

## O. P. JINDAL SCHOOL, SAVITRI NAGAR

## Half Yearly Examination (2025 – 2026)

## Class: XII

MM: 70

## Subject: Physical Education

Time: 3 Hrs.

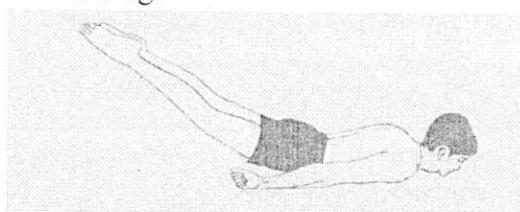
**(Fifteen Minutes Extra will be given for reading the Question Paper.)**

**General Instructions:**

- i. The question paper consists of 5 sections and 37 questions.
- ii. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- iii. Section 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.
- iv. Section 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.
- v. Section D consists of questions 31-33 carrying 4 marks each and are case studies.
- vi. Section E consists of questions 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

## Section – A

1. Identify the Asanas shown in the picture given below and choose the correct option from the following:



- a. Bhujangasana
- b. Katicakrasana
- c. Pawanmuktasana
- d. Shalabhasana

2. How many total matches will be played in a knock out fixture of 19 teams?

a.18      b.17      c.20      d.16

3. For developing muscles, which nutrient should be increased in diet?

a. Vitamines      b. Minerals      c. Proteins      d. Carbohydrates

4. Deaflympics games was first organized in the year

5. Menarche is defined as the

1

- a. Ending of Menstrual period of women
- b. Beginning of menstrual period in women
- c. Time of Pregnancy
- d. Missing of Menstrual cycle

6. Which of the following Pranayam is helpful to reduce obesity?

1

- a. Kapalbhati Pranayam
- b. Anulom Vilom Pranayam
- c. Suryabhedan Pranayam
- d. Sitli Pranayam

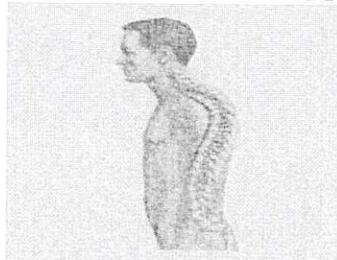
7. Which of the following is not the cause of food intolerance?

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- a. Toxins formation due to food poisoning
- b. Absence of an Enzyme
- c. Roughage
- d. Gluten

8. Identify the following postural deformity.

1



- a. Scoliosis
- b. Kyphosis
- c. Lordosis
- d. Rounded shoulder

9. Match the following:

1

List I	List II
A. Vitamin A	i. Weakness in Muscle
B. Vitamin D	ii. Anemia
C. Vitamin E	iii. Night Blindness
D. Vitamin K	iv. Rickets

**Codes**

	A	B	C	D
a.	3	4	1	2
b.	2	1	4	3
c.	4	2	1	3
d.	1	3	2	4

10. The United Nations declared .....as the year of Special Olympics.

1

- a. 1987
- b. 1988
- c. 1984
- d. 1986

11. How many matches will be played if the team is 7 by league cyclic method?

1

- a. 21
- b. 22
- c. 25
- d. 28

12. According to World Health Organization (WHO) recommendations, children of ..... should be engaged in Physical activities for 180 minutes and should have 10-13 hours of good quality sleep per day. 1

a. Less than 1 year      b. 1-2 year      c. 3-4 year      d. 5-17 year

13. Given below are two statements labeled as Assertion (A) and Reason (R). 1

**Assertion (A)** In a normal standing posture, both knees touch each other, while there is gap of 3-4 inches between the ankles.

**Reason (R)** It occurs due to Genu Valgum and it can develop due to an injury or infection in the knee or leg, rickets, severe lack of Vitamin D and calcium, obesity, or Arthritis in the Knee.

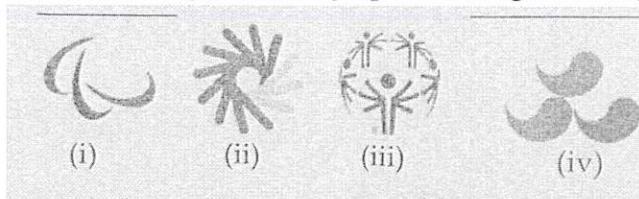
In context of above statements, which one of the following is correct?

a. Both Assertion(A) and Reason(R) are true and Reason (R) is correct explanation of Assertion(A)  
b. Both Assertion(A) and Reason(R) are true and Reason (R) is not the correct explanation of Assertion(A).  
c. Assertion(A) is true but Reason (R) is false.  
d. Assertion(A) is false but Reason(R) is true.

