

Class - 9th (Physical Education) NSQF

Maximum marks: 60

CODE-971(PSR)

Time : 2:30 hours

ANSWER KEY & MARKING SCEAME

Instructions:-

Note - If the answer of a student does not match with this answer key and the checking teacher feels that the answer is correct, then he can give the marks according to his understanding.

Part -A

- Ans- 1. Search box
Ans- 2. $300-325 \text{ g/cm}^2$
Ans- 3 70%
Ans- 4 3
Ans- 5 1) Physical exercise
2) Yoga
3) Meditation
4) Taking natural walks
5) Roing on vacations
Ans- 6 R -Rest
I- Icing
C- Compression
E- Evaluation
Ans- 7 C) formal
Ans- 8 D) mouse
Ans- 9 A) poultry
Ans- 10 C) injection
Ans- 11 D) 2
Ans- 12 A) aerobic
Ans- 13 (A) assertion is correct but reason is wrong statement.
Ans- 14 (C) both are correct but reason is not correct explanation of assertion.
Ans- 15 (A) assertion is correct but reason is wrong statement.

Part -B

Ans- 16 The cognitive domain of development refers to the ability to mentally process information to think, reason, and understand what's happening around you. Developmental psychologist Jean Piaget divided cognitive development into four distinct stages.

Ans- 17 Biological age is a measurement of your age based on various biomarkers - A number that can change due to lifestyle and other health factors . Your biological age reflects a combination of your genetics, accumulated lifestyle factors , and other determinants such as demographics , diet , and exercise habits .

Ans- 18 Planning is the process of making a sequence of work for a future line of action • The success of Physical education programs depends upon efficient staffing, food, direction, proper control, well supervision, good co-ordination and minimize the chances of lapses.

Ans- 19 Sport specific training is simply fitness and performance training designed specifically for athletic performance enhancement . And yes ! If the training is done in the correct way it can be very beneficial , if not , it can be detrimental .

Ans- 20 bye refers to a team automatically advancing to the next round of tournament play without competing.

OR

Ans- Communication:- The imparting or exchanging of information by speaking , writing or using some other medium and means of sending or receiving information .

Ans- 21 1)Drink water half an hour before and after meal .

2)Drink an hour before a physical activity . 3) Keep sipping water during an activity . 4)Drink small amounts of water after an activity.

OR

Ans- Signs and Symptoms of heat stroke:-

1)Severe Thirst

2)Muscle weakness

3)Nausea

4)sometimes vomiting

5)Headache

6)Increased sweating

7)Decreased responsiveness or loss of consciousness

Part-C

Ans- 22 Recreation activities refers to all those activities that people choose to do to refresh their bodies and minds and make their leisure time more interesting and enjoyable.

1. Cycling the streets and valley

2. Adventure sports - boating , hiking , skiing , etc.

3. Early morning walks

4. Listening to music / watching movies 5. Visiting amusement parks

Ans- 23 1)Reading :- Underpinning the tasks required in reading are basic cognitive skills that allow the brain to take in and process information . Children who struggle with reading tend to have difficulty with some of these basic skills such as memory , paying attention , organizing information

Writing:- Writing is a very complex and effortful cognitive task . Writers have to juggle ideas , content , language norms (spelling , grammar etc.) , genre , the reader , motor skills like holding the pen or navigating the keyboard , etc.

Numeracy:- Numeracy skills refer to the ability to use , interpret and communicate mathematical information to solve real - world problems . These include the ability to understand basic math like addition , subtraction , division and multiplication .

Ans- 24 Fitness includes cardiovascular functioning , which is improved by aerobic activities that get your heart and lungs working faster . It also includes muscle strength , flexibility , and balance .

Ans- 25 Flexibility - enhancing activities ensure a good range of motion in the joints . Loss of flexibility can be a predisposing factor for physical issues , such as pain syndromes or balance disorders . Gender , age , and genetics may all influence range of motion .

Flexibility exercises include :

• Stretching

• Yoga

• Pilates

Ans- 26 Tournaments:- a series of games or contests that make up a single unit of competitions
There are two types of tournament

1) A League or Round Robin is a tournament format in which each team participating plays each other team irrespective of Win or Defeat or Draw . (i) Ample opportunity : In League Tournament , every team has to play with every other team thus it provide ample or maximum opportunity to show their talent .

2) knock out tournament :- It is a sort of competition where the losing team is no longer a part of it. They are completely eliminated from the tournament. On the other hand, the winner will play further in the succeeding rounds.

OR

Ans- Importance of water:- Life cannot exist without water . Water is a nutrient that makes up to 70 % of our body weight . We lose a lot of water every day as we sweat . The water in the food we eat , replaces approximately half of this water . Vegetables and fruits contain large amount of water . The other half is replaced when we drink liquids . Normally we need 2.5 litre or 8 glasses of water every day to stay healthy . Athletes and sports persons who are active in sports should drink enough water to replace the water they lose through sweating .

Ans- 27 Before using balls : -

1.Inflate balls to correct pressures .

2)Before you inflate the balls , moisten the needle .

3)To inflate balls , squeeze balls while gradually adding a small amount of air at a time .

4)Inflating balls with too much air at once will damage the inner tube / bladder . 5)Avoid inflating balls with machines as it may over inflate .

