

GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.
SECOND TERMINAL EXAMINATION 2017-2018

SUBJECT : PHYSICAL EDUCATION
TIME : 2 HOURS

CLASS : IX
MARKS: 100

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) Define excretion. [2]
- b) Define the term sense organ. [2]
- c) What is vasodilation and vasoconstriction? [3]
- d) State any three functions of Kidneys. [3]

Question 2

- a) What is reflex arc? [2]
- b) State any two functions of nails. [2]
- c) How does the Liver excrete waste material out of body? [3]
- d) Write a short note on Hair. [3]

Question 3

- a) What are conditioned reflexes? [2]
- b) Name the main region of the Hind brain. State any two of its functions. [2]
- c) Write a short note on the Autonomic nervous system. [3]
- d) Write a short note on the Cerebrum. State any two functions of the cerebrum. [3]

Question 4

- a) Define nutrition. [2]
- b) What are Hormonal diseases? [2]
- c) What is roughage? State any two functions of roughage. [3]
- d) From where do we get Proteins? State any two functions of Proteins. [3]

Question 5

- a) Define the term balanced diet. [2]
- b) Name any four sources of Vitamins available in natural form. [2]
- c) State any three functions of a Balanced diet. [3]
- d) Write the Calorie requirement for the following age groups: [3]
 - i) A child up to 4 years.
 - ii) A child of 15 years.
 - iii) An adult male with very hard physical activity.

SECTION B (50 Marks)

Attempt **two** questions from this section.
You must attempt **one** question on each of the **two** games.

CRICKET

Question 6

- (a) Explain the following terms in Cricket. [8]
 - i) Substitute.
 - ii) Short run.
 - iii) Lost ball.
 - iv) Dead ball.
- (b) (i) State any three duties of the main umpire during the game. [3]
- ii) When is a follow on implemented during the course of a Test match. [3]
- iii) What is meant by 'obstructing the field' in Cricket? [3]

- (c) i) Mention any four instances when an Umpire calls for a No ball. [4]
ii) State any four instances when the ball is considered a Dead ball. [4]

Question 7

- (a) Explain the following terms in Cricket. [8]
(i) A century.
(ii) A power play.
(iii) A chinaman.
(iv) Top spin.
- (b) i) List any three different types of strokes played by the batsman on the Leg side of the field of play. [3]
ii) When is a batsman considered to be out stumped? [3]
iii) Explain a Declaration in a Test match. [3]
- c) i) Explain the various interceptions that are classified as intervals. [4]
ii) Differentiate between the Danger area and 30 yard circle. [4]

FOOTBALL

Question 8

- (a) Explain the following terms in Football. [8]
i) Touch line.
ii) Centre line.
iii) Outer circle.
iv) Corner arc.
- (b) (i) List any three duties of the Referee before the match. [3]
ii) What is the procedure of taking an Indirect free kick? [3]
iii) When is a corner kick awarded and from where is it taken? [3]
- (c) i) What is a Kick-off? Give any three situations when a Kick-off is applied. [4]
ii) List any four offences for which a Red card is shown to a player. [4]