

LIONS SCHOOL MIRZAPUR
HALF YEARLY EXAMINATION - 2020-21

CLASS - XII
SUBJECT – PHYSICAL EDUCATION ADDITIONAL (048)

TIME-3 HRS.
M.M -70

General Instructions: -

- a) The question paper consists of 34 questions.
- b) All questions are compulsory.
- c) Question 1-10 carry 1 mark multiple choice questions.
- d) Question 11-20 are true-false question carry mark each.
- e) Question 21-30 carry 3 marks each and should not exceed 80-100 words each.
- f) Question 31-34 carry 5 marks and should not exceed 150-200 words.

Section – A

- Q.1 The objective of the tournament is. 1
- a) To find out the best team
 - b) To learn new skills, techniques and styles
 - c) To provide a source of recreation for the spectators
 - d) all of these
- Q.2 Which disease is caused due to the due to the deficiency of Vitamin B?
- a) Pellagra b) Beri-Beri c) Osteomalcocia d) Both (a) & (b)
- Q.3 Yoga is a world.
- a) Sanskrit b) French c) German d) Latin
- Q.4 In which of the following disorder, sensory. Stimulation is recommended.
- a) ADHD b) ODD c) SPD d) OCD
- Q.5 How many type of motor development are there.
- a) 2 b) 3 c) 4 d) 5

Or

How many round will take place. If 13 teams are participating in a single league tournament.

- a) 15 b) 30 c) 60 d) 80
- Q.6 Senior citizen lists were designed by:-
- a) Kravs weber b) Rock port c) Harvard d) Rikli and Jones
- Q.7 Which of the following is a soft tissue injury? 1
- a) Incision b) Strain c) Laceration d)Abrasion
- Q.8 Green stick fracture take place in 1
- a) Women b) Adult c) Children d) Senior Citizens
- Q.9 The possible cause of Down syndrome and fragile X syndrome is.
- a) Accidents b) Genetics c) Infection d) Malnutrition
- Q.10 It gives maximum chance to team to display the performance.

- a) Combination tournament
- b) Challenge tournament
- c) League tournament
- d) Knock out tournament

Or

Which of the following is a macromineral?

- a) Iodine
- b) Iron
- c) Copper
- d) Calcium

Q.11 Which of the following is the objective of planning?

- a) Direction for action
- b) Reduction of uncertainty
- c) Economy in operation
- d) All of these

Q.12 A balance diet consist of:-

- a) All essential nutrients except vitamins
- b) All essential nutrients in sufficient quantity
- c) Only carbohydrates and fats.
- d) Only proteins and fats.

Q.13 Paschimottanasana is the

- a) Seated forward bend pose
- b) Half Lord of the fishes pose
- c) upward salute pose
- d) corpse pose

Q.14 The correct full form SPD of.

- a) Sensory protecting disorder
- b) sports proceeding disorder
- c) sensory processing disability
- d) sensory processing disorder

Q.15 Which postural deformity is caused due to bending of spinal cord?

- a) Kyphosis
- b) Lordosis
- c) Scoliosis
- d) All of these

Or

Which amongst there is a sitting asana?

- a) Ardh-Matsyendrasana
- b) Padahasthasana
- c) Ardh- Chakrasana
- d) Trikonasana

Q.16 The duration of Harvard step test is.

- a) 150 seconds
- b) 300 second
- c) 3 min
- d) 6 min

Q.17 What is the aim of first aid?

- a) To preserve life
- b) To prevent deterioration
- c) Have speedy recovery
- d) All of these

Q.18 What type of fixture is made in combination tournament.

- a) Knock-out
- b) League
- c) Both (c) & (b)
- d) None of these

Q.19 Which of the following is the richest source of vitamin C.

- a) Orange
- b) Lemon
- c) Onion
- d) Amla

Q.20 Yoga is consist of element.

- a) 5
- b) 7
- c) 8
- d) 12

Or

Fine motor development is involved in:-

- a) Sitting b) Walking c) Standing d) Catching

Section – B

Q.21 Briefly explain the types of league tournaments. 3

Q.22 What do you understand by a balanced diet? 3

Or

What is body fat?

Q.23 Give any three reasons for less participation of women in sports. 3

Q.24 Suggest four corrective exercises for flat feet. 3

Or

Calculate the physical fitness index using short formula for 12 year old boy having completed Harvard step test for a duration of 3 minutes and a pulse rate of 54 beats for 1 to 15 min. 3

Q.25 What is the role of family in sports participation of women? 3

Or

Discuss any three advantages of correct posture. 3

Q.26 Discuss the symptoms of Autism. 3

Or

Explain types of disability. 3

Q.27 Elaborate any three methods to prevent asthma. 3

Q.28 Enlist two sources each of calcium and iron. 3

Q.29 Draw knock out fixture of 24 teams. 3

Q.30 How can yoga help in preventing diabetes? 3

Or

What is Rockport One Mile Walk Test. 3

Section – C

Q.31 What do you mean by ODD? Explain its symptom. 5

Or

What is cognitive disability? State the factor responsible for the disability.

Q.32 Suggest five exercises as corrective measures for round shoulders. 5

Or

Explain three types of disorder and their causes. 5

Q.33 What precautionary measures should one take while performing asanas? 5

Q.34 Explain any five essential of diet. 5