

JB Academy, Ayodhya
Half Yearly Examination
Class - XII, Sub – Physical Education (048)

Time :- 3 Hours

M.M – 70

General Instruction

- (i) The question paper consists of 5 section and 37 questions.
- (ii) Section A consist of question 1-18 carrying 1 mark each and are multiple choice questions. All question are compulsory.
- (iii) Section B consist of question 19-24 carrying 2 marks each and are Very short answer types and should not exceed 60-90 words. Attempt any 5.
- (iv) Sections C consist of question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- (v) Section D consist of question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- (vi) Section E consist of question 34-37 carrying 5 marks each and each are short answer types and should not exceed 200-300 words. Attempt any 3.

Section – A

- 1. According to WHO (World Health Organisation) recommendations, children of Should be engaged in physical activities for 180 minutes and should have 10-13 hours of good quality sleep per day.
 - a. Less than 1 year
 - b. 1 – 2 years
 - c. 3 – 4 years
 - d. 5- 17 years
- 2. Which of the following deformity is NOT related to lower extremities?
 - a. Knock Knees
 - b. Scoliosis
 - c. Bow legs
 - d. Flat foot
- 3. What is the name of the postural deformity caused due to increase in the curvature at the lumbar region?
 - a. Knock knees
 - b. Bow Legs
 - c. Kyphosis
 - d. Lordosis
- 4. How many rounds will be played if the number of teams are 29 in the knock – out fixture ?
 - a. 5
 - b. 7
 - c. 6
 - d. 3
- 5. Which of the following procedures is not used for drawing up fixture in a league tournament ?
 - a. Tabular method
 - b. Seeding method
 - c. staircase method
 - d. Cyclic method
- 6. How many byes will be given if there are 8 teams in the league tournament ?
 - a. 7
 - b. 4
 - c. 5
 - d. 0
- 7. Identify the asana:
 - a. ArdhaChakrasana
 - b. Sheetali Pranayama
 - c. Bhadrasana
 - d. Yogmudrasana



8. Katichakrasana is used to cure :

- a. Diabetes
- b. Hypertension

- c. Both a and B
- d. Hypothalamus

9. Identify the asana shown in the picture given below and choose the correct option from the following

- a. Bhujangasana
- b. Katichakrasana
- c. Pawanmuktasana
- d. Salabhasana



10. Carbohydrates, which are soluble in water and crystalline in structure.

- a. Simple
- b. Complex
- c. Compound
- d. Complicated

11. What is the other name for vitamin B2 ?

- a. Niacin
- b. Thiamine
- c. Folic Acid
- d. Riboflavin

12. Which vitamin were consumed the most during Covid ?

- a. Vitamin C and D
- b. Vitamin A and B
- c. Vitamin B and C
- d. Vitamin B and D

13. What is the ratio of carbon , hydrogen and oxygen in carbohydrates ?

- a. 1:2:1
- b. 2:2:1
- c. 2:1:1
- d. 1:2:2

14. International Olympic committee was formed in :

- a. 1985
- b. 2003
- c. 1989
- d. 2001

15. The motto to the Paralympic is :

- a. Together for a shared future
- b. Spirit in motion
- c. faster, higher, stronger
- d. touch the sky with glory

16. The Paralympics anthem was composed by :

- a. Spyridon Samaras
- b. Thierry Darnis
- c. Brande Aristortle
- d. Andrew Parsons

17. Identify the asana :

- a. Gomukhasana
- b. Matsyasana
- c. Ardhamahalasana
- d. Ushtrasana



18. The formula for determining the number of rounds in a single league fixture when the number of teams is even?

- a. N
- b. $N-1/2$
- c. N-1
- d. $N(N-1)/2$

Section - B (Any Five)

19. Write a short note on International Paralympic athletes?
20. What is BMI? Calculate BMI of a child whose weight is 72 kg and height 1.68 mts?
21. Elucidate the benefits and contradiction of Matsyasana
22. How many byes will be given in total in the upper half and the lower half if the total number of teams is 21?
23. . list the physical activities that can be undertaken to correct knock knee deformity?
24. What do you mean by 'Round Shoulder'? suggest any four physical activities for correcting round shoulders.

Section - C (Any Five)

25. Participation in physical activities is advantageous for children with special needs." Briefly explain any three advantages.
26. What are the pitfalls of dieting? Write any three.
27. "Asanas can be cured as a preventive measure." Comment.
28. Write about the deformities of spinal curvature.
29. Draw a fixture of 6 teams on league basis following the cyclic method.
30. Draw a fixture of 12 teams on the league basis according to the staircase method.

Section - D

31. Case study Based Questions

In relation to the pictures, answer the following questions.



1. logo shown in pictures refers to special Olympic.
2. Who was the founder of Special Olympics?
3. According to figure 'B', the hand shapes of 'OK', 'Good' and 'Great' that Overlap each other in a circle, represent the original sign for
4. How many countries participated in the first Paralympic Games in Rome (Italy) in 1960?

32. Based on the given fixture, answer the following question:

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	

1. Which method is shown in the picture to draw fixture in league tournament?
2. What is the formula to calculate number of matches?
3. In league or round-robin tournament, winner will be decided on the basis of
4. If 7 teams participate in a league tournament, number of matches will be played.

33. Read the following passage and answer the following questions.

On a schedule health check-up, Parag a student of class VII was diagnosed with Beri – Beri disease. His parents are very concerned about his health and asked the doctor more about this disease.

1. According to the doctor, this disease is cause due to deficiency of:
 - a. Vitamin B2
 - b. Vitamin B5
 - c. Vitamin B1
 - d. Vitamin B12
2. This Vitamin is also called:
 - a. Thiamine
 - b. Niacin
 - c. Riboflavin
 - d. Biotin
3. Symptoms of Beri – Beri are:
 - a. Shortness of breath
 - b. Swelling in the feet
 - c. Loss of appetite
 - d. All of these
4. Which of the following statement is true about proteins?
 - a. Proteins are made up of amino acids
 - b. Proteins is the only nutrients that can build, repair and maintain body tissue
 - c. Protein helps in Antibodies formation
 - d. All of the above

Section - E (Any Three)

34. Explain macronutrients and their role in our diet.
35. How physical activities are helpful for children with special need? explain strategies to make physical activities assessable for them.
36. Discuss in details about 'Female Athlete Triad':
37. Draw a fixture of 11 football teams participating in a tournament on the basis of knock – Out.

ALL THE BEST