14. The torch that is carried to and Lit at special Olympic games is called as the ..... 1

a. Flame of hope  
b. Hope of the world  
c. Eternal flame of hope  
d. Joy and Happiness of the World

15. Identify the logo of Deaflympics in the given image. 1



a.i      b.ii      c.iii      d.iv

16. Which Asana is pose like a Cobra? 1

a. Bhujangasana      b. Dhanurasana  
c. Vajrasana      d. Ardhamatsyendrasana

17. International paralympic committee's headquarter is located in ..... 1

a. USA      b. United Kingdom  
c. France      d. Germany

18. Vitamin C is also known as

1

a. Ascorbic Acid      b. Riboflavin

c. Thiamin      d. Retinol

### Section B

19. State the merits and Demerits of Knock out Tournaments. 2  
20. Write a note on Menstrual Dysfunction. 2  
21. What do mean by Arthritis? 2  
22. Discuss two benefits of Inclusive Education. 2  
23. "Power sports players require proteins loaded diet" Justify your answer with Suitable examples. 2  
24. Is fat Useful for our body, Explain. 2

### Section C

25. Explain the responsibilities of any two committees during sports competition. 3  
26. Discuss the procedure and benefits of any one Asana for back pain. 3  
27. Write a short note on female Athlete Triad. 3  
28. What are Nutritive and Non-nutritive components of diet? List down the types of Nutritive and Non-Nutritive Components and their benefits. 3  
29. Explain six advantages of physical activities for CWSN. 3  
30. Discuss the Inclusive Education Program. 3

### Section D

31.

(1x4)



I. Choose the function of boarding committee

a. To take teams to the venue of match  
b. To provide them meals  
c. To take care of their stay  
d. To arrange opening ceremony

II. What is the work of ceremony committee?

a. To take teams to the venue of match  
b. To provide them meals  
c. To take care of their stay  
d. To arrange opening ceremony

III. Ground & Equipment committee should not perform

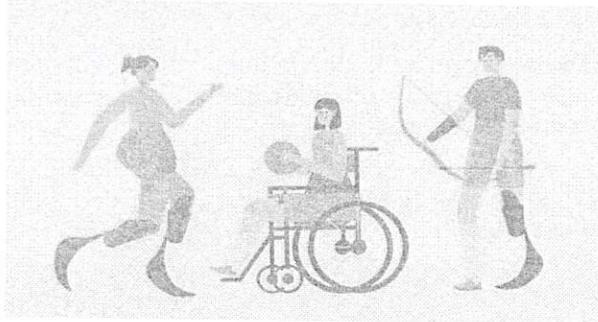
- a. To arrange teams match venues
- b. To provide them meals
- c. To take care of proper officiating
- d. To make fixtures

IV. Why Committees are Required?

- a. To organize the event in perfect manner
- b. To distribute the work
- c. To make the best use of resources
- d. All of the above

32.

(1x4)



I. The first Paralympic was organized in

- a. 1960
- b. 1970
- c. 1965
- d. 1985

II. Special Education is a branch of education that deals with

- a. Educating children in special schools
- b. Instructions designing for students with special needs
- c. To provide opportunity of special education
- d. More than one of above

III. Why is it called the Paralympics?

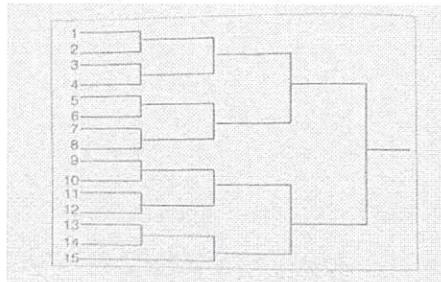
- a. The first competition was held in Paraguay
- b. It was originally for paramilitary soldiers injured in WW2
- c. The event runs parallel with the Olympics
- d. It's an event for paraplegics

IV. What is the motto of the Paralympic Games?

- a. "Spirit of Motion"
- b. "Citius, Altius, Fortius"
- c. "Faster, Higher, Stronger"
- d. "Diversity, Equality, Inclusion"

33. Study the fixture given below.

(1x4)



On the basis of above study and your knowledge, answer the following questions.

- I. According to the above fixture, total number of rounds will be.....
- II. As shown in the fixture if the winner team plays least number of matches, then which number of team is a winner?
- III. What is the formula for calculating number of matches in a knock out tournament?
- IV. If 19 teams are participating in a knock out tournament, then how many byes will be given to draw a knock out fixtures

#### Section E

34. Draw a fixture of 9 teams by league cum knockout method and draw a fixture of 7 teams by league cyclic method. 5

35. What do you mean by Hypertension? Explain the Asanas which helps in controlling and cure of Hypertension. 5

36. Explain the objective and need for classification and divisioning in disability sports. 5

37. What do you understand by eating disorders? Discuss three disorders caused due to this. 5

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