No. of Printed Pages/Questions: 06/29

O. P. JINDAL SCHOOL, SAVITRI NAGAR

Half Yearly Examination (2026 – 2027)

Class: XII **MM: 50**

Subject: Physical Education **Time: 2 Hrs.**

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

General Instructions:

i. The question paper consists of 5 sections and 29 questions.

ii. Section A consists of question1-15 carrying 1 mark each and is multiple choice questions. All questions are compulsory.

iii. Section B consists of questions 16-20 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 4.

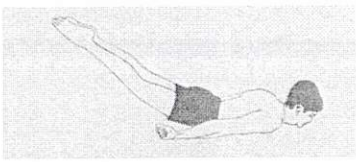
iv. Section C consists of questions 21-24 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 3.

v. Section D consists of questions 25 & 26 carrying 4 marks each and are case studies.

vi. Section E consists of questions 27 to 29 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 2.

Section – A

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



a.Bhujangasanas b.Katichakrasana

c.Pawanmuktasana d.Shalabhasana

2.How many total matches will be played in a knock out fixture of 17 teams? 1

a.18 b.17 c.20 d.16

3.Paralympic games was first organized in the year... 1

a.1896 b.1960 c.1924 d.1951

4. 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

5.Which of the following Pranayam is helpful to reduce Diabetes? 1

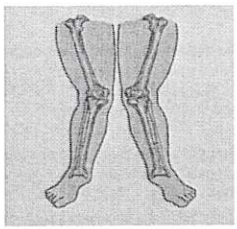
a. Kapalbhati Pranayam b. Bhastrika Pranayam
c. Suryabhedan Pranayam d. Sitli Pranayam

6. Which of the following is not the cause of food intolerance? 1

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

7. Identify the following postural deformity.

1



a.Scoliosis b. Kyphosis c. Knock Knee d. Rounded shoulder

8. The United Nations declared ... ... .as the year of Special Olympics. 1

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

9.How many matches will be played if the team is 8 by league cyclic method? 1

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

10. 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 then 1 year b.1-2 year c.3-4 year d.5-17 year

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

Assertion (A) Knock out Tournament is the best Tournament.

Reason (R) It has less number of matches.

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

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

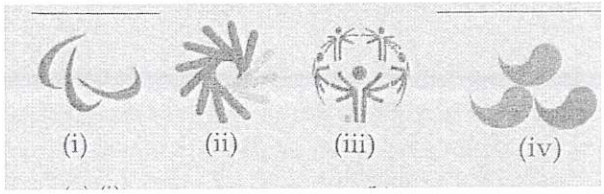
a. Flame of hope

b. Hope of the world

c. Eternal flame of hope

d. Joy and Happiness of the World

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



a.i b.ii c.iii d.iv

14.Which Asana is pose like a Cobra? 1

a. Bhujangasana b. Dhanurasana

c. Vajrasana d. Ardhmatsyendrasana

15.The symptoms of Asthma is 1

a.Pain at back
b. Fatigue
c. Coughing and shortness of breath
d. Excess fat in body

Section B

16. In which conditions Knock out Tournaments are better then round robin. 2

17. Write a note on Menstrual Dysfunction. 2

18. What do mean by Back Pain? 2

19. Discuss two benefits of Inclusive Education. 2

20. Explain the procedure of giving bye in Fixtures 2

Section C

21. Explain the meaning of Sports Management. 3

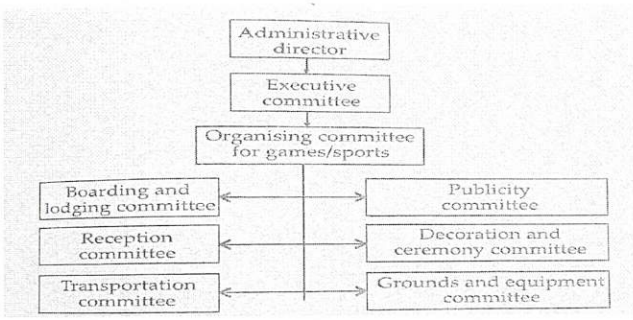
22. Define Good posture.What are its advantages? 3

23. Explain how Anulom-Vilom is Different from Kapal Bhati. 3

24. Define Disability and mention the types of Diability. 3

Section D

25. (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?

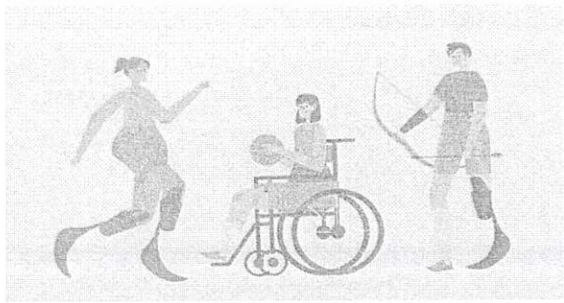
a.To organize the event in perfect manner

b.To distribute the work

c.To make the best use of resources

d.All of the above

26. (1x4)



I.The first Paralympic was organize 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 then 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"

Section E

27. Draw a fixture of 12teams by league cum knockout method and draw a fixture of teams by league cyclic method. 9 5

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

29. What are the aims &Objectives of Deaflympics? 5

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