

# INDIAN SCHOOL AL WADI AL KABIR

## Class 12 – Physical Education

### Worksheet 1: UNIT 2- CHILDREN AND WOMEN IN SPORTS

Date: \_\_\_\_\_

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#### Section A: Multiple Choice Questions (1 Mark Each)

Choose the correct option:

1. According to WHO, children aged 5–17 years should engage in at least how many minutes of moderate to vigorous physical activity daily?
    - a) 30 minutes
    - b) 45 minutes
    - c) 60 minutes
    - d) 90 minutes
  2. Which of the following is a **lateral curvature of the spine**?
    - a) Kyphosis
    - b) Scoliosis
    - c) Lordosis
    - d) Flat foot
  3. **Knock knees** can be corrected by:
    - a) Wearing arch support
    - b) Walking on toes
    - c) Horse-riding stance exercises
    - d) Pulling the shoulders back
  4. What is the most common postural deformity caused by sitting with rounded back for long hours?
    - a) Bow legs
    - b) Flat foot
    - c) Kyphosis
    - d) Scoliosis
  5. **Flat foot** occurs due to:
    - a) Overarched feet
    - b) Weak foot muscles
    - c) Stiff spine
    - d) Weak abdominal muscles
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#### Section B: Very Short Answer Questions (2 Marks Each)

6. What are the WHO physical activity guidelines for adults aged 18–64?
7. Define round shoulders and state one corrective measure.
8. What is Lordosis? Mention one exercise to correct it.
9. How is Bow Legs different from Knock Knees?

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**Section C: Short Answer Questions (3 Marks Each)**

10. Write any three WHO exercise recommendations for children aged 5–17 years.
11. Explain Kyphosis along with its corrective measures.
12. Mention any three causes of flat foot and suggest corrective measures.

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**Section D: Case Study-Based Question (4 Marks Each)****13. Case Study:**

Riya is a 13-year-old girl who has recently been feeling self-conscious about her walking style. Her knees touch each other when she walks, and she often complains about knee pain. Her physical education teacher observes that she has knock knees.

**Questions:**

- a) What is the name of the postural deformity Riya has?
- b) What might be the causes of this condition?
- c) Suggest two corrective exercises.
- d) How can regular physical activity help in correcting such issues?

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**Section E: Long Answer Questions (5 Marks Each)**

14. List all the common postural deformities and explain their causes and corrective measures.
  15. Describe the **WHO exercise guidelines** for:
    - Children (5–17 years)
    - Adults (18–64 years)
    - Older Adults (65+ years)
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