

GREENLAWNS SCHOOL, WORLI

FINAL EXAMINATION: 2025-2026

PHYSICAL EDUCATION

Std: IX

Date: 06/03/2026

Marks: 100

Time: 2 hrs

SECTION A (50 MARKS)

(Attempt all questions from this Section)

Question 1

[20]

1) This process is responsible for breathing in humans.

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

2) The muscular organ that pumps blood throughout the body is the:

- a) Lungs b) Liver c) Heart d) Stomach

3) Sports requires skills.

- a) Chemical b) Social c) Physical d) Economical

4) The respiratory system is essential for which of the following processes?

- a) Digestion b) Gas exchange c) Nutrient absorption d) Muscle contraction

5) What is the approximate weight of the human heart?

- a) 250-300 gm b) 350- 450 gm c) 375- 475 gm d) 450- 500 gm

6) The means putting difference aside for the greater good of the team.

- a) Co-operation b) Competition c) Caring d) Cheering

7) Larynx is a

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

8) What is heart rate?

- a) The number of heartbeats per day.
b) The volume of blood pumped by the heart per minute.
c) The rate at which blood flows through the veins.
d) The number of times the heart beats per minute.

9) What is fair play?

- a) A virtue that involves breaking the rules to gain an advantage.
b) A virtue of rule adherence whereby players and athletes abide by the rules of competition.
c) A virtue that is optional in sports.
d) A virtue that only applies to professional athletes.

10) The trachea bifurcates into which of the following structures?

- a) Alveoli b) Bronchi c) Larynx d) Pharynx

11) What are the four main blood types in the ABO blood group system?

- a) A, B, O, AB b) X, Y, Z, W c) 1, 2, 3, 4 d) I, II, III, IV

12) What is time management?

- a) The process of planning and exercising conscious control of time spent on specific activities.
- b) The act of randomly allocating time to various tasks.
- c) The skill of doing multiple tasks simultaneously.
- d) The ability to ignore deadlines.

13) Which bones form the boundaries of the thoracic cavity that houses the lungs?

- a) Pelvis and femur.
- b) Skull and vertebrae.
- c) Rib cage and sternum.
- d) Scapula and clavicle.

14) Arteries carry what type of blood throughout the body?

- a) Deoxygenated blood
- b) Oxygenated blood
- c) Plasma only
- d) Blood cells only

15) Which of the following best describes a game?

- a) A serious activity that requires mental or physical exertion.
- b) A structured activity with rules, goals, and challenges.
- c) A leisure activity done purely for relaxation.
- d) A task completed for a specific reward.

16) Due to their location, the lungs are protected by the:

- a) Ribs and sternum
- b) Skull
- c) Vertebral column.
- d) Pelvis

17) How does regular exercise benefit the circulatory system?

- a) By decreasing heart rate and blood pressure.
- b) By increasing cholesterol levels in the blood.
- c) By reducing the flexibility of blood vessels.
- d) By decreasing the efficiency of oxygen delivery to tissues.

18) Sports is based on.....

- a) Chemical strength
- b) Physical strength
- c) Absolute Strength
- d) Relative Strength

19) 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.

20) What is the approximate volume of blood in an average adult human?

- a) 2-3 litres
- b) 4-5 litres
- c) 6-7 litres
- d) 8-9 litres

Question 2

- a) Name the respiratory organs through which air flows inside the body. [2]
- b) How do sports and game play an important role in fair play? [2]
- c) Describe any three benefits of playing games and sport. [3]
- d) What is considered a normal blood pressure range for healthy adults? [3]

Question 3

- a) What is the main function of the lungs in humans? [2]
- b) Define the term 'Circulatory system'. [2]
- c) State any three benefits of exercise on the respiratory system. [3]
- d) Give any three differences between games and sports? [3]

Question 4

- a) What is the heart rate? [2]
- b) Define the term 'Sports'. [2]
- c) State and explain any three benefits of exercise on the circulatory system. [3]
- d) Explain how lactic acid gets accumulated in the body. [3]

SECTION B (50 MARKS)

(You must attempt one question on each of the two games of your choice)

CRICKET**Question 5**

- a) Explain the following terms: [8]
 - i) The bowling crease.
 - ii) The height of wickets with bails.
 - iii) A tie match.
 - iv) Boundary for four.
- b) i) When does a bowler not get credit for a wicket? [9]
 - ii) What is the difference between in swing and out swing?
 - iii) What are the conditions under which a batter is given out Leg Before Wicket by the umpire in cricket?
- c) Explain the following terms: [8]
 - i) The fielder.
 - ii) Stumped.
 - iii) Runner.
 - iv) Golden duck.

Question 6

- a) Explain the following terms: [8]
 - i) The bails.
 - ii) Yorker.
 - iii) Innings.
 - iv) Non-striker.
- b) i) What is the difference between a byes and a leg byes? [9]
 - ii) What are the conditions under which runs are added to the team's total score but not to the individual batter's total in cricket?
 - iii) Mention any three situations when a team's inning is said to be complete.
- c) Explain the following terms: [8]
 - i) Toss.
 - ii) Ball tampering.
 - iii) Sledging.
 - iv) Power play.

FOOTBALL

Question 7

- a) Explain the following terms: [8]
- | | |
|-------------------|----------------------|
| i) Full time | ii) Goal scored |
| iii) Sudden death | iv) Direct free kick |
- b) i) While playing football, Team A and Team B showed great play and took the ball to Team B to score a goal. What three mistakes did the goalkeeper make that led to the referee awarding an indirect free kick while the game was one-sided? [9]
- ii) 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.
- iii) Under what circumstances is a kick-off applied in a football match?
- c) Draw a diagram of a football field showing all its dimensions. [8]

Question 8

- a) Explain the following terms: [8]
- | | |
|------------------|----------------|
| i) Attackers | ii) Dead ball |
| iii) Volley kick | iv) Chest trap |
- b) i) What are the four conditions that make a throw-in illegal (foul throw)? [9]
- ii) While playing football, Team A and Team B played very well and scored 3/2 against Team B. But with five minutes left in the game, Team B players started playing incorrectly to prevent their team from losing. Which mistakes did Team B make so that the referee sent off a player from Team B?
1. Which rule did the referee use?
 2. Which mistakes did the player make? (Any 2)
- iii) Give referees decisions in football.
1. He finds a player guilty of violent action.
 2. A ball is improperly thrown in.
 3. A defending player intentionally handles the ball in the penalty area.
- c) i) Mention any 4 instances for a direct free kick is awarded. [8]
- ii) State any 4 fouls when the referee shows a yellow card to a player during the game.

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