



INDIAN SCHOOL AL WADI AL KABIR

SAMPLE MID TERM (2022-23)

Time: 3 HRS.

Class – XII

M.M.: 70

Name: _____

Subject –PHYSICAL EDUCATION

Date:

- The question paper consists of 28 questions and 5 pages.
- Section A - Question 1-14 carry 01 mark each
- Section B - Questions 15-21 carry 03 marks each
- Section C - Questions 22 & 28 carry 05 marks each and shall not exceed 150-200 words
- Internal choices have been provided in some questions. Only one of the alternatives has to be attempted


Section A


S.No.	QUESTIONS	MARKS
Q1.	How many byes will be given if 19 teams are participating in a knock-out tournament? (a) 12 (b) 13 (c) 14 (d) 15 or Tournaments are helpful for the development of: (a) Social qualities (b) Selection of players (c) Sports skills (d) All the above	[1]
Q2.	Which one of the following is not the non-nutritive component of diet? (a) Roughage (b) Colour compounds (c) Protein (d) Flavour compounds	[1]
Q3.	Which one of the following is not related with spinal curvature deformities? (a) Kyphosis (b) Bow legs (c) Lordosis (d) Scoliosis	[1]
Q4.	Which one of the following asanas is not a remedial asana for treating obesity? (a) Vajrasana (b) Trikonasana (c) Chakrasana (d) Ardhamatseyendrasana	[1]
Q5.	Which of the following is the first step in a sports programme? (a) Staffing (b) Budgeting (c) Planning (d) Directing or In this tournament, every team losing once is eliminated: (a) Ladder tournament (b) Combination tournament (c) Single knockout tournament (d) Double knockout tournament	[1]
Q6.	In which one of the following pranayamas inhalation is done from one nostril and exhalation is done from next nostril? (a) Sheetali Pranayama (b) Sheetkari Pranayama (c) Anulom-vilom (d) None of the above	[1]
Q7.	In which year, the first Paralympic Games were held? (a) 1956 (b) 1958 (c) 1960 (d) 1962	[1]

Q8.	Which one of the following fitness tests is used for the age group 5 to 8 year old students in SAI Khelo India Fitness Test in school? (a) Flamingo Balance Test (b) Partial Curl-up (c) Sit and Reach Test (d) All of the above	[1]
Q9.	Where will the Paralympic Games (summer) in 2028 be held? (a) Paris (b) Tokyo (c) Los Angeles (d) London	[1]
Q10.	50 m dash helps in measuring: (a) Speed (b) Leg strength (c) Abdominal strength (d) None of these	[1]
Q11.	What is the other name of vitamin b3? (a) Riboflavin (b) Biotin (c) Niacin (d) Thiamin	[1]
Q12.	Which one of the following is an eating disorder? (a) Osteoporosis (b) Bulimia nervosa (c) Amenorrhea (d) None of these	[1]
Q13.	In which postural deformity the gap between the ankles goes on increasing? (a) Bow legs (b) Knock knees (c) Flat foot (d) None of these	[1]
Q14.	The main source of protein are: (a) Fish meat and eggs (b) Green vegetables (c) Wheat and rice (d) Sunlight and water	[1]

SECTION – B

S.No.	QUESTIONS	MARKS
Q15.	<p>Neeti along with her father was regular at District Park in early morning. She realized that most of the children are obese. She along with her few classmates wanted to help those children. She discussed with her physical education teacher and the principal of the school. All of them decided to spread awareness among children.</p> <p>Based on this case answer the following questions:</p> <p>1. The Physical education teacher advised students to performfor obesity. (a) Bhujangasana (b) Pawanmuktasana (c) Vajrasana (d) Chakrasana</p> <p>2. The BMI index for a Normal person is (a) <18.5 (b) 18.5-24.9 (c) >30 (d) >25</p> <p>3. Which of the following is not a cause of obesity? (a) Poor diet (b) Imbalance between calories intake and calories expended (c) Genetics (d) Cardio exercise</p>	[3]
Q16.	<p>Given below are the two statements labelled Assertion (A) and Reason (R).</p> <p>Assertion (A): League tournaments are also called Round Robin Tournaments.</p> <p>Reason (R): League tournaments are less expensive in comparison to other forms of tournaments.</p> <p>In the context of the above statements, which one of the following is correct? (a) Both (A) and (R) are true and (R) is the correct explanation of (A). (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A). (c) (A) is false, but (R) is true. (d) (A) is true, but (R) is false.</p>	[3]

