

**GREEN LAWNS HIGH SCHOOL  
FINAL EXAMINATION YEAR 2020**

**SUBJECT: PHYSICAL EDUCATION  
TIME: 2 HOURS**

**CLASS : IX  
MARKS: 100**

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

- a) What is appendicular skeleton? [2]
- b) Explain the deltoid muscle. [2]
- c) Differentiate between partly movable joint and synovial joint. [3]
- d) What do you understand by oxygen debt in respiration? [3]

**Question 2**

- a) Explain in brief the cardiac muscle. [2]
- b) What do you understand by the flexion and extension? [2]
- c) What do you understand by tidal volume and residual volume of lungs? [3]
- d) State any three benefits of exercise on circulatory system. [3]

**Question 3**

- a) Define the term games. [2]
- b) What is the importance of sportsmanship in games and sports? [2]
- c) State any three functions of blood. [3]
- d) Explain the mechanism of blood circulation in human body. [3]

**Question 4**

- a) What is aerobic respiration? [2]
- b) What is blood transfusion? [2]
- c) Write a short note on lungs. [3]
- d) What is the location of pectoral muscle? State the function of it. [3]

### Question 5

a) Explain the following:

[10]

- i) Breathing rate.
- ii) Respiration.
- iii) Stroke volume.
- iv) Rhesus factor.
- v) Blood pressure.

### SECTION B (50 Marks)

Attempt **two** questions from this section.

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

### CRICKET

#### Question 6

(a) Explain the following terms in Cricket.

[8]

- i) Bad light.
- ii) BCCI.
- iii) Dead rubber.
- iv) Arm ball.

(b) (i) State any three duties of main umpire in a match.

[3]

ii) Explain the term 'danger area' in cricket.

[3]

iii) What is meant by extra runs? Give two examples of extra runs.

[3]

(c) (i) What do you mean by the term substitute?

[2]

ii) What do you mean by ball tampering?

[2]

iii) When is a batsman considered to be out stumped?

[2]

iv) Explain the role of third umpire in a Cricket match.

[2]

#### Question 7

(a) Explain the following terms in Cricket.

[8]

- (i) Bouncer.
- ii) An appeal.
- iii) A run up.
- iv) A hook shot.

(b) (i) State any three conditions under which the umpire changes the ball.

[3]

ii) Explain the term follow on in cricket.

[3]

iii) What signals will the umpire in the following cases?

[3]

I) Free hit.

II) A dead ball.

III) Boundary for four.

- (c) i) Explain the term full toss in cricket. [2]  
 ii) What is the importance of 30 yard circle in the game of Cricket? [2]  
 iii) What is meant by obstructing the field? [2]  
 iv) Explain the term bump ball. [2]

## FOOTBALL

### Question 8

- (a) Explain the following terms in Football. [8]  
 i) The penalty mark.  
 ii) The goal kick.  
 iii) Chip pass.  
 iv) Trapping.
- (b) (i) What is the procedure adopted to restart the game from a throw in? [3]  
 ii) Under which three situations is a player is not considered offside? [3]  
 iii) Give any three situations when a kick off is applied in football. [3]
- (c) i) Define an indirect free kick. [2]  
 ii) What is outer circle in Football? [2]  
 iii) When is the ball considered out of play? [2]  
 iv) What is advantage in football? [2]

### Question 9

- (a) Explain the following terms in Football. [8]  
 i) Flag post.  
 ii) The throw in.  
 iii) A short pass.  
 iv) Heading.
- (b) (i) Give three offences for which a yellow card is shown to a player. [3]  
 ii) Give the proper procedure to replace a player with a substitute player. [3]  
 iii) Differentiate between a volley kick and a half volley kick. [3]
- (c) i) Explain the term sudden death. [2]  
 ii) What do you mean by man to man marking in football? [2]  
 iii) Name any two national tournament played in football. [2]  
 iv) Explain the term dead ball in football. [2]



## BADMINTON

### Question 10

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

- i) A fore Court.
- ii) A baseline .
- iii) Back Alley.
- iv) A Post.

(b) i) Explain the term drive serve in badminton. [3]

ii) State any three duties of umpire. [3]

iii) Explain the scoring system in badminton. [3]

(c) i) Explain the term clear lob. [2]

ii) What do you mean tumbling net shot? [2]

iii) Write a short note on the Thomas Cup. [2]

iv) What do you mean by wide serve? [2]

### Question 11

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

i) A Mid court.

ii) Alley.

iii) A String.

iv) A Low Serve.

(b) i) State any three responsibilities of a service judge in Badminton. [3]

ii) Explain the term drop shot in Badminton. [3]

iii) Explain the tournament World Badminton Championship. [3]

(c) Explain the following terms in Badminton: [8]

i) The deuce.

ii) A Follow through.

iii) A long serve.

iv) Rubber.