

**GREENLAWNS HIGH SCHOOL, MUMBAI – 400 026.**

**FIRST TERMINAL EXAMINATION 2019 - 2020**

**SUBJECT : PHYSICAL EDUCATION**

**CLASS: IX**

**TIME : 2 HOURS**

**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 the term sports. [2]
- b) What is camaraderie? [2]
- c) Write down the importance of sportsmanship and leadership in games and sports. [3]
- d) Write the full form of GAISF. What are the criteria followed to determine a sports by GAISF? [3]

**Question 2**

- a) What do you understand by the terms sports sociology and sports psychology? [2]
- b) How do sports and games play an important role in building confidence in a player? [2]
- c) Write short notes on the neck and the thorax. [3]
- d) State and explain any three benefits of exercise on the skeletal system. [3]

**Question 3**

- a) Write down the importance of patience in games and sports. [2]
- b) What is axial skeleton? State the importance of axial skeleton. [2]
- c) What do you understand by the terms abduction and adduction? [3]
- d) Differentiate between the hinge joint and the ~~pivot~~ pivot joint. [3]

**Question 4**

- a) What is cartilaginous joint? [2]
- b) What do you understand by the term circumduction? [2]
- c) Write a short note on voluntary muscles. [3]
- d) Compare the isotonic muscle contraction and the isometric muscle contraction. [3]

**Question 5**

Explain the following muscles of the body: [10]

- i) Deltoid muscle.
- ii) Lattissimus dorsi muscle.
- iii) Gluteals muscle.
- iv) Hamstring muscle.
- v) Pectorals muscle.

**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) Stance.
  - ii) King's pair.
  - iii) A bump ball.
  - iv) Played on.
  
- b) i) State any six duties of captain.
- ii) What do you mean by the term substitute? State the restrictions on the role of a substitute in Cricket.
- iii) Differentiate between a short pitch delivery and a over pitch delivery. [9]
  
- c) i) What do you understand by the term body line bowling?
- ii) What is meant by an overthrow?
- iii) Explain the term lost ball.
- iv) What is ball tampering? [8]

**Question 7**

- (a) Explain the following terms in Cricket: [8]
  - i) Free hit.
  - ii) Super over.
  - iii) Direct hit.
  - iv) Wash out.



- b) i) What is a 30 yard circle? What is the importance of the 30 yard circle in the game of Cricket?  
 ii) What do you understand by the term protective equipments? List any two protective equipments used by the batsman.  
 iii) Differentiate between off cutter and leg cutter bowling. [9]
- c) Draw a neat and labelled diagram of a Cricket field and show any seven fielding positions on the leg side of the field of play. [8]

## FOOTBALL

### Question 8

- (a) Explain the following terms in Football: [8]  
 i) A touch line.  
 ii) An outer circle.  
 iii) Optional mark.  
 iv) Flag post.
- b) i) State any three duties of the manager in Football.  
 ii) What is kick-off? Give any two instances when it is initiated.  
 iii) What is a dropped ball? Explain the procedure of dropped ball. [9]
- c) Draw a diagram of a football field and show all its dimensions. [8]

### Question 9

- (a) Explain the following terms in Football: [8]  
 i) Off-side.  
 ii) Sudden death.  
 iii) Technical area.  
 iv) Added time.
- b) i) State any three powers of the main referee in the game of Football.  
 ii) Explain the procedure in detail for the Tie-breaker in the game of Football.  
 iii) Write the following:  
 1) The shape of the ball.  
 2) The material of the ball.  
 3) The circumference of the ball. [9]
- c) i) When is the ball considered in play and out of play?  
 ii) As a Referee what decision would you take if the following incidents occurs during a match:  
 1) A player commits two infringements of a different nature at the same time.  
 2) A player is found guilty of violent action.  
 3) A ball is improperly thrown in.  
 4) A defending player intentionally handles the ball in the penalty area. [8]