

ANNUAL EXAMINATION – 2012-2013

CLASS: I X

SUBJECT: PHYSICAL EDUCATION

(Two hours)

100 Marks

*Answers to this paper must be written on the paper provided separately.
You will **not** be allowed to write during the first 15 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.
Answer all questions from Section A & Two questions from Section B.
The intended marks for Questions or Parts of Questions are given in brackets [].*

Section - A [50 Marks]

(Answer all the questions from this section)

Question 1

- a) Name the parts and location of central Nervous system. [2]
- b) Give two examples of Reflex Action. [2]
- c) Write about Epidermis. [3]
- d) Define and describe about any one food chain. [3]

Question 2

- a) How are the vitamins useful to us? [2]
- b) Define Digestion. [2]
- c) Write about sense of smell, touch & taste. [3]
- d) How are the minerals excreted out of human body? [3]

Question 3

- a) How the Reflex Action helps us? [2]
- b) Where do we get the carbohydrates and fats from? [2]
- c) Explain the structure of the eye. [3]
- d) Give 3 each advantages and disadvantages of Proteins. [3]

Question 4

- a) Comment on the area/ volume ratio. [2]
- b) Write about hair as out growth of skin. [2]
- c) Define and name the sense organs. [3]
- d) Define Dermis. Also write their functions. [3]

Question 5

- a) How the body maintains its balance? [2]
- b) Name the different types of teeth. [2]
- c) What are the function of the kidneys? [3]
- d) Write 3 advantages and 3 disadvantages of Mineral Salts. [3]

Section – B [50 Marks]

(Answer two questions from this section)

Football

Question 6

- A-
 - i) What is the colour and width of the lines drawn on a football ground? [9]
 - ii) Define penalty and when is it awarded?
 - iii) What is the position of the ball & the players during penalty?
- B-
 - i) Give 2 situations when a kick off is applied.
 - ii) Mention 2 conditions when a yellow card is shown.
- C-
 - i) Draw the sketch of a football ground. [8]
 - ii) How many substitutions can a team make in a match?

Question 7

- i) What is the minimum & maximum number of players to start a match? [2]
- ii) Write about material, weight, circumference & shape of the football. [2]
- iii) State any four duties of the referee in a match. [4]

GYMNASTIC & YOGA

Question 8

- A- Write short note on Any 2 Yogic physical exercises. [8]
- B-
 - i) Name & explain any 3 Gymnastic exercises for Boys. [3]
 - ii) Comment on the number of players in a Gymnastic team. [3]
 - iii) Give & explain any 3 Gymnastic exercises for Girls. [3]
- C-
 - i) Give the organization of Apparatus of Jury with their numbers. [3]
 - ii) State any 3 rules of Gymnastic competition. [3]

- iii) Name 2 Arjun Award winners from Gymnastics. [3]

CRICKET

Question 9

- A- i) What is the length and width of the playing track? [2x4=8]
ii) Give the length and width of the bat with hand with handle.
iii) What is the colour and height of the ball?
iv) State the width and height of the stumps.
- B- i) Who is the Umpire? State any three of his duties. [4]
ii) Give 5 ways in which a batsman can be declared out. [5]
- C- What do you mean by - [8]
i) Dot Ball iii) A maiden over
ii) A Leg Bye iv) China Man

Question 10

- A- i) What is meant by a quick single? [2]
ii) What is 'declaration' in Cricket match means? [3]
iii) Give 3 conditions when a run is not added to the batsman's total but to the team's total. [3]
- B- Explain - [9]
i) A Googly ii) Follow on iii) Hit Wicket
- C- i) State any four duties of a Captain. [8]
ii) Write a short note on 'The 12th Man'.

KHO-KHO

Question 11

- A- i) Give the number of players in Kho-Kho game. [1]
ii) Give the shape and size of the Kho-Kho field. [2]
iii) What is the match duration for seniors and juniors? [2]
iv) Give the number of squares in each lane and their distance from each other. [2]
v) What is the match duration for sub-juniors & mini? [2]
- B- i) Give any 4 rules of the play of Kho-Kho. [4]
ii) Give any 4 rules of the Match. [4]
- C- i) Give the 4 officials of the Kho-Kho match with their numbers. [4]
ii) Give any 3 duties of the scorer of Kho-Kho match. [3]
iii) Name an Arjun Award winner from Kho-Kho. [1]

KABADDI

Question 12

- A- i) Give the dimensions of the playfield of Kabbaddi for Men and Women. [2]
ii) What is the distance of centre line from back line for Junior Boys and for female event? [2]
iii) Give the number Players in a team who take part in a match. [2]
iv) What is the time period of the interval ? [2]
- B- i) Write about the uniform of the players of Kabaddi. [2]
ii) Give any three rules of the game Kabaddi. [2]
iii) State any 3 rules of a Kabaddi Match. [3]
- C- i) State the Sudden Death Rule. [3]
ii) Name the 4 officials of Kabaddi. [2]
iii) State the meaning of showing of the 3 Cards. [3]
iv) Name two Arjun Awardes from the game of Kabaddi. [2]

