



**INDIAN SCHOOL SOHAR**  
**UNIT TEST I (2024-2025)**  
**PHYSICAL EDUCATION**

CLASS: XII  
 DATE: 21/05/2024

MAX. MARKS: 20  
 Time: 40 MINUTES

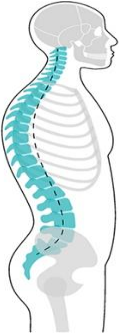
**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 5 sections and 10 Questions.
- 2) All questions are compulsory.
- 3) Section A consists of six objective-type questions carrying 1 mark each.
- 4) Section B consists of one very short question carrying 2 marks and should not exceed 60-90 words.
- 5) Section C consists of one short question carrying 3 marks and should not exceed 100-150 words.
- 6) Section D consists of one case-based question carrying 4 marks.
- 7) Section E consists of one long question carrying 5 marks and should not exceed 200-300 words.

**SECTION-A**

Q1. Identify the postural deformity of the spine:

(1)



- (a) Kyphosis                      (b) Lordosis                      (c) Round Shoulder                      (d) Scoliosis

Q2. The Committee responsible for liaison with Print media is the \_\_\_\_\_ Committee.

(1)

- (a) Technical                      (b) Logistics                      (c) Marketing                      (d) Finance

Q3. The minimum duration of activity should be \_\_\_\_\_ per week at vigorous intensity in adults above 65 years of age.

(1)

- (a) 75 minutes                      (b) 150 minutes                      (c) 300 minutes                      (d) 450 minutes

Q4. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R)

(1)

Assertion (A): Planning is not a futuristic continuous process.

Reason (R): Sports events should be well-planned before staffing and organizing.

Which one of the following statements is correct?

- (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) (A) is false, but (R) is true

Q5. The scientific name of Knock-Knee is:

(1)

- (a) Genu Varum                      (b) Genu Valgum                      (c) Pes-Planus                      (d) Genu Gum

- Q6. Which is not the objective of the Intramural tournament? (1)
- (a) To provide recreation
  - (b) To help in the overall development
  - (c) To achieve high performance
  - (d) To provide an opportunity to learn a variety of games & skills.

**SECTION-B**

- Q7. Explain the role of any two committees in organizing the CBSE cluster-level basketball tournament. (2)

**SECTION-C**

- Q8. Write a short note on eating disorders. (3)

**SECTION-D**

- Q9. Below is the tournament fixture of a National Football Competition. (4)

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

Based on the above fixture, answer the following questions:

- (A) What is a league tournament?
- (B) Write the formula for finding the total number of matches in a single league tournament.
- (C) What type of league fixture is drawn?
- (D) League tournament is also known as\_\_\_\_\_.

**SECTION-E**

- Q10. Explain 'Flat foot' and 'Scoliosis' and also suggest corrective measures for both postural deformities. (5)

