



**ANANDALAYA**  
**PERIODIC TEST - 2**  
**Class: XII**

Subject : Physical Education (048)

Date : 24-09-2025

M.M: 70

Time: 3 hours

**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 and are Multiple Choice Type Question.
3. Section B consists of Questions No. 19-24 carrying 2 marks each and shall not exceed 60-90 words.
4. Section C consists of Question No. 25-30 carrying 3 marks each and shall not exceed 100-150 words.
5. Section D consists of Questions No. 31-33 carrying 4 marks each and are 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. Which of the following is the first step in organizing a sports event? (1)  
(A) Budgeting (B) Fixture (C) Planning (D) Promotion
2. The term 'Menarche' is associated with\_\_\_\_\_. (1)  
(A) Pregnancy (B) Menstruation (C) Menopause (D) Fertilization
3. \_\_\_\_\_is the first step used in classification for Paralympics. (1)  
(A) Medical assessment (B) Functional assessment  
(C) Observation (D) Competition
4. Which vitamin deficiency is most common in adolescent girls? (1)  
(A) Vitamin A (B) Vitamin D (C) Vitamin C (D) Vitamin B12
5. Establishing standards for work performance, measuring performance and comparing it to the set standards and taking corrective actions is a part of\_\_\_\_\_. (1)  
(A) planning (B) directing (C) controlling (D) organising
6. Which term is used to describe a resting heart rate of <60 beats per minute? (1)  
(A) Tachycardia (B) Hypertrophy  
(C) Bradycardia (D) VO2 Max.
7. Which method of fixture is used when the number of teams is not a power of 2? (1)  
(A) Knock-out (B) Bye (C) League (D) Combination
8. The slow –twitch muscles, which predominantly are supplied with red fibers are adapted for\_\_\_\_\_. (1)  
(A) strength (B) speed (C) endurance (D) dynamic balance
9. Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R). (1)  
Assertion (A): There are different types of joints in the human body.  
Reason (R): All persons have the same range of motion of joints.  
In context of the two statements which one of the following is correct? (1)  
(A) Both (A) and (R) are true and (R) is the correct explanation of (A)  
(B) Both (A) and (R) are true and (R) is not the correct explanation of (A)  
(C) (A) is true, but (R) is false  
(D) (A) is false, but (R) is true.

10. The basic function of management is \_\_\_\_\_.  
 (A) controlling (B) budgeting (C) planning (D) directing (1)
11. In sports, a Snooker shot is an example of \_\_\_\_\_.  
 (A) Locomotor skill (B) Extended motor skill  
 (C) Fine motor skill (D) Gross motor skill (1)
12. National Sports Federation was upgraded to priority category on \_\_\_\_\_.  
 (A) 8<sup>th</sup> April, 2006 (B) 8<sup>th</sup> April, 2005  
 (C) 10<sup>th</sup> April, 2006 (D) 10<sup>th</sup> April, 2005 (1)
13. A balanced diet has proteins, fats and carbohydrates in a ratio of \_\_\_\_\_.  
 (A) 1:2:4 (B) 2:1:3 (C) 1:2:3 (D) 1:1:4
14. Which term is used to describe the amount of blood pumped by the heart during one contraction?  
 (A) Vital capacity (B) Stroke volume (C) Tidal volume (D) Residual volume (1)
15. Glucose, fructose, sucrose and maltose are called \_\_\_\_\_carbohydrates.  
 (A) complex (B) simple (C) saturated (D) unsaturated (1)
16. \_\_\_\_\_bone comes out of socket in hip joint  
 (A) Femur (B) Humerus (C) Tibia (D) Fibula (1)
17. Match the following columns. (1)
- |   |   |
|---|---|
| <b>List-I</b><br>(i) Vitamin A<br>(ii) Vitamin D<br>(iii) Vitamin E<br>(iv) Vitamin K | <b>List-II</b><br>1. Need for blood clotting<br>2. For protection of cell wall<br>3. For vision in dim light<br>4. For absorption of calcium and phosphorus |
|---|---|
- Codes:

