



# Delhi Public School, Howrah

## PERIODIC TEST -I (2024-2025)

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PHYSICAL EDUCATION (048)

Time: 3Hours Class- XII

Marks: 70

### General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section 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.
5. Section D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

### SECTION: A

Answer the following by choosing the most appropriate options:

1. Match List-I with List- II and select the correct answer from the code given below:

	LIST-1		LIST-2
i.	Cognitive	1	Disorder
ii.	OCD	2	Improvement techniques
iii.	Physical activities	3	Disability
iv.	Competition in sports & games for CWSN	4	Paralympics

CODE				
	i	ii	iii	iv
a.	3	1	2	4
b.	4	2	1	3
c.	2	3	4	1
d.	4	3	1	2

2. Which asana is not used for "Back pain"?  
a. Pavanmuktasana      b. Bhujangasana      c. Vakrasana      d. Ardhmatsyendhasana
3. A good plan should not be-  
a. Specific      b. Logical      c. Autocratic      d. Flexible
4. Which does not fall under disability etiquette?  
a. Assistance      b. Companion      c. Shake Hand      d. Childish
5. Which Olympic is not for CWSN people-  
a. Winter      b. Special      c. Deafly      d. Para
6. Identify the female athlete who won 5 gold medals in 20 days.  
a. P T Usha      b. Hima Das      c. Dutee Chand      d. PU Chitra

7. How many byes will be given if there are 17 teams?

a. 1

b. 8

c. 15

d. 12

8.

Round I	Round II	Round III	Round IV	Round V	Round VI	Round VII
8 ↔ ① 7 ↔ 2 6 ↔ 3 5 ↔ 4	7 ↔ ① 6 ↔ 8 5 ↔ 2 4 ↔ 3	6 ↔ ① 5 ↔ 7 4 ↔ 8 3 ↔ 2	5 ↔ ① 4 ↔ 6 3 ↔ 7 2 ↔ 8	4 ↔ ① 3 ↔ 5 2 ↔ 6 8 ↔ 7	3 ↔ ① 2 ↔ 4 8 ↔ 5 7 ↔ 6	2 ↔ ① 8 ↔ 3 7 ↔ 4 6 ↔ 5

The formula for determining the number of rounds in this single league fixture when the number of teams is even-

a. N

b.  $N-1/2$

c. N-1

d.  $N(N-1)/2$

9. Given below are two statements labelled as Assertion (A) and Reason(R).

**Assertion (A):** Arindam reduced 2 pounds weight in the last week.

**Reason(R):** Everyday morning Arindam practiced Yoga.

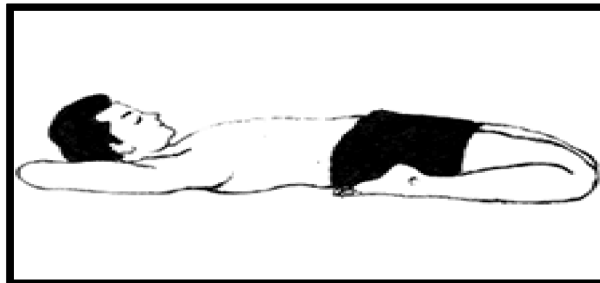
a. Both (A) and (R) are true and (R) is the correct explanation of (A).

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

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

d. Both (A) and (R) are false.

10. Identify the Asana:



a. Paschimottasana    b. Matsyasana    c. Salavasana    d. Supta Vajrasana

11. In the placement of Byes, IV Bye is given to whom?

a. 1st Team of lower half

b. 1st team of upper half

c. Last team of lower half

d. Last team of upper half

12. World Disability Day is celebrated on-

a. 3<sup>rd</sup> September

b. 3<sup>rd</sup> October

c. 3<sup>rd</sup> November

d. 3<sup>rd</sup> December

13. A disorder in a child is marked by defiant and disobedient behaviour towards authority figures. The cause of this disorder is unknown but likely involves a combination of genetic and environmental factors. Symptoms generally begin before a child is eight years old. They include all irritable mood, argumentative and defiant behaviour, aggression and vindictiveness that last longer than six months and cause significant problems at home or school. This disorder of CWSN child is called-

a. ADHD

b. OCD

c. ODD

d. ASD

14. Watching others play and enjoy, which in turn motivates the child with a special need to participate, is a part of which kind of strategy?

a. Mental

b. Physical

c. Psychological

d. Social

15. Pick the name of meditative asana-

a. Vajrasana    b. Vakrasana    c. Sukhasana

d. Tadasana

16. Genu Valgum is the alternative name of \_\_\_\_\_.

a. Kyphosis

b. Bow Legs

c. Knock Knees

d. Flat Foot

17. Weakening of bones due to loss of bone density and improper bone formation is known as \_\_\_\_\_.

a. Amenorrhea

b. Anorexia Nervosa

c. Osteoporosis

d. Lordosis

18. Given below are two statements labelled as Assertion (A) and Reason(R).

**Assertion (A):** Bhujangasana can perform anywhere.

**Reason(R):** There is no contraindication for this asana.

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

### SECTION: B

- Explain the rules of giving bye in a knockout tournament with the help of an example. 2
- Recognize any four Indian women Olympic medalists and mention their respective sports. 2
- According to WHO, which kind of physical activity one can do during the age of 18-64 years? 2
- Clarify few corrective measures of Kyphosis. 2
- "Vakrasana and Shalabhasana helps in reducing pain"- Justify this line. 2
- State any four strategies to make physical activities accessible for CWSN. 2

