



Loreto Convent Intermediate College

Lucknow

WINTER VACATION HOLIDAY HOMEWORK 2024

SUBJECT – P. ED

CLASS – IX

Q1. Fill in the blanks:


- i) Skeletal muscles are also called _____ muscles.
- ii) Rotatory cuff muscles are mainly responsible for stabilizing the _____.
- iii) _____ are the real source of contraction and extension of the muscles.
- iv) _____ is the range of vital capacity in a normal adult.
- v) People those who do not have antigens on the surface of their red blood cells are called _____.
- vi) _____ is also known as conducting arteries.
- vii) _____ is also known as distributing arteries.
- viii) _____ is the type of muscle contraction in which the length of muscles does not change.
- ix) _____ chamber is the strongest chamber of the human heart.
- x) _____ is the pressure exerted in the arteries around the body between heart beats when the heart is relaxed.

Q2. Explain the scoring and serving in a singles match in Badminton.

Q3. Write short note on:

- a) FIBA

 99, Mahatma Gandhi Marg, Lucknow, Uttar Pradesh - 226001

 0522-2237222, +918009881030

 loretocollege@yahoo.com

 www.lucknowloreto.com