



ANANDALAYA
PERIODIC TEST-2
Class: XII

Subject : Physical Education (048)
Date : 23-09-2024

M.M :70
Time : 3 Hrs.

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section-A consists of Questions No. 1-18 carrying 1 mark each and is Multiple Choice Type Questions.
3. Section-B consists of Questions No. 19-24 carrying 2 marks very short answers types and should not exceed 60-90 words.
4. Section-C consists of Question No. 25-30 carrying 3 marks each short answers types and should not exceed 100-150 words.
5. Section-D consists of Questions No. 31-33 carrying 4 marks each and is case studies.
6. Section-E consists of Questions No. 34-37 carrying 5 marks each and shall not exceed 200-300 words.

SECTION –A

1. Identify the asana. (1)



(A) Shavasana (B) Shalabhasana (C) Naukasana (D) Bhujangasana

2. Which one of the following postural deformities is apposite to knock – knees position? (1)

(A) Flat foot (B) Scoliosis (C) Bow legs (D) Lordosis

3. The asana which help to increase the concentration power are called as _____. (1)

(A) Cultural asana (B) Dhyanatmak asana
(C) Corrective asana (D) Relaxation asana

4. The founder of Special Olympic was _____. (1)

(A) Eunice Kennedy Shriver (B) John F Kennedy
(C) Lyndon B Johnson (D) Donald Trump

5. The weight of women and men for arm curl of senior citizen _____, _____. (1)

(A) 3 pound, 4 pound (B) 5 pound, 8 pound (C) 5 kg, 8 kg (D) None of these

6. Tournaments are helpful for the development of _____. (1)

(A) Social qualities (B) Sports skills
(C) Selection of the player (D) All of the above

7. Walking with barefoot on sand or rough ground helps to correct _____. (1)

(A) flat foot (B) club foot
(C) curved foot (D) outward pointing foot

8. A suitable and systematic process for fixture would be _____. (1)

(A) round robin (B) bye to top team (C) draw of lots (D) choice

9. Identify the picture shown below and choose the correct alternative: (1)



- (A) Special Olympics (B) Olympics (C) Paralympics (D) Deaflympics
10. Which test item is used to measure lower body flexibility for senior citizens? (1)
(A) Chair stand test
(B) Arm curl test
(C) Chair seat and reach test
(D) Six minutes' walk test
11. How many numbers of matches will be held if 8 teams are participating in a single league tournament? (1)
(A) 18 (B) 28 (C) 38 (D) 48
12. Match the following and select the correct answer from the code given below: (1)
- | A | | B | |
|---|----------------------|---|---------------------------------|
| 1 | Round shoulder | a | Eating disorder |
| 2 | Menarche | b | Three female problems |
| 3 | Female athlete triad | c | Decreased bone material density |
| 4 | Osteoporosis | d | First menstrual bleeding |
| 5 | Anorexia nervosa | e | Postural deformity |
- (A) 1 – a, 2 – c, 3 – b, 4 – d, 5 – e
(B) 1 – c, 2 – e, 3 – d, 4 – a, 5 – b
(C) 1 – e, 2 – d, 3 – b, 4 – a, 5 – c
(D) 1 – e, 2 – d, 3 – b, 4 – c, 5 – a
13. If the total body fat percentage is greater than 30 – 35%, the person is considered_____ (1)
(A) over weight (B) obese (C) server obese (D) none of the above
14. Deaflympics were originally known as_____. (1)
(A) deaf game (B) silent games
(C) games for the deaf (D) none of the above
15. What is the purpose of the flamingo balance? (1)
(A) Static balance (B) Flexibility (C) Speed (D) Coordination
16. In case league tournament, teams are rotated_____ (1)
(A) Clock wise (B) Anti-clock wise (C) Left to right (D) Up and down
17. Which body governs the Paralympics movement? (1)
(A) Special Olympic Baharat
(B) Sport authority of India
(C) International Paralympics Committee
(D) Indian paralytics committee.

18. Read the given statements – Assertion (A) and Reason (R) and choose the correct alternative from the option given below: (1)
 Assertion (A): To measure upper chest and shoulder strength we must do push ups.
 Reason (R): This is because Elbow bends to 90 degree and then extends fully to develop the strength.
 (A) Both (A) and (R) true and (R) is the correct explanation of (A)
 (B) Both (A) and (R) are true but (R) is not the correct explanation of (A).
 (C) (A) is true but (R) is false.
 (D) (A) is false but (R) is true.

SECTION-B (Attempt any five)

19. How is scoring done in league matches? Give any example. (1+1)
 20. List down the any four causes of Osteoporosis. (2)
 21. Highlight a few asanas for curing and preventing Hypertension. Elaborate any one of your choices. (1+1)
 22. Write any two aims and objectives of Deaflympics. (1+1)
 23. Which motor quality does a senior citizen lack and hence find difficulty in tying the shoe laces while sitting on the chair? (2)
 24. Discuss the philosophy of the special Olympic games, that ensures the special Olympic games can be conducted successfully. (2)

SECTION-C (Attempt any five)


25. Write down the post event role of Technical, Logistic and Finance committee. (3)
 26. Write a note on bow legs and suggest few exercises for correcting this postural deformity. (3)
 27. “Asana can be used as a preventive measure” Comment. (2+1)
 28. Write in brief about IPC. (3)
 29. What is the purpose of 600 Mtr. Run/walk Khelo India Fitness Test? Write its procedure. (3)
 30. List down the test items of Rikli and Jones fitness test and explain the procedure of anyone. (1+2)

SECTION-D

31. The test given below assesses the speed and the coordination limb movement. Observe it and answer the questions that follow: (4)



- 31.1 The name of test is _____.
 31.2 Its measures upper body reaction time, hand _____ eye quickness and _____.
 31.3 In this test the time taken to complete _____ cycles is recorder.
 31.4 This test is also known as _____

32.  (4)

School management needs to recognize the essential place of physical activity in the education of children with special needs. In order of develop lifelong habits for fitness and to provide them with many opportunities of socialization, school needs to understand that physical education is not a secondary subject but it is just as important as other skills.

On the basis of above given picture answer the following questions:

- 32.1 Development of Gross Motor and Fine Motor skills offers _____ benefits.
- 32.2 Graded activities as strategy for effective inclusive physical education programme includes _____.
- 32.3 _____for activities should be disturbance free (noise, heat, cold, texture, of floor, audience etc
- 32.4 The activities that include running jumping, hopping, galloping, rolling, leaping and dodging, horizontal jump, slide_____

33. On the basis of given fixture answer the following questions. (4)

1-2							
1-3	2-3						
1-4	2-4	3-4					
1-5	2-5	3-5	4-5				
1-6	2-6	3-6	4-6	5-6			
1-7	2-7	3-7	4-7	5-7	6-7		
1-8	2-8	3-8	4-8	5-8	6-8	7-8	

- 33.1 What is the formula for calculating the number of matches?
- 33.2 What is the formula for calculating the Rounds?
- 33.3 Identify the Fixture.
- 33.4 Is it suitable for knock-out tournament or league tournament?

SECTION-E (Attempt any three)

34. Which guideline should be followed while performing yoga asanas? Explain any five important points in detail. (5)
35. Explain the Khelo India Fitness Test for developing strength among school children. (5)
36. How physical activities are helpful for children with special need? Explain strategies to make physical activities assessable for them. (2+3)
37. What is a league tournament? How to use cyclic method for 9 teams? How will you decide the winner based on the British Method? (1+3+1)