

TERM 1 EXAMINATION 2022-23

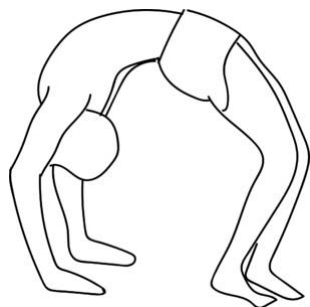
PT-2

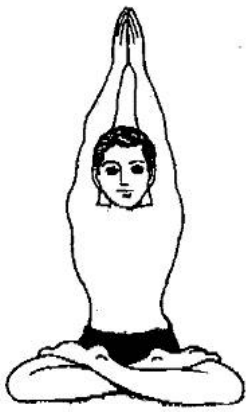
Class 12 - Physical Education

Time: 3hrs

Maximum Marks: 70

1. Name the type of tournament in which the defeated team gets eliminated and does not have another chance to play. [1]
a) Bye
b) League
c) Challenge
d) Knockout
2. The other name for League Tournament is- [1]
a) Round Robin Tournament
b) Challenge Tournament
c) Combination Tournament
d) Knock out Tournament
3. To calculate the total no of teams in the upper half for knock out tournaments, when total no of teams is odd, which formula is used? [1]
a) $\frac{N+1}{2}$
b) $\frac{N^2+1}{2}$
c) $\frac{(N+1)^2}{2}$
d) $N - 1$
4. Obesity is a condition in which the person weighs _____ more than the normal weight. [1]
a) 20%
b) 25%
c) 30%
d) 15%
5. Obesity and Diabetes are _____. [1]
a) Uncommon diseases
b) Incurable diseases
c) Lifestyle diseases
d) Psychological diseases
6. Identify the below-given Asanas and write their names. [1]







7. Sources of Proteins include: [1]
- | | |
|-------------|------------|
| a) Cucumber | b) Spinach |
| c) Fish | d) Potato |
8. Vitamin makes _____ strong. [1]
- | | |
|------------|----------|
| a) Muscles | b) Lungs |
| c) Bones | d) Heart |
9. Almost _____ part of our body is made up of water. [1]
- | | |
|-----------------|--------------|
| a) One forth | b) One-third |
| c) Three-fourth | d) Two-third |
10. The headquarter of Paralympics is at: [1]
- | | |
|------------|-------------|
| a) Denmark | b) Paris |
| c) Germany | d) New york |
11. Which of the following is not a strategy to make physical activities accessible to children with special needs? [1]
- | | |
|-------------------------|--------------------------------|
| a) Assistive technology | b) Creating special classrooms |
| c) Inclusive classrooms | d) Modified Equipments |
12. What is the motto of deaflympic? [1]

a) Let me win brane in my attempt

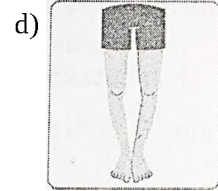
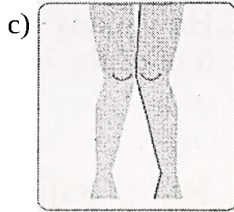
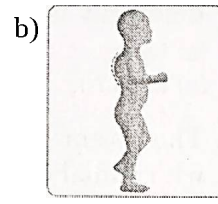
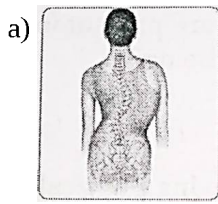
b) Per Ludos Aequalitas

c) Cetius, Altius Fortius

d) Spirit in motion

13. Identify the bow leg figure from the given options.

[1]

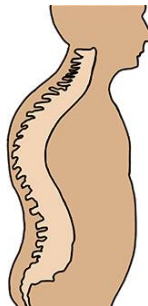


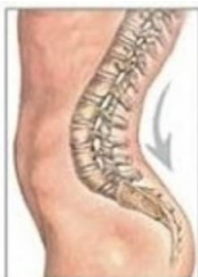
14. Identify the below-given Postural Deformities and write their names.

