



INDIAN SCHOOL AL WADI AL KABIR

ASSESSMENT 1 (2023-2024)

Physical Education (048)

Class – XII

Date: 26.09.2023

Time: 3 Hours

Max. Marks: 70

General Instructions:

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -14 in Section A are MCQ's carrying 1 mark each.
3. Question Nos. 15-17 in Section B are Very Short Answer Type-I questions 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Question Nos. 18-21 in Section C are Short Answer Questions Type-II carrying 3 marks each. Answer to each question should not exceed 60 words. Attempt any 5.
5. Question Nos. 22 - 23 in Section D carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 24-25 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

(SECTION -A)

1. Identify the images



- (a) uttanasana
- (b) bhujangasana
- (c) sarvangasana
- (d) gomukhasana

2. In Knock-out tournament 2nd bye will be given to:

- (a) last team of upper half
- (b) first team of lower half
- (c) last team of lower half
- (d) first team of upper half

3. The deficiency of which of the following nutrient is known as pellagra?

- (a) vitamin B9
- (b) vitamin B3
- (c) vitamin B12
- (d) vitamin B2

4. Which amongst these is a pitfall of dieting.

- (a) skipping meal
- (b) reducing energy food
- (c) drinking lot of water
- (d) taking food supplements

5. The first Paralympic games were organized in which country in 1960?

- (a) Rome (b) USA (c) Germany (d) France

6. Objective of planning.

- (a) To improve sports performance (b) Harmony
(c) awareness (d) fitness

7. Which type of nutrient are advisable for the players?

- (a) protein (b) minerals
(c) carbohydrates (d) vitamins

8. What is the formula to determine number of matches in League fixture for even number of team?

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

9. Vajrasana is a _____ posture.

- (a) meditative (b) relaxing
(c) salute (d) sleeping

10. " Let me win. But if I cannot win, let me be brave in the attempt". in Which game this oath is taken?

- (a) special Olympic bharaat (b) Paralympics
(c) deaflympics (d) Asian games

11. Which amongst these is a sitting asana?

- (a) Ardh-matsyendrasana (b) padahasthasana
(c) ardh chakarasana (d) trikonasana

12. Gomukhasana should be avoided by those suffering from.

- (a) Pregnancy (b) shoulder pain
(c) knee or back pain (d) All of above

13. In all carbohydrates, the ratio of hydrogen atoms to oxygen atoms is _____.

- (a) 3:2 (b) 1:1 (c) 2:1 (d) 3:1

14. Genu Valgum deformity is another name of-

- (a) knock Knees (b) flat foot
(c) bowlegs (d) round shoulder

15. Name the teacher who is specially trained to work with CWSN.....

- (a) Physical education teacher (b) physiotherapist
(c) principal (d) special educator

16. Match the following:

S.no.	Postural Deformities	Causes
A	Knock knee	1.Weakness of muscles and ligaments
B	Round shoulders	2.use of poor quality footwear
C	Flat foot	3.carrying heavy load on shoulders
D	Bow legs	4.putting extra weight on leg muscles

Codes _____ ABCD

(1) 1 3 2 4

(2) 2 1 3 4

(3) 4 3 2 1

(4) 3 4 2 1

17. Match the following;

S.no.	List 1 (Vitamin)	List 2 (Disease)
A	Vitamin A	1.Pyorrhea
B	Vitamin B	2.Rickets
C	Vitamin C	3.Beri-Beri
D	Vitamin D	4.Night blindness

Codes _____ ABCD

(1) 4 2 1 3

(2) 4 3 1 2

(3) 1 2 3 4

(4) 2 3 1 4

18. Given below are the two statements labeled assertion (A) and reason (R).

Assertion (A) Vitamin are compounds of carbon which are essential for the normal growth and working of the body.

Reason (R) Vitamin D is essential for normal growth of the body. Deficiency of Vitamin A leads night blindness and also effects kidneys, nervous system and digestive system.

In the context of the above two statements, which one of the following is correct?

(a) A is false, but R is true.

(b) A is true, but R is false.

(c) Both A and R are true and R is the correct explanation of A.

(d) Both A and R are true, but R is not the correct explanation of A.

SECTION - B

19. What is balanced diet? Elaborate any four nutrients/elements of a balanced diet.
20. What happens in the case of absence of menstrual cycle?
21. "Practicing yoga-asanas regularly can prevent many diseases." Mention the asanas.
22. Explain the causes, and precautions for bow legs.
23. List down any two strategies to make physical activities accessible for CWSN.
24. Define extramural? Write any three advantages.

SECTION - C

25. 'Doing asana is a healthy way of life. 'justify the statement by giving any three importance of it.
26. Write the procedure of fixtures in league tournaments?
27. What are nutritive and non-nutritive components of a diet? List down the types of nutritive and non-nutritive components and their benefits.
28. Differentiate between Special Olympics, Deaflympics and Paralympics.
29. To prevent the deformity of scoliosis, what precautions should be taken?
30. Explain the importance of fluid intake during a competition.

SECTION - D

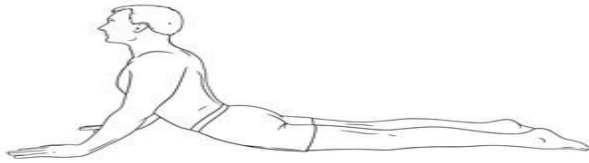
31. Read the following paragraph and answer the questions based upon it:



Sun Bean School, Indore is going to conduct a Inter-school tournament of Basketball. They got entry from 21 schools. The chief official of the tournament prepared a fixture and distributed its copies to the team managers one day before the tournament. All the participants and the coaches were satisfied with the fixture.

- a) How many matches were played during the tournament?
- b) What was the total number of rounds played by the winning team?
- c) How many byes were given in the tournament?
- d) How many matches were played in the 1st round of the tournament?

32. Mr. Raghav aged 50 years is recommended to practice the below asana as a therapeutic measure. He is a software engineer by occupation and spends a lot of time sitting at one place. He developed certain symptoms like frequent urge for urination, tiredness, excessive weight gain along with being anxious and gets easily irritated.



1. From the shape of the body in the given pose, it can identify as _____
2. Blood sugar levels are controlled by _____ hormone
3. This asana should be avoided by people suffering with _____
4. The disease of lung where airways are blocked or narrowed is _____

33. School management needs to recognize the essential place of physical activity in the education of children with special needs. In order to develop lifelong habits for fitness and to provide them with many opportunities of socialization, schools need to understand that physical education is not a secondary subject but it is just as important as other skills.

On the basis of above given case answer the following questions:

- 1 What stands for CWSN?
 - 2 Write down two strategies to make physical activities accessible for CWSN
 - 3 Discuss the way you can implement inclusive education in the classroom and sports classes.
- OR
- What is the name of the Olympic Games for disabled persons?
 - 4 What is the motto of Paralympics?

SECTION-E

34. Eric is having a spinal deformity. There is an increased forward curve in his lumbar region. Identify the postural deformity. What are its causes and corrective measures?
35. What do you understand by eating disorder? Discuss three disorders caused due to this.
36. Explain the meaning of specific sports programme? Write its contribution for society.
37. Define combination tournament. Draw a fixture of 16 teams using knock-out cum league method.

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