(A)	(i) 1	(ii) 3	(iii) 2	(iv) 4
(B)	(i) 4	(ii) 1	(iii) 3	(iv) 2
(C)	(i) 2	(ii) 3	(iii) 1	(iv) 4
(D)	(i) 3	(ii) 4	(iii) 2	(iv) 1

18. Development of Gross motor and Fine motor skills which benefits are the parts of \_\_\_\_\_.  
 (A) Physical benefits (B) Mental benefits  
 (C) Social benefits (D) Emotional benefits (1)

### Section-B (Attempt any five)

19. Round –Robin tournament is of two types. Name them and give one major difference between them. (2)
20. What is the most important thing that people can do to improve their health? (2)
21. What do you mean by Disability? (2)
22. Define Physical fitness. (2)
23. Explain the importance of fluid intake during a competition. (1+1)
24. Among females, what type of Menstrual Dysfunction is called Amenorrhea? (2)

### Section-C (Attempt any five)

25. How would you plan for an intramural tournament? Highlight any two problems you may encounter. How will you deal with them? (1+2)
26. Enlist the spinal deformities? Explain the cause of Kyphosis and precautions to avoid it. (1+2)
27. “Participation in physical activities is advantageous for children with special need.” Write any six advantages. (3)

28. Create the flow chart for common sports injuries while enlisting the sub parts. (3)
29. What do you understand by food myths? Discuss briefly about three food myths. (1+2)
30. Explain any six changes due to ageing. (3)

#### Section-D

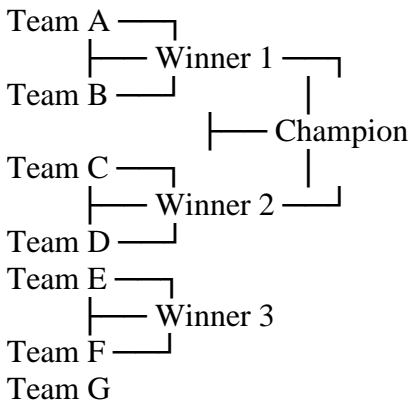
31. Riya, a class 12 student, volunteered in a Special Olympics programme in her city. She was assigned to help a group of children with visual impairments participate in Athletics. She observed that some children were highly motivated but struggled with coordination and social acceptance. (4)

On the basis of the above situation, answer the following questions:

- 31.1 What type of disability did the children have?
- 31.2 Mention any two strategies that can be used to include such children in sports.
- 31.3 Write one difference between Special Olympics and Paralympics.
- 31.4 How can participation in sports promote confidence and inclusion among these children?

32. The Annual Inter-School Volleyball Tournament is being organized in your school, with 7 participating teams. The Organizing Committee has decided to conduct it on a knock-out basis. On the basis of below fixture answer the following questions. (4)

Round 1      Semi-Final      Final



- 32.1 How many byes are required in this tournament?
- 32.2 Write one advantage and one limitation of knockout tournaments.
- 32.3 Which round will have the maximum matches?
- 32.4 Suggest one improvement that could make the tournament more engaging for spectators.

33. During a soccer game, Nitin collided with another player and fell. He experienced intense pain and swelling, prompting his parents to rush him to the emergency room. The doctor diagnosed Nitin with a broken bone and recommended a cast to immobilize the arm while it healed. (4)

On the basis of above situation answer the following questions:

- 33.1 Breaking of a bone is called\_\_\_\_\_.
- 33.2 \_\_\_\_\_fractures are caused by overuse and repetitive activity.
- 33.3 \_\_\_\_\_fracture is very common in younger kids.
- 33.4 When a bone is broken into so many pieces or parts, it is called\_\_\_\_\_.

#### Section-E (Attempt any three)

34. Recall the adaptive effects that take place in our cardio-respiratory system after engaging in exercise for a longer period. (5)
35. Vitamins are very essential for working of the body and are divided into two groups. Explain about them. (5)
36. Explain the need of Inclusive education? What measures can be taken for better implementation of Inclusive education? (2+3)
37. What is league tournament? Draw a fixture of 9 teams on the basis of league tournament using cyclic method. Explain British method to declare the winner. (1+4)