# Blooming Buds School

# AFFILIATED TO CISCE, NEW DELHI-KA66 (ICSE SYLLABUS)

Worksheet-1

# Class IX Physical Education

### **Badminton**

- 1. Define the following terms:
  - (1) Drive (2) Cross Court (3) Deuce (4) Game Point (5) Smash.
- 2. Explain the following skills of badminton.
  - (1) Service (high) (2) Underhand lift or Forehand lift (3) Backhand lift
- 3. What are the duties of Umpire and Service Umpire?
- 4. Describe in brief the history of "Poona".
- 5. How service is performed? Explain its faults.
- 6. Give the dimensions of badminton court in Singles and doubles
- 7. What is the height of the net? Explain.
- 8. What are the general rules of Badminton?

#### Basketball

- 1. Define the following
  - i. Fast Break ii. Jump-ball iii Charged timeout vi Dunk
  - v. Team foul Indicator/ Team Fouls vi. Disqualifying fouls
- 2. Write the full form of FIBA, NBA and BFI
- 3. Name any four Arjuna Award winners and any four tournaments of Basketball
- 4. List any four technical equipments used in Basketball game
- 5. When the game is stopped but not reset
- 6. Explain the History of Basketball
- 7. State any three duties of Timekeeper and Referee.