



**Grade IX**

**Physical Education**

**Important Questions:**

**Section – A**

**2 Marks**

- Q1) How do you define ‘disability’?
- Q2) What are the objectives of adapted physical education?
- Q3) How is physical education beneficial for students with disability?
- Q4) What is the vision of Special Olympic Bharat?
- Q5) How are the Paralympics Games carried out?
- Q6) Why is the concept of inclusion necessary in education with respect to students with special needs?
- Q7) Why is yoga important in modern life?
- Q8) Write down the steps of Tadasan.
- Q9) What are the benefits of yoga-nidra?
- Q10) How is the garudasana performed?
- Q11) Write any four benefits of naukasana.
- Q12) Explain role of a leader.
- Q13) Explain the meaning and benefits of trekking.
- Q14) Explain the objectives of adventure sports.

Q15) Write any three safety measures to prevent sports injuries during pre-activity.

Q16) What are the mental aspects used in sports psychology?

Q17) Write about developmental characteristics during adolescence.

Q18) Explain why doping should be banned in sports.

Q19) What are the side effects to stimulants?

Q20) What are the various substances prohibited in a competition?

**Section – B**

**3Marks**

Q1) What are some achievements of special Olympic Bharat?

Q2) Write short notes on: Samadhi, dharana, pratyahara and dhyana.

Q3) Give five reasons why sports psychology is important.

Q4) Why is warming up important? Give five points.

Q5) Write about the benefits of Sukhasana.

Q6) Give three examples of stretches used for limbering down.

Q7) Write short notes on any three yogic kriyas.

Q8) Explain how physical education helps in creating leaders.

Q9) Differentiate between growth and development.

Q10) Write a short note on paragliding and surfing.

**Section – C**

**4Marks**

Q1) Write a note on the implementation of inclusive Education for students with special needs.

Q2) Discuss Deaflympics in details.

Q3) Describe the objectives and principals of adapted physical education.

Q4) Write a brief note on eight limbs of yoga.

Q5) Describes the benefits of (a) asana and (b) pranayama.

Q6) Discuss how yoga can improve concentration, citing specific examples.

Q7) Write in detail on: (a) yama and (b) niyama.

Q8) Elaborate the meaning and objectives of adventure sports.

Q9) Differentiate between trekking and mountaineering.

Q10) Describe briefly characteristics of growth and development.

(a) At infancy (b) during childhood, and (c) during adolescence.

Q11) Write a short notes on:

(a) Vocational guidance (b) Peer pressure

Q12) Explain in detail about the management of problems faced by adolescents.

Q13) Write an essay on the classification of skills.

Q14) What are the different performance enhancing drugs? Write in detail.

Q 15) What are the rules prescribed by the WADA?