

O. P. JINDAL SCHOOL, SAVITRI NAGAR

Half Yearly Examination (2023 – 2024)

Class: XII

MM: 70

Subject: Physical Education

Time: 3 Hrs.

(Fifteen Minutes Extra will be given for reading the Question Paper.)

General Instructions:

- i. The question paper consists of 5 sections and 34 questions.
 - ii. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 - iii. Section B consists of questions 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
 - iv. Section C consists of questions 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available.
 - v. Section D consists of questions 29-31 carrying 4 marks each and are case studies. There is internal choice available.
 - vi. Section E consists of questions 32-34 carrying 5 marks each and are long answer types and should not exceed 200-300 words. There is internal choice available.
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Section - A

1. Identify the given Asana.

1



- a. Dhanurasana
c. Bhujangasana

- b. Ustrasana
d. Paschimottanasana

2. Scoliosis may occur due to.....

1

- a. Paralysis of spinal muscle on one side
b. One leg being short in length
c. Carrying heavy loads on one shoulder
d. Any of the above

3. Which of the following is not a cause of flat foot deformity?

1

- a. Body heaviness
b. Standing for a long time
c. Lack of vitamin D and Calcium
d. Faulty Posture

4. Which mineral required for developing strong bones and teeth? 1
- a. Cooper b. Potassium
c. Sodium d. Phosphorus
5. In which type of menstrual dysfunction, tight or infrequent menstruation is witnessed by the women? 1
- a. Premenstrual syndrome
b. Amenorrhea
c. Oligomenorrhea
d. Premenstrual dysphoric disorder
6. Which of the following is a non-nutritive component of diet? 1
- a. Fibre b. Caffeine c. Water d. All of these
7. Which country hosted summer Deflympics in 1939? 1
- a. United states b. Itly
c. Sweden d. Austria
8. How many byes will be there in fixture of 10 teams? 1
- a. 5 b. 6 c. 7 d. 8
9. Which of the following organisations helps promoting adaptive sports? 1
- a. Special Olympics b. Deaflympics
c. Paralympics d. All of these
10. Which of the following is a contraindications of Shavasana? 1
- a. Liver Enlargement b. Obesity
c. High blood pressure d. None of these
11. The objective of planning is 1
- a. Goal orientation b. Formation of rules & regulations
c. Making strategies d. All of the above
12. There areelement of Yoga. 1
- a. 5 b. 6 c. 8 d. 9
13. The second bye is given to theteam of the upper half in a Knock-out Tournament. 1
- a. Second b. First c. Third d. Fourth

14. Watching others play & enjoy which in turn motivates the child with special need to participate is a part of which kind of strategy? 1
 a.Mental b.Physical c.Psychological d. Social

15. Given below are two statements, one of which is labelled as Assertion (A) and other is labelled as Reason(R). 1

Assertion (A) Everyone should Yoga daily.

Reason (R) Yoga helps in avoiding various lifestyle disease such as Diabetes, Obesity and Cardiovascular disease.

Codes

- a. Both A and R are true and R is the correct explanation of A
 b. Both A and R are true
 c. A is true but R is false
 d. A is false but R is true

16. Match list I with List II. 1

List I	List II
a.Iron	1. Nervous system
b.Sodium	2. Haemoglobin
c.Fluorine	3. Strong Bone
d.Phosphorus	4. Enamel

- | | | | | | | | | | |
|----|---|---|---|---|----|---|---|---|---|
| | A | B | C | D | | A | B | C | D |
| a. | 3 | 4 | 2 | 1 | b. | 4 | 1 | 3 | 2 |
| c. | 1 | 3 | 2 | 4 | d. | 2 | 1 | 4 | 3 |

17. Match list I with List II. 1

List I	List II
a.Knock Knee	1.Lack of Exercise
b.Lordosis	2.Lack of Vitamin D
c.Flat Foot	3.Heredity Defects
d.Scoliosis	4.Faulty Posture

- | | | | | | | | | | |
|----|---|---|---|---|----|---|---|---|---|
| | A | B | C | D | | A | B | C | D |
| a. | 2 | 1 | 3 | 4 | b. | 2 | 1 | 4 | 3 |
| c. | 4 | 3 | 2 | 1 | d. | 4 | 1 | 3 | 2 |

18. Motor development only happens when the child is biologically and mentally ready for it. Motor development refers to the development of movement and various abilities from birth till death. It is the ability to move around and manipulate his/her environment. The first stage is marked by extremely rapid growth and development, as in the second stage. By the age of 2 years, this development has begun to level out somewhat. The final stage does not have any marked new development; rather it is characterized by the mastering and development of the skills achieved in first two stages. 1

Which factor affects motor development?

