



Delhi Public School, Howrah

PERIODIC TEST - I (2025-2026)

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

Time: 3 Hours

SUBJECT: PHYSICAL EDUCATION (048)

Class- XII

Marks: 70

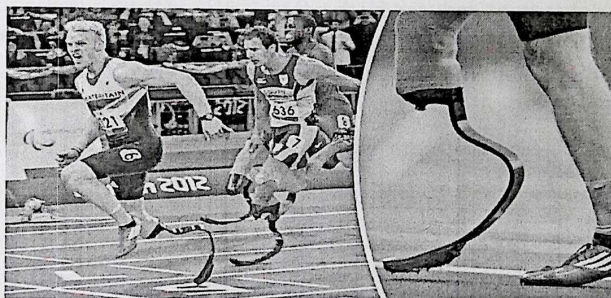
General Instructions:

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.



Identify the physical impairment -

- A. Athetosis B. Hypertonia C. Limb deficiency D. None of these

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

	Postural Deformities		Corrective Measures
i.	Lordosis	1	Chakrasana
ii.	Scoliosis	2	Halasana
iii.	Kyphosis	3	Vajrasana
iv.	Flat Foot	4	Trikonasana

CODE				
	i	ii	iii	iv
A.	4	1	3	2
B.	2	4	1	3
C.	1	2	3	4
D.	4	1	2	3

3. The basic function of management is _____.
- A. Controlling B. Budgeting C. Planning D. Organising
4. Identify the name of this asana.



- A. Trikonasana B. Katichakrasana C. Padahastasana D. Vakrasana
5. Given below are two statements labelled as Assertion (A) and Reason(R).

Assertion (A): Jala Neti plays a vital role in Pranayama.

Reason(R): Jala Neti helps in digestive process.

- 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.
6. Publication of rules and regulations should be done _____.
- A. Pre event B. During event C. Post event D. Any time
7. If there are total 6 teams in a league tournament, total number of matches will be -
- A. 3 B. 5 C. 15 D. 21
8. If the number of team is even then the formula for determining the number of rounds in a single league fixture will be -
- 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):** Stress and anxiety can be reduced by regular practice of Yoga.
- Reason(R):** Practicing breathing techniques drives away insomnia in large amount.
- 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. 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
11. _____ fixture is also known as "Berger system".
- A. Round robin B. Challenge C. Knock-out D. Combination
12. Match Symptoms with Menstrual disorders and select the correct answer from the code given below:

	Symptoms		Menstrual Disorder
i.	Menarche does not begin at puberty	1	Secondary amenorrhoea
ii.	Ejecting food through vomiting	2	Bulimia nervosa
iii.	Fear of gaining weight	3	Primary amenorrhoea
iv.	Menstruation stops for more than three months	4	Anorexia nervosa

CODE				
	i	ii	iii	iv
A.	3	4	2	1
B.	1	2	4	3
C.	3	2	4	1
D.	1	4	2	3

13. Recommended sleep hours for 3-4 years children are-
- A. 9-11 hours B. 14-16 hours C. 12-14 hours D. 10-13 hours

14. The unit of measurement of BMI is -
 A. kg / m^2 B. kg / m C. m^2 / kg D. $\text{m} \times \text{kg}$
15. What is the grouping process associated with Special Olympics called?
 A. Divisioning B. Categorisation C. Grouping D. All of these
16. _____ is the founder of special Olympic Games.
 A. John F Kennedy B. Baron de Coubertin C. Trischa Zorn D. Eunice Kennedy Shriver
17. In Tadasana, the word "Tada" means _____.
 A. Going up B. Standing on toes C. Palm tree D. Straight line
18. Motto of Paralympics is -
 A. Spirit of Motion B. Spirit in Motion C. Spirit and Motion D. Spirit in the Motion

SECTION: B

19. As a tournament organizer you must know the important terms like 'BYE' and "SEEDING". Hypothesize these terms in your own words. 2
20. Write down the names of any four eminent Indian female Olympic medal winner athletes' with their events. 2
21. Hypothesize the contraindications of the asana called "Cobra pose". 2
22. On the basis of yoga posture, one yogi should be aware of his/her breathing types and techniques, which is called as breathing awareness in yoga. As a student of physical education identify those breathing awareness one should maintain during 'Gomukhasana'. 2
23. When and where the International Paralympic Committee (IPC) was formed? 2
24. Explain the following terms related to the physical impairment: i. Short stature ii. Ataxia 2