OR

Ans- (1) Optimism : Positivity and belief in what they do is what takes entrepreneurs far in their journey . Entrepreneurs should get think negatively or be afraid of adverse situations .

- (2) Independence : Entrepreneurs are confident and like the freedom to take decisions . They prefer to be their own master business on their own .
- (3) Energetic : Drive and energy is always high in successful entrepreneurs which makes them extremely proactive .
- (4)Self - confident : Belief in one's own vision and abilities and passion for the goal makes successful entrepreneurs confident .
- (5) Perseverant : A way of thinking that helps to accept failure , learn from mistakes , not give up , continuously experiment etc.

Part-D

Ans- 28 Nutrition is about eating a healthy and balanced diet . Food and drink provide the energy and nutrients you need to be healthy . Understanding these nutrition terms may make it easier for you to make better food choices . Open Our energy comes from the food that we eat . The food which supplies the energy for all our body functions is known as nutrition . Nutrition is defined as the process by which an animal or plant takes in and utilises food substances . It is the science of food . It deals with how our body utilizes food for its metabolic functions (processes necessary for the maintenance of a living organism) . Nutrition as a science deals with the part played by nutrients in body growth , development and maintenance . Nutrition also provides materials (vitamins & minerals) to repair body tissues . Proper nutrition helps to regulate and maintain organs .

OR

Ans- Nutrient is a chemical that an organism needs to live and grow , it is a substance used in an organism's metabolism .

They are divided into two categories:-

- 1) Macro nutrients
- 2) Micro nutrients

Macro nutrients:- Macronutrients are the nutrients your body needs in larger amounts, namely carbohydrates, protein, and fat. These provide your body with energy, or calories. Macronutrients are the elements in food that you need to grow and function normally. All macronutrients are obtained through the diet as the body can't produce them on its own. Carbohydrates, protein, and fat are the three main suppliers of nutrition in your diet. While all macros provide valuable energy to your body, they each fulfil different functions.

Like macronutrients, your body doesn't produce micronutrients in the quantities that it needs, so eating a diet rich in vitamins and minerals is essential for a healthy body. Micronutrients are the nutrients your body needs in smaller amounts, which are commonly referred to as vitamins and minerals. They make collagen, which helps heal wounds, support blood vessel walls, and promote healthy bones and teeth

Vitamins keep your eyes, skin, lungs, digestive tract and nervous system in good condition

They build your bones, protect your vision, and interact with each other to help your body absorb the vitamins it needs to

They protect you against diseases.

Ans- 29 Sprain : -

A sprain is a stretch or tear of a ligament . Ligaments are tissues that stabilize and support the body's joints .

Strain :

A strain is a twist , pull or a tear of a muscle or tendon .

What to do:-

1)Stop activity right away.

2)Apply R.I.C.E for the first 48 hours .

R- Rest: rest the injured part

I-Ice pack : Wrap an ice pack around the injury , for not more than 20 minutes at a time and for about four to eight times a day

C- Compression : Wrap the injury with an elastic bandage in order to support the injury for two days .

E- Elevation : Keep the injured part raised to decrease swelling .

3) For reducing the pain , give the child paracetamol according to their weight and age.

OR

Ans- Principles of first aid are given below

1)Do first things first quickly , quietly and without panic Guard against or treat for shock by moving the patient as little as possible .

2)Do not attempt too much

3)Reassure the patient and those around in order to reduce tension

4) Stop any bleeding

5)Give artificial respiration if breathing has stopped .

Ans- 30 Number of teams (N) =17

Number of matches= (N-1)

$$=17-1= 16$$

Number of teams in upper half= (N+1)/2

$$= (17+1)/2 = 9$$

Number of teams in lower half=(N-1)/2

$$=(17-1)/2 = 8$$

Highest power of 2 ($H\hat{A}^2$)= $2\tilde{A}-2\tilde{A}-2\tilde{A}-2\tilde{A}-2=32$

Number of byes(NB)= ($H\hat{A}^2$ -N)

$$= 32-17 = 15$$

Number of byes in upper half=(NB -1)/2

$$= (15-1)/2 = 7$$

Number of byes in lower half= (NB+1)/2

$$= (15+1)/2 = 8$$

Make Fixture

OR

Ans- 1) Summer camp:-

Summer camp , according to the study , fosters emotional intelligence (or EQ) , self - confidence , independence , healthy living , environmental awareness , learning , leadership and other skills that prove beneficial long into adulthood . At camp , you can have your cake , flavored with a mix of fun and learning , and eat it too .

2) Winter camp:-

Winter camp includes a day trip to go snow tubing and various outdoor winter activities During late summer or early fall the " vatagi " left their hunting ground , surveyed the area , and set up a winter camp .

Snowboarding .

â€¢ Snow Angels .

â€¢ Ice Skating .

â€¢ Building a Snowman .

Building an Igloo .

â€¢ Ice Fishing .

3) Sports Day:-

Sports Day is one of the most awaited events in any school . The entire school is involved in Sports Day . The management , teachers , non - teaching staff , students , parents all contribute to making the Sports Day successful . Any event that involves such a large number of people and activities can only be successful if it is properly planned . In any big , event there are always three most important stages :

1. Pre Event (Preparation phase)
2. Event Day
3. Post Event Preparation Open