- a. Biological, Environmental, nutrition, opportunity
- b. Obesity, postural deformities, physical activities
- c. Both a and b
- d. Technique, skill and style.

Section-B

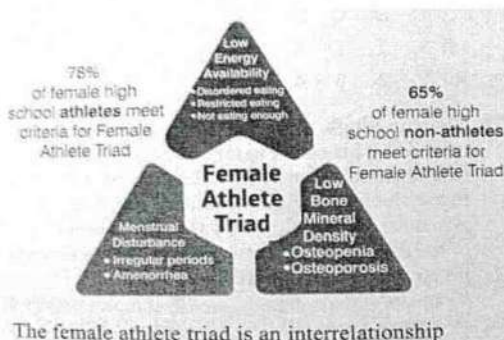
19. What is Bye? 2
20. What do mean by Anorexia Nervosa? 2
21. Explain two benefits of Kapalbhathi. 2
22. What is the aim of international paralympic committee? 2
23. Why does Weighlifter's diet include lots of protein? 2

Or Write briefly about micro nutrients.

Section-C

24. Draw the fixture of 9 teams by Knock out method. 3
25. Explain Anemia. How will you identify that women is Anemic or not? 3
26. Write ways to prevent from diabetes. 3
27. What are the advantages of physical activities for children with special needs? 3
28. What are uses of any three minerals in our diet? 3

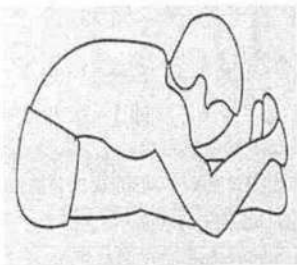
Or Discuss the functions and sources of fat.



The female athlete triad is an interrelationship of menstrual dysfunction, low energy availability (with or without an eating disorder), and decreased bone mineral density; it is relatively common among young women participating in sports.

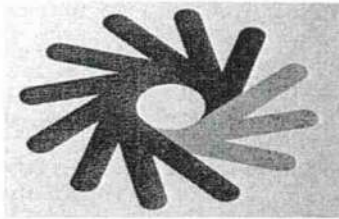
- In.....condition, we exercising intensively and not taking enough calories can lead to hormonal imbalances which results irregular menstrual cycle.
- What is the weakening of the bones due to loss of bone density and improper bone formation?
- The low level ofhormone can lead to osteoporosis.
- In which of the following disorder person refuses to eat well and maintain normal body weight according to weight & height?
Oris due to lack of iron in the diet and excessive blood loss.

30. Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises and meditation to improve overall health. The Yoga instructor of Rishi advised him to perform Bhujangasana. He also told him to perform Paschimottasana. Based on this case, answer the following questions.



- Identify the asana as shown in the picture.
- Rishi might be suffering from
- The benefits of paschimottasana are
- What is the contraindications of Bhujangasana?
Or Name the asana which is performed to cure heart disease.

31.



Deaflympics are a periodic series of multi-sport events sanctioned by the international Olympic committee at which deaf athletes compete at an elite level an also known as Deaflympiad. 4

- a. The Deaflympics are held in every.....years, and are the longest running multi-sport event in history after the Olympics.
- b. What is the motto of Deaflympics?
- c. From 1966 to 1999, the Deaflympics were recognized as.....
- d. The four colours in the logo of Deaflympics includes: red, green, yellow and.....
Or The first Deaflympiad games were held in

Section-E

- 32. Draw the fixture of 11 teams by league tabular method. 5
- 33. Mention the causes, precautions and corrective measures of knock knees. 5
- 34. What are the physical impairments in Paralympics? 5

Or 'Vitamines are essential for our metabolic process'. What happens if we devoid Our diet of Vitamines?
