

DELHI PUBLIC SCHOOL JAMMU
SAMPLE PAPER HALF-YEARLY EXAM
SESSION 2024-25

CLASS: XII

SUB: PHYSICAL EDUCATION (048)

M.M: 50

M.T:3 Hrs.

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 37 Questions.
- 2) Section A consists of questions 1-18 carrying 1 mark each and is a multiple choice question. All questions are compulsory.
- 3) Sections B consists 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) Sections C consists of Questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- 5) Sections D consists of Questions 31-33 carrying 4 marks each and are case studies. There is an internal choice available.
- 6) Section E consists of Questions 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

SECTION-A

1. Identify the asana: (1)



- | | |
|-------------------------|----------------|
| a. Paschimottanasana | c)Vajrasana |
| b. Ardha matsyendrasana | d) Dhanurasana |
2. The winner is decided on the point basis only at the end of all matches in. (1)
- | | |
|---------------------------|-------------------------|
| a) League Tournament | b) Challenge Tournament |
| c) Combination Tournament | d) Knockout Tournament |
3. One of the basic functions of the management of sporting event is: (1)
- | | |
|--------------|-----------------|
| a) Staffing | c) Targeting |
| b) Budgeting | d) All of these |
4. Seeding is decided on the basis of: (1)
- | | |
|-------------------------|------------------------|
| a) Previous performance | c) Current Performance |
| b) Future performance | d) Bad Performance |
5. Which of the following is not a spinal curvature deformity? (1)
- | | |
|-------------|--------------|
| a) Kyphosis | c) Bow leg |
| b) Lordosis | d) Scoliosis |
6. Menopause is defined as the: (1)
- | | |
|--|---|
| a) Ending of Menstrual period in women | c) Beginning of Menstrual period in women |
| b) Time of Pregnancy | d) Beginning of Pregnancy |
7. In which eating disorder does a person have fear of gaining weight? (1)
- | | |
|---------------------|--------------------------|
| a) Anorexia Nervosa | c) Binge Eating disorder |
| b) Bulimia | d) All of the above |
8. In Mandukasana the word Manduk stands for: (1)
- | | |
|-------------------------|------------------------|
| a) Frog | c) Raised towards Left |
| b) Raised towards Right | d) None of these |
9. Given below are two statements, one Labelled as Assertion(A) and the other as Reason(R). (1)
- (A): League tournament is also called Round robin tournament
(R): The League tournament a team gets chance to play with every other team.
In the context of these two statements, Choose the correct one.
- | |
|---|
| 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. |

10. Diabetes is associated with: (1)
 a) Liver c) Thyroid
 b) Pancreas d) Excessive saliva
11. High blood pressure happens if our diet has excess of _____. (1)
 a) Calcium b) Sodium
 c) Potassium d) Selenium
12. Which of the following is also named as International Silent Games. (1)
 a) Paralympic Games c) Olympic Games
 b) Asian Games d) Deaflympic Games
13. Eunice Kennedy Shriver is associated with? (1)
 a) Paralympic Games c) Olympic Games
 b) Asian Games d) Special Olympics
14. "Joy and Happiness to all the children of the world" is the logo of: (1)
 a) Deaflympics c) Special Olympics
 b) Paralympics d) None of these.
15. _____ is also known as ascorbic acid: (1)
 a) Vitamin C c) Vitamin A
 b) Vitamin B d) None of these
16. Match the following (1)
 List -1 List -2
 1. Vitamin A A. Pantothenic acid
 2. Vitamin B9 B. Retinol
 3. Vitamin B12 C. Cobalamin
 4. Vitamin B5 D. Folic acid
 a. 1-A, 2-B, 3-C, 4-D
 b. 1-C, 2-D, 3-B, 4-A
 c. 1-B, 2-D, 3-C, 4-A
 d. 1-B, 2-D, 3-A, 4-C
17. Match the following (1)
 List -1 List -2
 1. Over Lapping of Knees A. Kyphosis
 2. Genu Varum B. Lordosis
 3. C' Shaped Curve of spine C. Knock Knees
 4. Reversed C' shaped Curve of spine D. Bow Legs
 a. 1-A, 2-B, 3-C, 4-D
 b. 1-C, 2-D, 3-B, 4-A
 c. 1-B, 2-D, 3-C, 4-A
 d. 1-B, 2-D, 3-A, 4-C
18. Which mineral is found in cells throughout and needed for the immune system : (1)
 a) Protein c) Fat
 b) Zinc d) Vitamin

SECTION B

(Do any 5 questions)

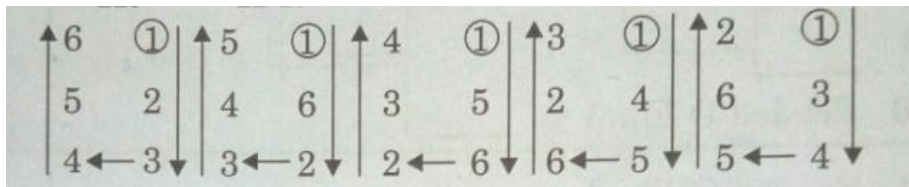
19. What are the macronutrients of the diet? How it is important for the athlete's body? (1+1)
20. Why committees are formed for organization of sports tournaments? Explain the responsibilities of the accreditation committee. (1+1)
21. Define Seeding. Explain the rules of giving Seeding. (1+1)
22. Explain Menarche & Menstrual Dysfunction. (1+1)
23. Write down any four advantages of Physical Activities for children with special needs. (0.5*4)
24. Explain the procedure of Katichakrasana and write any two contraindications. (1+1)

SECTION C

(Do any five questions)

25. Write specifying calculations and prepare a Staircase fixture for 9 teams. (1+2)
26. Define Fat. Elaborate on the various types of fat. (1+2)
27. What is the vision and mission of Special Olympics Bharat? (1+2)
28. What are Spinal Curvature deformities explain any two? (1+2)
29. Create a mind map including any six advantages of physical activities for CWSN (0.5*6)
30. What do you mean by Hypertension? Draw any two asanas that help to prevent Hypertension. (1+2)

SECTION D



31. ABC school has organised inter-house Volleyball matches as per the round-robin method for 6 teams. On the basis of this fixture answer the following questions. (1*4)
- Write the formula to calculate the no. of matches and no. of rounds in the above method of the fixture.
 - Name the type of method used in the above round-robin tournament.
 - How do you find a winner for the above type of fixture, write any one method.
 - Write any four advantages for the above method of the fixture.



32. Arun is a student of X class and is suffering Diabetics. During a games period at school, his sports teacher noticed that he is having Polyurea. His sports teacher advised him some yogasana for the prevention of Diabetes. (1*4)

- Which yoga asanas are advised by the sports teacher at school to be performed by Arun?
 - The term Polyurea stands for
 - Define Diabetes.
 - What is the type of Diabetes that occurs in children?
33. Answer the question based on the image given below. (1*4)
- Identify the picture shown below:



- When did the above committee was founded
- Which agency has accredited the Special Olympic Bharat Programme?
- What is the main role of the above association?

SECTION E

(Do any three Questions)

34. Draw a fixture for 16 teams on a knockout basis in which 2 teams are special seeding. (5)
35. Explain the nutritive and non-nutritive components of diet in detail? (5)
36. Write a short note on basic functions of Management of sporting events (5)
37. Explain in detail the Female athletes Triad. (5)