

INDIAN SCHOOL AL WADI AL KABIR

Class 12 – Physical Education

Worksheet 1: UNIT 2- CHILDREN AND WOMEN IN SPORTS

Date: _____

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
-

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?

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.

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?

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)
-

INDIAN SCHOOL AL WADI AL KABIR

Class 12 – Physical Education

Worksheet 1: UNIT 2- CHILDREN AND WOMEN IN SPORTS

Answer Key

Date: _____

Section A: MCQs

1. c) 60 minutes
 2. b) Scoliosis
 3. c) Horse-riding stance exercises
 4. c) Kyphosis
 5. b) Weak foot muscles
-

Section B: Very Short Answers

6. At least **150–300 minutes of moderate-intensity** aerobic physical activity per week for adults aged 18–64.
 7. **Round shoulders** is a condition where shoulders are hunched forward;
Corrective measure: Pulling back shoulders, wall press.
 8. **Lordosis** is an excessive inward curve of the lower spine. Exercise: Pelvic tilt.
 9. **Bow legs** – legs curve outward at the knees; **Knock knees** – knees touch but ankles are apart.
-

Section C: Short Answers

10.
 - Engage in at least **60 minutes** of moderate to vigorous activity daily.
 - Include **muscle and bone-strengthening activities** 3 times/week.
 - Limit sedentary behavior and screen time.
11.
 - **Kyphosis:** Forward rounding of the upper back.

- **Causes:** Poor posture, muscle weakness, carrying heavy bags.
- **Corrective:** Back extension, prone lying, shoulder retraction.

12.

- **Causes:** Weak arch muscles, improper footwear, prolonged standing.
- **Corrective:** Toe curling, walking on toes, arch support insoles.

Section D: Case Study

- a) Knock knees
- b) Causes: Vitamin D deficiency, obesity, poor posture, genetics
- c) Side-lying leg raises, Horse-riding stance
- d) Physical activity strengthens muscles, improves posture, and corrects alignment

Section E: Long Answers

14.

- **Knock Knees:** Knees touch, ankles apart → *Horse-riding stance, side-lying leg raises*
- **Bow Legs:** Legs curve outward → *Bridging, stretching exercises*
- **Flat Foot:** No foot arch → *Toe curling, walking on toes*
- **Round Shoulders:** Shoulders slouch forward → *Shoulder retraction, wall press*
- **Lordosis:** Inward curve of lumbar spine → *Pelvic tilt, knee-to-chest*
- **Kyphosis:** Outward curve of thoracic spine → *Back extension, shoulder blade squeeze*
- **Scoliosis:** Lateral spine curve → *Stretching opposite side, yoga, bracing*

15.

- **Children (5–17 years):**
 - 60 min/day of moderate to vigorous activity
 - Include muscle and bone strengthening 3 days/week
- **Adults (18–64 years):**
 - 150–300 min/week of moderate intensity OR

- 75–150 min/week of vigorous intensity
 - Strength training 2+ days/week
 - **Older Adults (65+):**
 - Same as adults
 - Add balance and fall prevention exercises 3 days/week
-