**KENDRIYA VIDYALAYA SANGATHAN- AHMEDABAD REGION**

**PERIODICAL TEST- I (2019-20)**

**CLASS-IX SET-I**

[TIME : 1:30 HOURS] [MAX.MARKS-40]

-: GENERAL INSTRUCTIONS:-

(i) There are 3 sections A, B and C.

Section A: Reading 10 marks

Section B: Writing and Grammar 16 marks  
Section C: Literature 14 marks

(ii) Attempt all questions.  
(iii) All the answer must be correctly numbered as in the question paper and write in the answer sheet

**SECTION- A: READING (10 Marks)**

**Q1. Read the following passage carefully and answer the questions that follow. (5)**

**TITLE: RIGHT RUNNING SHOES**

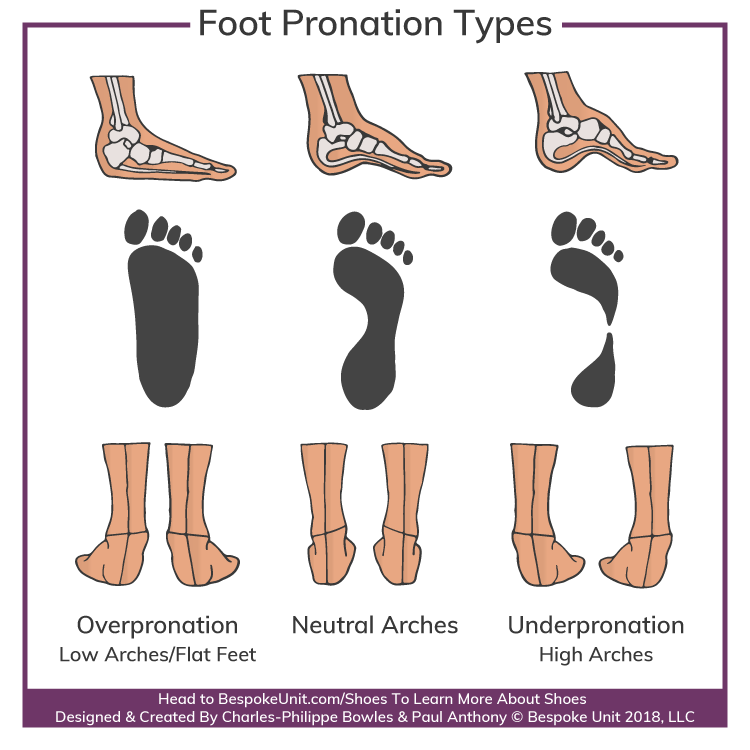
Many runners may be wearing the wrong shoes for their particular stride or the right shoes that were chosen for the wrong reasons, according to a new scientific review about running shoes and injury risks. The study helpfully concludes that there is a reliable, scientifically valid way for each of us to pick the right running shoes, but it’s so simple that most of us ignore it.



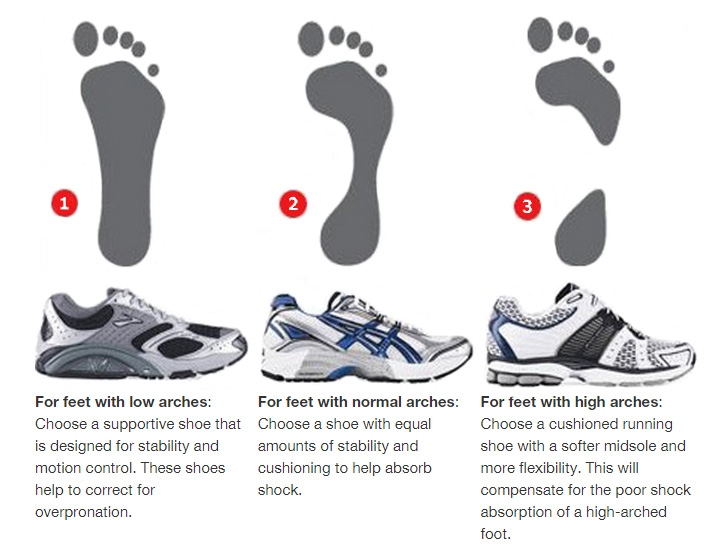
The connection between running shoes and running injuries is surprisingly controversial and, from a scientific standpoint, unsettled. Most of us who run have heard that we should choose our shoes based, for the most part, on two broad technical criteria. The first is whether and how much our foot pronates, or rolls inward as we land. Orthopaedists, coaches and runners long have believed that over- or under-pronation contributes to the risk of running injuries and should be controlled using particular types of shoes. More recently, impact force, or the pounding that we experience with each stride, has also been getting plenty of attention, especially in relation to barefoot running and the question of whether we should wear shoes at all. Some barefoot-running proponents claim that running without shoes or in minimal, slipper-like models somehow changes impacts and substantially reduces the risk for injuries.



