GREENLAWNS SCHOOL, WORLI

FINAL EXAMINATION: 2019-2020

PHYSICAL EDUCATION (Group-III)

Std: IX Marks: 100

Date:18/02/2020 Time: 2 Hours

Answers to this paper must be written on the paper provided separately. You will not be allowed to write during the first 10minutes. 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**

a) Explain the term axial skeleton. [2]

b) What do you mean by immovable joint? [2]

c) What is the importance of team work and time management in games & sports. [3]

d) Write a short note on vertebral column. [3]

**Question 2**

a) Define the term sports. [2]

b) Where are the involuntary muscles found in human body? How do they work? [2]

c) Write short notes on the following: [6]

 i) Deltoid muscle

 ii) Biceps muscle

 iii) Hip flexors

**Question 3**

a) Define respiration. [2]

b) Explain the respiratory organ-lungs. [2]

c) Explain the following terms: [6]

 i) Inhalation

 ii) Alveolar air

 iii) Residual volume of lungs.

**Question 4**

a) Define the term circulation. [2]

b) What do you understand by the terms-Anoxia and Asphyxia [2]

c) Explain the term-second wind. [3]

d) Differentiate between systolic pressure and diastolic pressure. [3]

**Question 5**

a) What do you understand by cardiac output? [2]

b) State any two functions of plasma. [2]

c) What do you understand by double circulation? [3]

d) State any three benefits of exercise on the circulatory system. [3]

**SECTION B (50 MARKS)**

*Attempt two questions from this section.*

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

**CRICKET**

**Question 6**

1. State the following: [8]
i) Weight and circumference of the ball. iii) Height and the Breadth of stumps.
ii) Length and widest part of the Cricket bat iv) Size of bails and sight screen.
2. i) What is meant by obstructing the field? [9]

ii) State any three duties of Umpires?

iii) Explain a ‘declaration’ in a Cricket match.

1. Explain the following terms in Cricket. [8]
i) I.C.C . iii) Scorers
ii) An over iv) Power play

**Question 7**

1. Explain the following terms in Cricket. [8]
i) Handling the ball iii) A time-out
ii) A double hit iv) Clean Bowled
2. i) Who is the twelfth man in the game of Cricket? [9]

ii) What do you mean by ball tampering?

iii) Name any six strokes played by a batsman.

1. i) What is the importance of the thirty yard circle? [8]
ii) What do you mean by the term Appeal?

**FOOTBALL**

**Question 8**

1. Explain the following terms in Football. [8]
i) Dugout iii) Cross pass
ii) Chest trap iv) Walk over

b) i) Give any three situations when a kick-off is applied? [9]
ii) List any three offences for which a Red Card is shown to a player.
iii) What is the procedure of resuming the game from a Corner kick?

c) i) State any four offences committed by a player within his own penalty area, [8]
which warrants the award of a penalty kick.
ii) State any four duties of the referee during a match in progress.

**Question 9**

1. Explain the following termsin Football: [8]
i) Head trap iii) Final pass
ii) Through pass iv) Sudden death
2. i) State any three instances when the opposite team is awarded an indirect free [9]
kick for an offence committed by the goal keeper.
ii) State any three fouls when the referee shows a Yellow card to a player during
the game.
iii) What is the circumference, weight and shape of a standard football?
3. i) State any four duties of the fourth official. [8]
ii) List any four duties to be performed by the Captain of the team.

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**CRICKET**

**Question 6**

**a) State the following:** [8]

**i) Cricket ball - Weight-** 156 to 163 grams **and Circumference-**22.4 to 22.9 cm **ii) Cricket bat - Length-** 38 inches **and widest-** 4 ¼ inches **iii) Stumps - Height-** 28 inches **and the Breadth-** 9 inches **iv) Size of bails-** 10.95cm **and Sight screen-** 9.14m x 3.65m

**b) i) What is meant by obstructing the field** [9]It is a method of getting out, if either batsman willfully obstructs or distracts the opposing side by words or action. If such willful obstruction by either batsman prevent ball from being caught, without the consent of fielding side, strikes the ball with his bat or person other than a hand not holding the bat, after the ball has touched a fielder.

**ii) Duties of Umpires before the game commence:** Before the commencement of the match, the umpire’s duties are: 1) To check whether the pitch and the ball used are proper.

2) To observe the toss made between the captains of the two teams and the decisions for batting or bowling first. 3) To check the bails and stumps are in their correct positions.

4) The marking on the pitch are correct. The boundaries are properly marked.

**iii) Explain a ‘declaration’ in a Cricket match**

A declaration is a strategy in which the team batting after having scored a huge score, may stop before all of its batsman are out. This tactic is usually adopted to allow enough time to get the opposing team out. The captain can also declare the ending of his second round. After this decision of his the turn of second team should begin after 10 minutes. The captain shall notify the opposing captain and the umpire of his decision to declare the innings.

