



ANANDALAYA

PERIODIC TEST – 1

Class: XII

Subject : Physical Education (048)

M.M : 40

Date : 21-07-2025

Time : 1 Hr 30 min

General Instructions:

1. The question paper consists of 5 sections.
2. Section A consists of question 1-12 carrying 1 mark each and is multiple choice questions.
3. Sections B consist of questions 13-16 carrying 2 marks each and are very short answer types and should not exceed 60-90 words.
4. Sections C consist of questions 17-18 carrying 3 marks each and are short answer types and should not exceed 100-150 words.
5. Sections D consist of question 19 carrying 4 mark and a case study.
6. Section E consists of questions 20-21 carrying 5 marks each and should not exceed 200-300 words.

Section -A

1. The world Health Organization first issued a set of guidelines for exercise in the (1)
year_____.
(A) 2010 (B) 2009 (C) 2012 (D) 2017
2. Which asana is good for the performance of the Excretory system? (1)
(A) Sukhasana (B) Tadasana (C) Pawanmuktasana (D) Virabhadrasana
3. Which agency has accredited the Special Olympic Bharat Programme? (1)
(A) Special Olympic International (B) Special Olympic India
(C) NSF (D) SAI
4. Identify the asana: (1)



- (A) Pawanmuktasana (B) Sukhasana (C) Chakrasana (D) Gomukhasana
5. Modified push-up test is used to measure: (1)
(A) abdominal strength (B) leg strength
(C) upper body endurance of girls (D) arm & shoulder strength
6. Lateral curvature or sideways curvature of spine is related to_____. (1)
(A) Round shoulder (B) kyphosis (C) knock-knee (D) Scoliosis
7. Which gland is associated with diabetes? (1)
(A) Endocrine glands (B) Pituitary (C) Pancreas (D) Hypothalamus
8. When was Camp Shriver started for children with disabilities? (1)
(A) 1982 (B) 1964 (C) 1970 (D) 1962
9. In the long form of Harvard Step test, the heart rate is counted between ____ and ____min. (1)
(A) 2 , 2.5 (B) 2.5 , 3 (C) 1 , 1.5 (D) 1.5 , 2

10. According to W.H.O. children of _____ should be engaged in physical activities for 180 minutes and should have 10-13 hours of good quality sleep per day. (1)
 (A) Less than 1 year (B) 1-2 year (C) 3-4 year (D) 5-17 year
11. Who quoted “Sthir Sukham Asanam” ? (1)
 (A) Patanjali (B) Gheranda (C) Shivananda (D) Svatmarama
12. The first Special Olympics games were held in _____. (1)
 (A) Chicago (B) Paris
 (C) New York (D) Washington D.C.

Section -B

13. Suggest two exercises for correcting flat foot. (2)
 14. Mention any two benefits of “Ardh matsyendra” asana. (2)
 15. What do you understand by Impaired muscle power? (2)
 16. Define cardiovascular fitness. (2)

Section -C

17. What do you mean by round shoulders? Suggest any four physical activities for correcting round shoulders. (1+2)
 18. Explain the purpose and procedure of ‘Flamingo Balance test’. (1+2)

Section -D

19. In relation to the pictures, answer the following questions: (4)



(A)



(B)



(C)

- 19.1 Logo shown in picture _____ refers to special Olympics.
 19.2 Who was the founder of Special Olympics?
 19.3 According to figure ‘B’ the hand shape of ‘OK’, ‘Good’ and ‘Great’ that overlap each other in a circle, represent the original sign for _____.
 19.4 The moto of Paralympics is _____.

Section-E

20. Define Female Athlete Triad. Write its causes. Explain its factors and symptoms in detail. (5)
 21. Explain the need of Inclusive education. What measures can be taken for better implementation of inclusive education? (5)