

City International School

ANNUAL EXAMINATION 2015 – 2016

Date : 15/03/2016

Std : IX

Subject : Physical Education

Marks : 100

Time : 2 hrs

Answer to this question paper must be written on the answer sheets provided separately.

You will not be allowed to write during first 15 minutes.

This time is to be spent in reading the question paper.

The intended marks for the questions are given in the brackets. ()

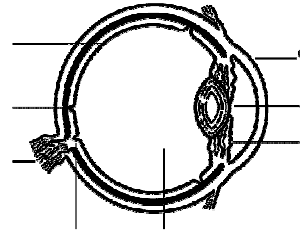
The paper contains two sections A and B.

SECTION – A [50 Marks]

Attempt all questions from this section.

- Q. 1**
- a. State any three functions of the skeletal system. (3)
 - b. Explain any two disorders of joints. (2)
 - c. Differentiate between: (2)
 - i. Immovable and freely movable joints
 - ii. Endoskeleton and Exoskeleton
 - d. State any two effects of exercise on the muscular system . (2)
 - e. State the function of ligament. (1)
- Q. 2**
- a. Define Hypoxia. (1)
 - b. Give the difference between breathing and respiration (2)
 - c. Expand ADP (1)
 - d. State the any two functions of respiratory system. (2)
 - e. Explain any two effects of exercise on respiratory system. (2)
 - f. State the function of Nose and pharynx. (2)
- Q. 3**
- a. Differentiate between Yellow bone marrow and Red bone marrow. (2)
 - b. State the function of: i. Atrioventricular valve ii. Red blood cells (2)
 - c. Name the blood vessels entering the heart and liver. (3)
 - d. Differentiate between Pulmonary artery and Pulmonary vein. (1)
 - e. Explain the effect of exercise on the viscosity of blood and cardiac problems. (2)
- Q. 4**
- a. Name the following : (2)
 - i. Protective coverings of the brain and spinal cord.
 - ii. The neuron , which conduct impulse from the central nervous system to the organs
 - iii. The fluid , which fills the central canal of the spinal cord.
 - iv. Structure of the ear which transmit impulses to the brain.
 - b. State the role of medulla oblongata: (1)
 - c. Define reflex action (1)

- d. State the function of : (2)
- i. Eustachian tube ii. Semicircular canal
- e. Label the parts numbered 1 to 4 and state its function (4)



- Q. 5** a. Explain deamination. (1)
- b. Differentiate between anabolism and catabolism (2)
- c. Define balanced diet . State the significance of a balanced diet. (4)
- d. State the deficiency diseases of : (2)

VITAMINS / MINERAL	DEFICIENCY DISEASES
A	
B	
C	
IRON	

- e. Define Nutrition. (1)

SECTION – B
Attempt all questions from this section.

- Q. 6** With the help of neat diagram of the football mark the following with the measurement . (8)

- a. Centre circle b. Penalty mark
- c. Goal area d. Penalty arc

- Q. 7** Explain the following skills in football (6)

- a. Through Pass b. Kicking c. Dribbling

- Q. 8** What decision will be given by the referee in each of the following situation? (3)

- a. If a player splits at an official during the game.
- b. If the ball bursts or become defective during the course of a match.
- c. A defending player intentionally handles the ball in the penalty area.

- Q. 9** Explain the following. (8)

- a. Substitute b. The ball out of play
- c. Free kicks e. Tie break

Q. 10 Explain the meaning and procedure of the following (9)

- a. Kick-off
- b. Penalty Kick
- c. Goal Kick.

Q. 11 Explain the following term used in football (4)

- a. AIFF
- b. Halfway line
- c. Goal Scored
- d. Sudden death

Q. 12 Make the following fielding position on the field of cricket. (8)

- a. Fine leg
- b. Third man
- c. Deep cover
- d. Long on
- e. Mid wicket
- f. Cover point
- g. Wicket keeper
- h. square leg

Q. 13 Write down the following (4)

- a. Sight screen
- b. Distance between 2 sets of wicket
- c. B.C.C.I
- d. Number of players in a cricket team

Q. 14 Explain the following terms in cricket (3)

- a. Twelfth Man
- b. Opener.
- c. Batting order.