**c) Explain the following terms in Cricket:** [8]

**i) I.C.C-** It is the [international championship](https://en.wikipedia.org/wiki/World_cup_competition) of [One Day International](https://en.wikipedia.org/wiki/One_Day_International) (ODI) [cricket](https://en.wikipedia.org/wiki/Cricket). The event is organized by [International Cricket Council](https://en.wikipedia.org/wiki/International_Cricket_Council) (ICC), every four years, with preliminary qualification rounds leading up to a finals tournament. The first World Cup was organized [in England in June 1975](https://en.wikipedia.org/wiki/1975_Cricket_World_Cup)

**ii) An over -**When a bowler delivers six legal deliveries is called an over. A no ball and wide ball are not counted in the over.

**III) Scorers -**Two scorers are the officials who are appointed to keep the records of all runs scored, extras and wicket taken by the bowler. They accept and acknowledge instructions and signals given to them by the umpire.

**IV) Power play -**A block of over’s that in ODI and T20 offers a temporary advantage to the batting side is called as power play. **Or** It is mounting pressure over batsman by placing close fielding position (9 players inside 30 yard circle).

**Question 7**

**a) Explain the following terms:** [8]

**i) Handling the ball:** Either batsman is out ‘handled the ball’ if he willfully touches the ball while in play with a hand or hand not holding the bat unless he does so with the consent of the opposing side.

**ii) A double hit:**If a batsman hits a delivery with his bat and deliberately hits the ball again for any reason other than to defend his wicket for being broken by the ball, then the striker is out.

The bowler does not get credit for the wicket.

**iii) A time-out:** It is a method of getting out, when a incoming batsman fails to take guard or for his partner to be ready to receive the next ball within two minutes of fall of the previous wicket in One day and Test matches, and 90 seconds in T20 matches.

**iv) Clean Bowled:** When the ball partly or completely hit and breaks the wicket even if it touches the bat, the striker is called out bowled.

[9]

**B) i) Who is the twelfth man in the game of Cricket:** It is a player who takes place of another player who may have become unable to play in the course of match due to illness or injury.

**ii) Ball tampering:** It is an action in which a fielder illegally alters the condition of the ball to get undue advantage in the swing of the ball during bowling.

**iii) Name any six strokes played by a batsman:**

**Off side** of field**:** off drive, cover drive, cut, square cut, upper cut, glance, reverse sweep, late cut.

**On side** of field: Sweep, paddle sweep, on drive, pull shot, hook shot, flick shot, slog shot, cow shot, scoop, paddle scoop, leg glance, French cut, Marilliar shot, etc.

**Front** of wicket: On drive, off drive, cover drive, straight drive, lofted drive, sweep, slog shot, cow shot, helicopter shot, hoik etc.

**Behind** his popping crease on **Onside:** leg glance, sweep shot, pull shot, hook shot, French cut, Marillier shot, paddle scoop, etc.

 [8]

**c) i) Thirty yard circle:**A painted circle or ellipse centered in the middle of the pitch, of radius 30 yard (27m) marked on the field, separating the infield from the outfield. It is used in policing the fielding regulations for certain one day and T20 matches. During mandatory power play only two players are standing outside 30 yard circle and during batting power play only three players are standing outside 30 yard circle.

**ii) Appeal:** It is a request or shout by the fielding team player’s in anticipation of batsman to be given out by the umpire. The fielder or bowler while appealing shall ask the umpire “How’s That?” Or “How’s Zat?”. Appeal ‘How’s that?’ shall cover all the ways of being out.

The umpire at the bowlers end shall answer all appeals except those arising at the striker’s wicket. e.g. hit wicket, stumped or run out at strikers end.

**FOOTBALL**

**Question 8 a) Explain the following terms:** [8]

**i) Dugout:** Area on the edge of the pitch where a team's substitutes and coaches sit, usually consisting an actual covered bench or a row of seats. **ii) Chest trap:** The first necessity of the game is to stop and keep under control a fast coming ball. Chest trap is stopping the ball by the chest.

**iii) Cross pass:** To pass a low fast ball in the opposite direction. A [pass](http://www.firstbasesports.com/soccer_glossary.html#Passing) from a player located near the [sideline](http://www.firstbasesports.com/soccer_glossary.html#Sideline) towards the middle of the [field](http://www.firstbasesports.com/soccer_glossary.html#Field); used to get the ball closer to the front of the [goal](http://www.firstbasesports.com/soccer_glossary.html#Goal).

**iv) Walk over:** When a team fails to turn up and participate in the match other team is awarded the match. If it is a league match 3 points and 3 goals are awarded. If it is a knock out match the team goes in the next round. If it is a final match the team is the winner.

