

Physical Education

No.

Class-IX

Date

TENDER HEART HIGH, SCHOOL

SEC-33 B, CHANDIGARH.

MCQ :

1.) Who invented the game of basketball?

(a) Albert Einstein

(b) Charles Darwin

(c) Dr. James Naismith - ✓

(d) Ada Lovelace

2.) What are the measurements of the basketball court?

(a) 84 by 60 feet

(b) 92 by 50 feet - ✓

(c) 74 by 40 feet

(d) None of the above.

3.) What is the highest governing body of basketball?

a) BCCI

b) ICC

c) NBA

d) FIBA - ✓

4.) How high from the ground is the ring of the basketball?

(a) 7 feet

(c) 8 feet

(b) 9 feet

(d) 10 feet - ✓

5) Basketball game begins with a _____.

- a) Jump Ball - ✓
- b) Kick-off
- (c) A bully
- d) Set

6) How many playing members of each team are on the court? (volleyball)

- (a) 12
- (b) 14
- (c) 10
- (d) 6 - ✓

7) When was Volleyball invented?

- (a) 1782
- (b) 1895 - ✓
- (c) 2004
- (d) 1904

8) How is the term to serve first chosen?

- (a) Referee's choice
- (b) A coin toss - ✓
- (c) First team to catch the ball
- (d) Scores will decide

9) If you score a point doing a spike, what is it called?

- (a) Push
- (b) Kill
- (c) Dig - ✓
- (d) Dunge

10.) What is the maximum number of times a team can make contact with ball?

(a) 5

(c) 3

- ✓

(b) 2

(d) 1

— x —

HOMEWORK.

Revise chapter-1. (Topics) ↓

- classification of different types of joints
- functions of the skeletal system
- Benefits of exercise on the skeletal system.