O. P. JINDAL SCHOOL, SAVITRI NAGAR

Periodic Test 1(Round II) 2026–27

Class: XII **MM: 20**

Subject: Physical Education **Time: 1 Hr.**

General Instructions:

**All the questions are compulsory.*

**Questions of 1marks will in form of MCQ .*

**Question of 2 marks will be answer in 50-60 words*

**Questions of 3marks will be answer in 90-120 words.*

1.Diabetes can be cured by 1

a.Bhujangasana & Chakrasana b.Kapal bhati & Yog Mudra

c.Paschimottanasana & Halasana d.All of these

2.Hypertension Causes 1

a. High Blood Pressure b. Problem in Lungs

c. Pain in Joints d. All of These

3.Contraindications of Bhujangasana 1

a.Causes Asthma b.Not well for Diabetes

c.Causes Back Pain d.Not to be done for Hypertension

4. Match the following:- 1

	List I	**List II**
1	Sleeping Rock Pose	i)Pavanmuktasana
2	Camel Pose	ii)Supt Vajrasana
3	Half Spinal Twist Pose	iii)Ustrasana
4	Wind Removal Pose	iv)Ardha-Matsyendrasana

1	**2**	**3**	**4**	**1**	**2**	**3**	**4**
a. iii	iv	i	ii	b. ii	iv	i	iii
c. ii	i	iv	iii	d. ii	iii	iv	i

5. Given below are the two statements, one labelled as Assertion (A) and Reason (R) Select the correct answer to these questions from codes (a),(b),(c) and (d). 1

Assertion (A): The Person having cognitive disability most likely to face problem in reading, writing, speaking and computing.

Reason (R): Memory disorder and dyslexia are types of cognitive Disorder.

(a) Both (A) and (R) are true and R is the correct explanation of (A)

(b) Both (A) and (R) are true and R is not the correct explanation of (A)

(c) (A) is true but (R) is false.

(d) (R) is true but (A) is false

6. Which of the following activities are a part of Paralympic Games? 1

(a) Football and Rowing (b) Wheelchair Basketball and Bocce

(c) Wheelchair Tennis and Shooting (d) All of these

7. The motto of Paralympics 1

(a) Citius, Altius, Fortius (b) Spirit in Motion

(c) Even Onward (d) Fight for Justice

8. The meaning of CWSN is: 1

(a) Children with social needs (b) Children with Sensory Needs

(c) Divyang (d) Children with special needs

9. What is the role of Yoga in Preventing lifestyle disease 2

10. Highlight the Yogic Techniques to cure Obesity? 2

11. Mention the types of Disability. 2

12. Discuss three Pranayams by which Asthma can be cured. 3

13. Write three differences between Paralympics and Special Olympics. 3

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