But Benno Nigg, the lead author of the new review, and his colleagues were skeptical. An emeritus professor of kinesiology at the University of Calgary in Canada and one of the world’s foremost experts on biomechanics, Dr. Nigg wondered whether science really supports the idea that the right shoes can alter and fix someone’s running form and lessen injuries.



It soon became clear to the researchers that most of our beliefs about running injuries and shoes are, in fact, myths. Pronation, for instance, does not seem to be a problem requiring correction. In the one large-scale experiment studying pronation, almost 1,000 novice runners, some of whom pronated and some of whom did not, were given the same running shoes and followed for a year. At the end of that time, many of the runners with normal feet and form — who did not over pronate — had become injured, but a much smaller percentage of those who over pronated had been side lined.



Similarly, they found little evidence that forcefully striking the ground causes injuries or that changing or removing your shoes alters those impacts much anyway. Perhaps most unexpected, running shoes designed to somehow “fix” someone’s running form turned out often to be ineffective and even counter-productive. In a series of studies, when military recruits were assigned running shoes meant to control their particular level of pronation, those soldiers were as likely, or even more so, to sustain running-related injuries than soldiers given shoes at random.

But if shoes are chosen for the right reason, they can reduce injuries, Dr. Nigg and his colleagues concluded after parsing all of the relevant studies. And the right reason does not involve pronation control or impact forces. What matters, the researchers conclude in their review, is comfort.

a) Which of the following assumptions regarding Pronation and Pounding can be drawn from the above ? (1)

1. They are responsible for most of the feet related injuries
2. They have nothing to do with the feet related injuries
3. They should decide the purchase of right type of shoes
4. They should not be the reason of selection of right shoes
5. Only 1 & 3 are correct
6. Only 2 & 4 are correct
7. Only 1 & 4 are correct
8. Only 3 & 4 are correct

b) Dr. Benno Nigg and his colleagues were sceptical about the idea of 1 marks

1. Pronation
2. Pounding
3. Barefoot running
4. Technical criteria

c) According to the earlier studies, which scientific criteria should decide the selection of shoes? (1)

d) How was the idea of pronation overruled later? (1)

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e) When soldiers were given shoes at random, the \_\_\_\_\_\_\_\_\_\_\_\_ idea turned up to be a myth. (1)

1. inward rolling of feet
2. impact forces
3. Bibare feet running
4. comfort of feet
5. impact forces

**Q2. Read the following passage carefully and answer the questions that follow. (5)**

Publishing a book is not an easy job. A lot of expenditure is incurred during the process. Publishing houses aim is to attract good authors and publish books that achieve commercial success. Depending on the size of the publishing company, the book publisher may carry out all aspects of publication, or may delegate part of the work to editors, designers and marketing specialists. Every publishing company acquires its books from similar sources, such as literary agents, publishers in other countries, direct commissions from editors to authors and, very occasionally, from unsolicited proposals taken from what is known unceremoniously as the 'slush pile'. Most publishers pay the royalty based on the cover price (or retail price) of the book. CBA publishers usually pay royalties based on the NET price of the book, that is, the price at which the publisher sold the book to the bookstore. The following data explains the amount of expenditure under various heads.

