

Model Question Paper: Year 2025-26

CLASS: 9 t h

Code: A

Roll No.

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Physical Education

National Skills Qualification Framework (NSQF)

[Hindi and English Medium]

ACADEMIC

समय: 2.30 घण्टे]

[पूर्णांक: 60

Time allowed: 2.30 hours]

[Maximum Marks: 60

- कृपया जांच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 4 तथा प्रश्न 30 हैं।
Please make sure that the printed pages in this question paper are 5 in number and it contains 30 questions.
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें।
Before beginning to answer a question, its Serial Number must be written.
- उत्तर-पुस्तिका के बीच में खाली पन्ना न छोड़ें।
Don't leave blank page/pages in your answer-book.
- उत्तर-पुस्तिका के अतिरिक्त कोई अन्य शीट नहीं मिलेगी। अतः आवश्यकतानुसार ही लिखें और लिखा उत्तर न काटें।
Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.
- परीक्षार्थी अपना रोल नं० प्रश्न-पत्र पर अवश्य लिखें। रोल नं० के अतिरिक्त प्रश्न-पत्र पर अन्य कुछ भी न लिखें और वैकल्पिक प्रश्नों के उत्तरों पर किसी प्रकार का निशान न लगाएं।
Candidate must write their Roll No. on the question paper. Except Roll No. do not write anything on question paper and don't make any mark on answer of objective type questions.
- कृपया प्रश्नों के उत्तर देने से पूर्व यह सुनिश्चित कर लें कि प्रश्न-पत्र पूर्ण व सही है, परीक्षा उपरान्त इस सम्बन्ध में कोई भी दावा स्वीकार नहीं किया जायेगा।
Before answering the questions, ensure that you have been supplied the correct and complete question paper, no claim in this regard, will be entertained after examination.

Instructions (निर्देश): -

1. All questions are compulsory. (सभी प्रश्न अनिवार्य हैं)
2. Question no. **1 to 15** are MCQ/ One Word/ Fill in the Blank type's questions carrying **one marks** each. (प्रश्न 1 से 15 तक एक नंबर के हैं)
3. Question no **16 to 21** are very short answer type question carrying **two marks**. (प्रश्न 16 से 21 दो नंबर के हैं)
4. Question no **22 to 27** are short answer type question carrying **three marks**. (प्रश्न 22 से 27 तीन नंबर के हैं)
5. Question no **28 and 30** are long answer type questions carrying **five marks**. (प्रश्न 28 से 30 पांच नंबर के हैं)

[खण्ड—अ]

[Section-A]

Objective Types Questions

15 x 1 = 15 Marks

Q-1 _____ allows the user to search a file or a folder or run executable files.

Q-2 Air pressure of volleyball is _____ .

Q-3 Water makes up to _____ of our body weight.

Q-4 How many types of communication?

Q-5 Write any four stress management techniques?

Q-6 Write full form of R.I.C.E.

Q-7 Which is a type of communication based on style?

A) Non verbal.

B) verbal

C) Formal.

D) none of these

Q-8 Which is not a type of operating system?

A) DOS.

B) Window

C) Linux

D) Mouse

Q-9 Which is best source of protein ?

A) Poultry.

B) Banana

C) Wheat.

D) none of these

Q-10 Which of the following is not a content of first aid?

- A) Scissors. B) Bandage
C) Injection. D) Dettol

Q-11 How many types of carbohydrates?

- A) 3. B) 4. C) 5 D) 2

Q-12 Swimming is a activity -

- A) aerobic. B) flexibility
C) Muscle strengthening D) All of these

Q-13 Assertion: Nutrition helps the body to grow.

Reason: it causes deficiency in our body.

- (a) assertion is correct but reason is wrong statement.
(b) reason is correct but assertion is wrong statement.
(c) both are correct but reason is not correct explanation of assertion.
(d) both are correct and reason is correct explanation

Q-14 Assertion : Protein help in maintenance of our body .

Reason: Pulses is a source of protein.

- (a) assertion is correct but reason is wrong statement.
(b) reason is correct but assertion is wrong statement.
(c) both are correct but reason is not correct explanation of assertion.
(d) both are correct and reason is correct explanation.

Q-15 Assertion : Nose bleeding occur when one of the small blood vessel in the mucous membranes of nose bursts.

Reason: This is due to blocked wind pipe.

- (a) assertion is correct but reason is wrong statement.
(b) reason is correct but assertion is wrong statement.
(c) both are correct but reason is not correct explanation of assertion.
(d) both are correct and reason is correct explanation.

[खण्ड—ब]
[Section-B]

Very Short Answer Types Questions

6 x 2 = 12 Marks

- Q-16 Define cognitive domain ?
Q-17 Explain biological age ?
Q-18 Write a short note on planning?
Q-19 Write about specific sports training?
Q-20 What is bye ?

OR

What is communication?

- Q-21 When and how much water should have drink ?

OR

Write symptoms of heat stroke?

[खण्ड—स]
[Section-C]

Short Answer Types Questions

6 x 3 = 18 Marks

- Q-22 What do you mean by recreational activities?
Q-23 Write about cognitive skills - reading, writing and numeracy ?
Q-24 What is fitness?
Q-25 Explain flexibility and exercises for it ?
Q-26 What is a tournament and it's types ?

OR

Write a short note on importance of water in our body?

- Q-27 How to maintain balls before using balls ?

OR

Write qualities of entrepreneur ?

[खण्ड—द]
[Section-D]

Long Answer Types of Questions

3 x 5 = 15 Marks

Q-28 What is nutrition ?

Or

What is nutrients and difference between macro and micro nutrients ?

Q-29 Explain basic sports injuries and it's treatment ?

Or

Write basic principles of first aid ?

Q-30 Draw a fixture of 17 teams ?

Or

Write about the following -

- 1) summer camp
- 2) winter camp
- 3) sports day