### SECTION: C

- Draw a league tournament fixture of 12 teams in staircase methods. 3
- Elaborate the merits & demerits of the league tournament.  $(1.5+1.5) = 3$
- Explain the procedure and Contraindication of Matsyasana.  $(1.5+1.5) = 3$
- Posture plays a very significant role in our daily activities. Correct posture means the balancing of the body in an accurate and proper manner. Various types of postural deformities can be identified in the leg. Explain the corrective measures of the postural deformities which is related to leg. 3
- As an event organizer, what will be the responsibilities of Logistics Committee?3
- Hypothesize the term: Fixture, Bye and Seeding.3

### SECTION: D

31. Your school organized talks by leading yoga experts and teachers. They all focused on the preventive role of yoga in diminishing lifestyle diseases. After hearing this talk, you want to explain to your family members why they should take up yoga, especially your mother, who is an asthma patient, and your grandfather, who always complains of aches and joint pains. 1X4

- \_\_\_\_\_ yogasanas will be prescribed by you for your mother to do.
- The suggestion from you to help reduce the lower backache of your grandfather through yoga will be \_\_\_\_\_.
- Hypertension can be controlled through \_\_\_\_\_ pranayama.
- \_\_\_\_\_ & \_\_\_\_\_ are the effective paths of yoga for preventing lifestyle disease.

**OR**

- Other than obesity, diabetes, asthma, backpain and hypertension, \_\_\_\_\_ is the important lifestyle diseases where yoga has an important role to play.

32. Animesh of XII A is a great athlete. After the lock down, he went to see his Physical Education Teacher. Mr. Roy, the PE teacher, is shocked to see Animesh because he has gained a lot of weight. Mr. Roy also observed that many other students have also gained weight. So, he decided to conduct an 'Inter House Tournament' at the school. After analyzing the situation Mr. Roy decided to conduct the tournament on a league basis for their betterment. 1x4

- Alternative name of league tournament is \_\_\_\_\_.
- If 9 teams participate in a Double League Tournament, \_\_\_\_\_ number of matches will be conducted in the first phase of league.
- \_\_\_\_\_ is the formula to determine number of matches in double league fixture for even number of teams.
- Number of teams plays a vital role in a tournament fixture because \_\_\_\_\_.

OR

d. \_\_\_\_\_ & \_\_\_\_\_ methods are used for fixtures in a League Tournament.

33.



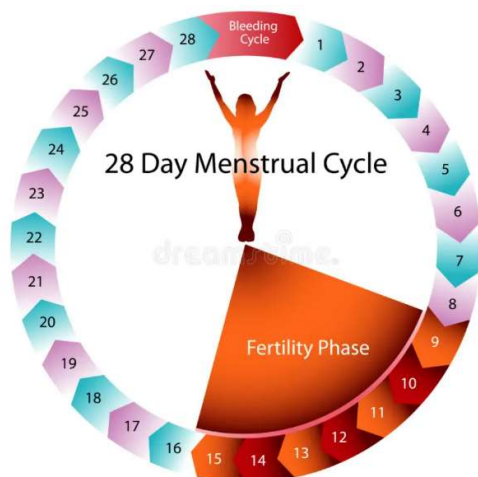
On the basis of above given picture answer the following questions.

1X4

- Dyslexia is related to \_\_\_\_\_.
- Three types of disabilities are \_\_\_\_\_.
- Full form of SPD is \_\_\_\_\_.
- ODD may be \_\_\_\_\_ kind of disorder.

### SECTION: E

34.



Elucidate the term Female Athlete Triad. Hypothesize any four types of menstrual dysfunction.

1+4

35. Explain cognitive disability along with its symptoms and Causes.

1+2+2= 5

36. Mention the significance of intramurals for school students. Write any four importance of Extramural.

3+2

37. "Joining a sports community provides support and encouragement from the group, which is essential for those who persist and enjoy sports. Other members of the community can share their experiences, motivation, challenges, and positive personal attitudes toward bottlenecks in sports, helping novice athletes in the community to overcome obstacles. Community members who receive support and encouragement can indirectly increase individual motivation to exercise, giving community members more confidence to feel recognized and valued and the courage to take on challenges. Similarly, from the perspective of social support theory, the use of sports communities can increase direct emotional support as well as direct social support for users. Members of sports communities can instead gain more direct emotional value from their peers." - Identify any five types of community sports and explain it thoroughly.

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