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

CLASS: XII   MAX. MARKS: 20
DATE: 21/05/2024   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.

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SECTION-A

Q1. Identify the postural deformity of the spine: (1)

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

Q2. How many Byes are given in a CBSE Basketball Cluster tournament of 21 teams?   (1)
(a) 15   (b) 20   (c) 11   (d) 12

Q3. Match List – I with List – II and select the correct answer from the code given below: (1)

LIST - I	LIST- II
1. Run for fun	A. Organized once in year
2. Health Run	B. To provide the sense to work jointly
3. Sports Day	C. To Promote a sense of physical, mental, social and emotional well-being
4. Run for Unity	D. To provide enjoyment

(a) 1–C, 2–B, 3–A, 4–D   (b) 1–B, 2–C, 3–A, 4–D
(c) 1–D, 2–A, 3–B, 4–C   (d) 1–D, 2–C, 3–A, 4–B

Q4. In which eating disorder does an individual binge and purge?   (1)
(a) Anorexia Nervosa   (b) Bulimia Nervosa   (c) Osteoporosis   (d) Scoliosis

Q5. To avoid careless mistakes under pressure and to achieve the goal, which of them should be more valuable?   (1)
(a) Budgeting   (b) Staffing   (c) Supervision   (d) Planning

Q6. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R)   (1)

Assertion (A): Improper bone formation and low bone density are not the main causes of osteoporosis.

Reason (R): Osteoporosis is a condition that can ruin a female athlete's career because it may lead to stress and fractures.

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

SECTION-B

Q7. Differentiate between Intramural and Extramural competition.   (2)

SECTION-C

Q8. Mention the causes, precautions and remedies of bow legs.   (3)

SECTION-D

Q9. Ragini a young gymnast faces some problems while walking and doing gymnastics. She has no grip between her feet, and her gymnastics coach told her about this problem and also suggested some exercises to cure the problem.   (4)

Identify the picture given above and answer the following questions:

(A) _____ is a deformity in which there is no arch in the foot.

(B) Give any two causes of this deformity.

(C) _____ is not a corrective measure of the deformity.

(i) Jumping on toes   (ii) rope skipping   (iii) sitting properly   (iv) sit-ups

(D) _____ asana helps to cure the deformity.

SECTION-E

Q10. Discuss the advantages and disadvantages of league tournaments. Draw a fixture of 7 teams using the tabular method. Explain the British method of declaring the winner.   (2+2+1=5)