a) Based on the above data which of the following can NOT be inferred? 1 marks

* 1. Much expenses are incurred on Printing of cost
  2. Transportation cost and Binding cost are almost the same.
  3. Promotion cost does not require much amount
  4. Royalty exceeds transportation cost

b) What can be the correct sequence? 1 marks

* 1. Purchasing paper; Writing book; royalty; Printing; Binding; Promotion; Transportation
  2. Purchasing paper; writing book; Printing; Binding; Promotion; Transportation; Royalty
  3. Purchasing paper; Writing book; Printing; Binding; Transportation; Promotion; Royalty
  4. Purchasing paper; Writing book; Printing; Binding; Promotion; Transportation; Royalty

c) How do the authors get the royalty when they get a book published? 1 marks

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d) By recycling the paper, the cost may be reduced. What else can be done to reduce the cost of paper? 2 marks

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**SECTION- B: WRITING AND GRAMMAR (16)**

**Q3**. You were asking for a camera from your father since long. He surprised you with a new one and you loved it. Pour your feelings in your diary. **(4)**

**Q4**. Water is essential for life on the planet. Wherever there is water there is life. Look at the visual given below and write an article giving your views on

“Why ii it important to save water?” **(6)**

**OR**

Colours play a very important role in our life. They have a healing power also. Read the Pie Chart given below and write an article on colour therapy. You are Shruti /Sharad of Bhagirathi public school.

**Q5. Complete the following passage by choosing the most appropriate options from the**

**ones given below. (2)**

Fashion is a term commonly used to (a)\_\_\_\_\_\_\_\_\_\_\_\_\_ a style of clothing worn by a large number of people in a country. However. Popular styles of furniture, homes and many other products (b) \_\_\_\_\_\_\_\_\_\_\_also fashions.

(a) (i) describe (ii) to describe (iii) describing (iv) described

(b) (i) are (ii) have (iii) is (iv) were

**Q6. The following passage has one word missing from each line. Write the missing word along with the word that comes before and one that comes after against the correct blank numbers. (2)**

**Before Word Missing Word After Word**

It is estimated that Indian spends (a) \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

at least 3 hours in front the idiot box everyday.(b)\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

**Q7. Rearrange the following words and phrases to form meaningful sentences. (2)**

(a) without/ is a/ reading/ of time/ wastage/ understanding

(b) a dictionary/ you should/ for/ words/ consult/difficult

**SECTION C- LITERATURE (14)**

**Q8. Read the following extract and answer the questions that follow: (4)**

But the child never forgot. Next time she saw him, she quickly put both hands behind her back and a red colour flew into her cheeks. The Macdonald’s lived next door. They had five children. Looking through a gap in the fence the little girl saw them playing ‘tag’ in the evening.

(a) The Macdonalds were ………………………………………….. neighbours.

(b) What does the phrase ‘a red colour flew into her cheeks’ mean?

(c) What would the ‘the child’ never forgot?

(d) Who is ‘him’ in the second sentence?

**OR**

You’re very clever at poking fun at weaklings.

Frail crumbling houses, crumbling doors, crumbling rafters,

crumbling houses, crumbling doors, crumbling rafters,

crumbling hearts—

the wind god winnows and crushes them all.

(a) The wind is very clever because it pokes fun at the ………………………… people.

(b) What all things are crumbled by the wind?

(c) Whom does the poet address to in the last line of the extract?

(d) Which word in the extract means the same as ‘separates or sifts’.

**Q9. Answer the following questions in about 30-40 words:**

**(any five) (10)**

(a) Why did Margie’s mother send for the County Inspector?

(b) When and how was Evelyn’s hearing problem noticed?

(c) How can you say that the child was an obedient boy in the lesson ‘The Lost Child’?

(d) How was the author’s grandmother different from author’s grandfather?

(e) ‘Two roads diverged in a yellow wood’. Explain the phrases ‘yellow wood’ and ‘two

roads’.

(f) What is ‘a bliss’ for the poet in the poem *Rain on the Roof*?