.

(b) During a school cricket match, a bowler accidentally dropped the ball during his run-up, and the umpire signalled it as a dead ball. Based on these situations, apply your understanding of the rules and state any four instances when the ball is considered a dead ball in cricket. [8]

FOOTBALL

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

QUESTION 7

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

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|--------------------|---------------------|
| (a) Centre circle. | (b) Technical area. |
| (c) Penalty mark. | (d) Quarter circle. |

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

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

(c) During an inter-school football match between Team Red and Team Blue, a tired midfielder from Team Red was replaced by a substitute after receiving the referee's signal. Based on this scenario, briefly explain the correct procedure for substitution during a football match. [9]

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

- (a) Length and breadth. (b) Penalty area. (c) Goal area. (d) Penalty mark
(e) Penalty arc. (f) Centre circle. (g) Corner arc [8]

QUESTION 8

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

- | | |
|----------------------|-------------------------|
| (a) A penalty kick. | (b) A dropped ball. |
| (c) Abandoned match. | (d) Half time interval. |

(ii) (a) Explain the procedure of kick-off in football.

(b) State any three duties of referee during a match.

(c) During an inter-school football match, the referee saw a foul but allowed play to continue as Team Red had a scoring opportunity. Team Red soon scored a goal, which the referee confirmed with a signal. Later, the ball, last touched by a defender, went out over the goal line (not into the goal), and the referee awarded a corner kick. Based on the above situation, what signals should the referee give for:

- (1) Advantage. (2) A goal scored. (3) Corner kick. [9]

(iii) (a) During a football match, a defender deliberately fouls an attacker just outside the penalty area. Based on these situations, mention any four instances when a direct free kick is awarded in football.

(b) During a tie-break (penalty shootout) in football, what is the correct position for each of the following?

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|-------------------------------|--|
| (1) The ball | (2) The referee. |
| (3) The defending goalkeeper. | (4) The players other than the kicker. [8] |