[1]









15. **Assertion (A):** Lordosis is treatable by doing the Bhujangasana and Tadasana.

[1]

Reason (R): These asanas strengthen the muscles and help in maintaining the balance of the body.

a) Both A and R are true and R is the correct

b) Both A and R are true but R is not the

explanation of A.

correct explanation of A.

c) A is true but R is false.

d) A is false but R is true.

16. What are the Age Groups for which Khelo India Fitness Assessment is to be done in Schools? [1]

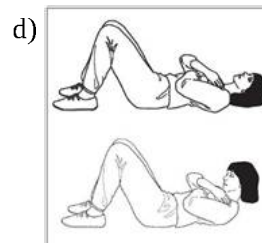
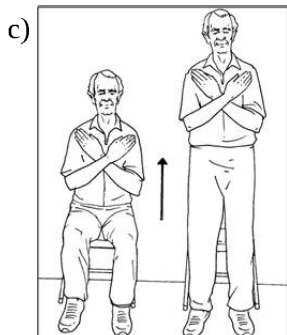
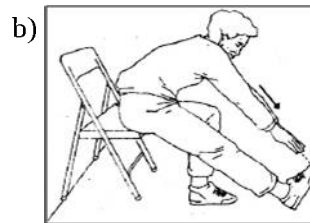
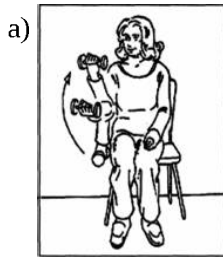
a) 3-8 yrs, 9-19 yrs

b) 5-9 yrs, 9-18 yrs

c) 5-8 yrs, 9-18 yrs

d) 5-8 yrs, 9-19 yrs

17. Among the given tests, which one represents the partial curl-up test? [1]



18. What does Push-Ups Measure in Khelo India Fitness Assessment Battery of Tests? [1]

a) Abdominal Muscular Strength

b) Co-ordination

c) Upper Body Strength Endurance

d) Flexibility

19. What do you mean by Fixture? [2]

20. What is hypertension? [2]

OR

Discuss the procedure of Trikonasana.

21. Explain the importance of fluid intake during competition. [2]

22. What do you understand by disability etiquettes? [2]

23. Define bow legs. [2]

24. What is the purpose of Sit & reach test? [2]

25. Explain the cyclic method of league tournament. [3]

26. What is the role of Yoga in preventing lifestyle diseases? [3]

27. Discuss any three pitfalls of dieting? [3]

OR

Discuss the functions and sources of fats.

28. A teacher at a preschool noticed that a child is not singing along with other children. She is not responding even [3]

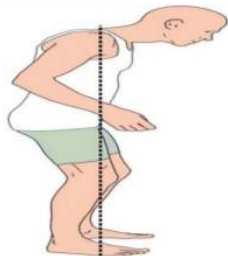
when her name is called. Then the teacher asked the child to stand next to her and repeat the rhyme along with her, while she prompted her. With effort, the child was able to sing like other children of her age.

i. What do you think the child is suffering from?

ii. What values are shown by the teacher?

iii. What type of school/classroom is it?

upper part of their vertebral column.



38. The term used to define this deformity is _____. [1]
- a) Kyphosis b) Lordosis
c) Scoliosis d) Both lordosis and scoliosis
39. This deformity is mainly caused due to _____. [1]
- a) All of these b) Weak muscles
c) Lack of exercise d) Carrying heavy loads
40. The asana/s which helps in rectifying such condition/sis/are _____. [1]
- a) Halasana b) Both chakrasana and dhanurasana
c) Chakrasana d) Dhanurasana
41. Bending head backward in standing position helps in getting rid of _____. [1]
- a) Lordosis b) Both lordosis and kyphosis
c) Scoliosis d) Kyphosis
42. Due to Covid Pandemic, most of the children attending online classes with bad sitting posture may experience this condition later [1]
- a) Flat foot b) Kyphosis
c) Scoliosis d) Lordosis