SECTION: C

25. "Physical education and sports plays a significant role in society. Through Community sports society make it's bond." What are these community sports? Explain any three in your words? 3
26. The logo of Deaflympics holds a lot of meaning. What is the significance of the logo of Deaflympics? State that in your own words. 3
27. Explain the recommended exercise guidelines of WHO for the adults aged 65 years and above. 3
28. Asim came to you to take suggestion for curing his obesity related problem. As a PE student you need to guide him to solve his problem. Recommended a few asanas to cure his obesity related problem? 3
29. Identify the yoga name which is also called as "Camel pose". Describe the procedure step by step of this asana. (1+2) = 3
30. As a PE student identify any six importance of Intramural for the school students. 3

SECTION: D

31. Menstrual dysfunction is an abnormal condition in a woman's menstrual cycle. Normal range of the menstruation cycle is 21 to 35 days. If it happens earlier than 21 days or after more than 35 days, then it's a problem. Other menstrual problems include missing three or more periods, menstrual flow heavier or lighter in comparison with usual, cycle happening longer than seven days, any pain, cramping or vomiting during period, bleeding after menopause etc. 4

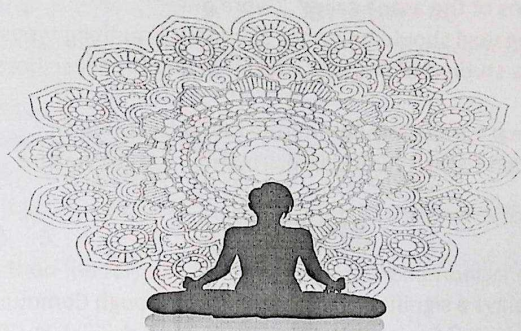
- A. When menstruation happens with severe pain or frequent menstrual cramps, the condition is called _____.
 i. Polymenorrhea ii. Oligomenorrhea iii. Dysmenorrhea iv. Menorrhagia
- B. _____ is a term used to describe a menstrual cycle that is shorter than 21 days.
 i. Amenorrhea ii. Polymenorrhea iii. Menorrhagia iv. Oligomenorrhea
- C. _____ is infrequent menstruation. More strictly, it is menstrual periods occurring at intervals of greater than 35 days.
 i. Dysmenorrhea ii. Amenorrhea iii. Polymenorrhea iv. Oligomenorrhea
- D. _____ is characterized by heavy and long term or continuous menstrual bleeding.
 i. Menorrhagia ii. Dysmenorrhea iii. Amenorrhea iv. Metrorrhagia

32. It is important to ensure maintaining of a good posture. This is possible where all body parts are aligned in such a way that least stress is put on joints and muscles and, thus, it helps to prevent fatigue. A good posture helps to give good productivity in work, and leads to a physically and mentally stress-free condition. Postural deformity may be caused by heredity, disease, injury, poor habits, improper clothing, unhygienic living conditions, improper diet, improper exercise, lack of exercise, obesity, socioeconomic status, etc. There are a number of postural deformities, some of which are given below along with corrective measures. Corrective exercises should be done under advice and supervision of a physician or a physiotherapist.

4

- A. Alternative names of "Hunch back" is _____.
 i. Round shoulder ii. Kyphosis iii. Lordosis iv. Scoliosis
- B. "Genu varum" means _____.
 i. Bow legs ii. Lordosis iii. Scoliosis iv. Knock knees
- C. The deformities "Genu valgum" can be used for _____.
 i. Kyphosis ii. Bow Legs iii. Knock knees iv. Flat foot
- D. "Sway back" is an alternative name used for _____.
 i. Flat foot ii. Kyphosis iii. Round Shoulder iv. Lordosis

33.



1X4 = 4

- A. Yoga derived from the word _____.
 i. Yug ii. Yuj iii. Yog iv. Yaj
- B. In Mandukasana, 'Manduka' means _____.
 i. Turtle ii. Crocodile iii. Frog iv. Cow
- C. In Gomukhasana 'Go' means _____.
 i. Cow ii. Turtle iii. Camel iv. Frog
- D. The meaning of 'Shalabh' is _____.
 i. Bow ii. Sun iii. Plough iv. Locust

SECTION: E

34. Sports participation not only provides health benefits but also promotes overall development. Sport does not discriminate based on colour, caste, creed, sex, race etc. Identify those physical, psychological and social benefits of women sports person that can be achieve through sports.

(2+2+1) = 5

35. One day your friend Sumit called you to take suggestion for his grandfather's Arthritis and Backpain. As a PE student, what would be those four yoga poses which you would suggest? Now explain any two yogas from these in your own words with related diagrams.

(1+2+2) = 5

36. For the better accessibility of sports, one teacher/ coach should make strategies. Physical activity for the normal child and CWSN child should not be the same. As a PE students identify and describe few strategies through that physical activity also can be accessible for the CWSN children.

5

37. You are a secretary of baseball league tournament organizing committee. After ending the enrollment date, you saw that there are 12 teams in this tournament. Now you have to make a fixture with these teams in staircase method. Explain the process in your own words?

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