<p>Q17.</p>	 <p>1. Both the tests shown in the picture are conducted to check _____ fitness. (a) Muscular (b) Skeletal (c) Cardiovascular (d) Respiratory</p> <p>2. The height of the bench used in the first picture is _____ cm for women. (a) 45 (b) 50 (c) 40 (d) 55</p> <p>3. The test shown in the first picture was developed by (a) Coubertin (b) Brouha (c) Sheldon (d) James</p>	<p>[3]</p>
<p>Q18.</p>	<p>Dr. Deepa Malik was the first Indian Female Para athlete to win an Asian Games Medal in athletics as well as the first female World Championship Medal. She is also India’s first female paralympic medalist, she has won 23 international medals and 68 national and state level medals. She has been awarded Padma Shri, Arjuna Award and Rajiv Gandhi Khel Ratna Award.</p> <p>1. In which one of the following event she won a silver medal at Paralympic Games in 2016 Summer Paralympics? (a) Javelin Throw (b) Discus Throw (c) Shot Put (d) None of these</p> <p>2. Who became the first female Paralympic medalist of India? (a) Deepa Karmakar (b) Deepa Malik (c) Deepa Singh (d) Sakshi Malik</p> <p>3. Which one of the following is the motto of Paralympics? (a) Mind, Body, Spirit (b) Spirit in motion (c) Faster, Higher, Stronger (d) None of these</p>	<p>[3]</p>
<p>Q19.</p>	<p>Sports Ministry has launched many sports schemes in India. Among these, one of the best schemes is Khelo India. Mr. Kannan, father of Kartik approached the PE teacher and enquired about the fitness levels of the students. PE teacher replied that Khelo India consisted of physical fitness tests for school children and they were analysing students’ fitness through these tests.</p> <p>1. To measure Static Balance which one of the following is best? (a) Flamingo Balance Test (b) Sit and reach test (c) Barrow fitness test (d) General fitness test</p> <p>2. SAI fitness test is conducted on (a) Children (b) Adults (c) Adolescent (d) All of these</p> <p>3. To measure speed and coordination which one of the following is best? (a) Modified push up (b) Plate Tapping Test (c) Sit And Reach Test (d) Jogging</p>	<p>[3]</p>

Q20.	<p>Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various types of postural deformities can be identified in individuals.</p>  <p>1. From the above given picture, the deformities seen on the left most is caused due to deficiency of _____ (a) Iron (b) Calcium (c) Vit-D (d) Both (b) &(c)</p> <p>2. Walking on the inner edge of the feet can be a remedy for _____ (a) Bow legs (b) Flat foot (c) Overweight (d) leg deformity</p> <p>3. The person in the middle is suffering with _____ (a) Rickets (b) Flatfoot (c) Knock knees (d) Elephant foot</p>	[3]
Q21.	<p>On his scheduled health check-up Deepak a student of class vi was diagnosed with Beri-beri disease. His parents are very concerned about his health and asked the doctor more about this disease.</p> <p>1. According to the doctor this disease is caused due to deficiency of _____ (a) Vitamin B5 (b) Vitamin B1 (c) Vitamin B3 (d) Vitamin B7</p> <p>2. Symptoms of Beri-beri are _____ (a) Loss of appetite (b) Shortness of breath (c) Swollen feet (d) All of these</p> <p>3. Other diseases which might occur due to this vitamins deficiency are _____ (a) Constipation (b) Irritation (c) Both a) and b) (d) High blood pressure</p>	[3]

SECTION – C

Q22.	<p>What do you mean by sports management? Elucidate any three functions of sports event management in brief.</p> <p style="text-align: center;">or</p> <p>Draw a knock-out fixture of 21 teams and explain the advantage of the knock-out tournament.</p>	[5]
Q23.	<p>Discuss the procedure, benefits and contraindications of Anulom-vilom and Surya bhedan pranayama.</p> <p style="text-align: center;">or</p> <p>What do you mean by Asthma? Draw & Explain the procedure, benefits and contraindication of any two asanas recommended to cure as well as to prevent Hypertension.</p>	[5]
Q24.	<p>What are common postural deformities? Explain them in brief.</p>	[5]
Q25.	<p>What is hypertension? Discuss Nadishodhan pranayama and Sheetli pranayama in detail.</p>	[5]

Q26.	<p>Dr. Deepa Malik was the first Indian Female Para athlete to win an Asian Games Medal in athletics as well as the first female World Championship Medal. She is also India's first female paralympic medalist, she has won 23 international medals and 68 national and state level medals. She has been awarded Padma Shri, Arjuna Award and Rajiv Gandhi Khel Ratna Award.</p> <p>A. In which one of the following event she won a silver medal at Paralympic Games in 2016 Summer Paralympics? (a) Javelin Throw (b) Discus Throw (c) Shot Put (d) None of these</p> <p>B. How many sports are there in Summer Paralympics which are sanctioned by International Paralympic Committee? (a) 28 (b) 6 (c) 22 (d) 16</p> <p>C. Who became the first female paralympic medalist of India? (a) Deepa Karmakar (b) Deepa Malik (c) Deepa Singh (d) Sakshi Malik</p> <p>D. Who became the first Indian to clinch two gold medals at Rio Paralympics? (a) Devendra Jhajharia (b) T. Maiyappan (c) Sundar Singh Gurjar (d) Sandeep Chaudhary</p> <p>E. Which one of the following is the motto of Paralympics? (a) Mind, Body, Spirit (b) Spirit in motion (c) Faster, Higher, Stronger (d) None of these</p>	[5]
Q27.	<p>What do you mean by Basal Metabolic Rate? How will you calculate the BMR of a female? Discuss with the help of an example.</p> <p style="text-align: center;">or</p> <p>Discuss any two tests for the assessment of fitness of students in the age group of 5 to 8 years stated by SAI Khelo India Fitness Test in school.</p>	[5]
Q28.	<p>Explain benefits of yoga in curing various diseases such as obesity, diabetes & high blood pressure.</p>	[5]