[9]

**b) i) Situations when a kick-off is applied:**A Kick off is applied in the following conditions:

1) At the start of the match. 2) After a goal has been scored.

3) At the start of the second half of the match.

4) At the start of each period of extra time, whenever applicable.

A goal may be scored directly from the kick-off.

**ii) Offences for which a Red Card is shown to a player:**

1) He is guilty of serious foul play.

2) He is guilty of violent conduct.

3) He spits at an opponent or any other person.

**iii) Procedureof resuming the game from a Corner kick:**1) The ball is placed inside the corner arc at the nearest corner flag post.
2) The corner flag post is not moved. 3) Opponents remain at least 9.15m (10 yards)

4) The ball is kicked by a player of the attacking team. 5) The ball is in play when it is kicked and moves.

6) The kicker does not play the ball a second time until it has touched another player.

**c) i) State any four offences committed by a player within his own penalty area,** [8] **which warrants the award of a penalty kick:**

Following offences will result in a penalty kick, if committed intentionally within the penalty area: Kicks or attempts to kick an opponent, trips or attempts to trip an opponent, jump at an opponent, charges on opponent, strikes or attempts to strike an opponent, pushes an opponent, tackles an opponent to gain possession of the ball, holds an opponent, spits at an opponent, and handles the ball deliberately (except goalkeeper) in his own penalty area. **ii) Duties of the referee during a match:**

1) He ensure that any ball used meet the requirements.

2) He ensures that the player’s equipments meet the requirement.

3) He acts as a timekeeper and keeps the record of the match.

4) He enforces the laws of the game.

5) He stops, suspends or terminates the match because of outside interference of any kind.

6) He allows play to continue until the ball is out of play.

7) He punishes the more serious offence when a player commits more than one offence at the same time. 8) He acts on the advice of assistant referee regarding incidents which he has not seen.

9) He controls the match in co-operation with the assistant referees and, where applicable, with the fourth official.

**Question 9 a) Explain the following terms:** [8]

**i) Head trap:** The first necessity of the game is to stop and keep under control a fast coming ball. Head trap is stopping the ball by the chest.

**ii) Through pass:** A through pass is given towards forward direction between two or three defensive players either on ground or in the air to the forward player where he get a scoring opportunity is called through pass. Simply passing the ball to own teammate through 2 or 3 opposite players.

**iii) Final pass:** Before scoring the goal if one player passes the ball to another player and he succeeds in scoring the goal then it will be final pass.

**iv) Sudden death:** When no goal is scored or scores are equal after tie breaker, alternate penalty kicks are given to each team till the tie is broken. This is termed as sudden death.

**b) i) State any three instances when the opposite team is awarded an indirect free** [9] **kick for an offence committed by the goal keeper.**1) If a goal keeper takes more than 6 seconds while controlling the ball with his hands before releasing it.

2) If a goal keeper touches the ball again with his hands after it has been released from his possession and not touched by any other player.

3) If a goalkeeper touches the ball with his hands after it has been deliberately kicked to him by a team mate (back pass).

4) If a goalkeeper touches the ball with his hands after he has received it directly from a throw in taken by a team mate.

**ii) Referee shows a Yellow card to a player during the game.**

**Yellow cards:** It indicates the player is cautioned.

1) It is guilty of unsporting behavior.

2) Shows dissent by word or action.

3) Persistently infringes the laws of game.

4) Delays the restart of play.

5) Fails to respect the required distance when play is restarted with a corner kick or free kick.
6) Enters or re-enters the field of play without the referee’s permission.
7) Deliberately leaves the field of play without the referee’s

**iii) The Ball**: Circumference: 27 inches to 28 inches (68cm to 71.12cm). Weight: 410 gram to 450 gram (14oz to 16oz). The shape of the ball is spherical.

**c) i) Duties of the fourth official.:** [8]

1) He is responsible for assisting with substitution procedures during the match.

2) If the match ball has to be replaced during a match, he provides another ball.

3) He can check the equipments of substitutes before they enter the field of play.

4) He must indicate the referee when the wrong players is cautioned because of mistaken identity or when a player is not sent off having been seen to be given a second caution or when violent conduct occurs out of the view of the referee and assistant referee.

5) After the match, the fourth official must submit a report to the appropriate authorities on any misconduct or other incident which has occurred out of the view of the referee and the linesmen. He must advice the referee and his assistants of any report being made.

6) He has the authority to inform the referee of irresponsible behavior by any occupant of the technical area.

 **ii) Duties of the Captain:**

1) He should take part in the coin toss prior to kick off.

2) He participates in the coin toss in case of penalty shootout.

3) He may join the manager in deciding team.

4) He decides the team and their positions.

5) He has no special authority under the laws to challenge a decision by the referee.

6) He should create unity between the senior and the younger players.