



Date: 08/11/23 GRADE: XII	MODEL 1 EXAMINATION (2023-24) PHYSICAL EDUCATION	Max marks:70 Time: 3HOURS
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MARKING SCHEME

Qn. No		Marks
1	(a) Ushtrasana	1
2	(b) Staffing	1
3	(d) Dysmenorrhea	1
4	(a)Ataxia	1
5	(a)Trace minerals	1
6	(a)4	1
7	(a)6	1
8	(b)N-1/2	1
9	(a)Slow oxidative fibre	1
10	(a) Red	1
11	(b)Strain	1
12	(c)3 rd class lever	1
13	(a) Fluid friction	1
14	(b) Mask	1
15	(c) $n(n-1)2$	1
16	(c)(A)is true but (R)is false	1
17	(a)I-1,II-2,III-3,IV-4	1
18	(b)4 to 10 days	1
19	a) Slow twitch muscle fibers b) Fast twitch muscle fibers	1+1
20	a) What is the purpose of doing modified pushups b) Infrastructure / equipment required for doing modified pushups	1+1
21	a) Procedure for Kapalabhati b) Benefits of Kapalabhati	1+1
22	a) Explain knock knees b) Symptoms of Knock knees c) Corrective measures for knock knees	1+1
23	Community sports events should be held at residential societies,villages, cities , schools where the purpose is not only	1+1

	to demonstrate the skills and abilities of children but create harmony among people of all age groups	
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- a) Sports Day
- b) Health Run
- c) Run for Fun
- d) Run for specific cause
- e) Run for unity

23	<p>Bye is the advantage given to a team for playing directly to the second round</p> <p>a) First bye is given to the last team of the lower half b) Second bye is given to the first team of the upper half c) Third bye is given to the first team of lower half d) Fourth bye is given to the last team of upper half</p>	1+1
24	<p>a) Find no. of teams b) No. of matches c) $N(n-1)2$</p>	1+2

25	<ul style="list-style-type: none"> a) Openness b) Extraversion c) Agreeableness d) Neuroticism 	1+1+1
26	<ul style="list-style-type: none"> Polymenorrhea Amenorrhea Primary amenorrhea Secondary amenorrhea Oligomenorrhea Dysmenorrhea Menorrhagia Metrorrhagia 	1+2
27	<p>The name dhanurasana come from the Sanskrit word Dhanura meaning bow</p> <ul style="list-style-type: none"> a)Technique b) Breathing exercises c) Benefits d) Contraindications 	1+2
28	<ul style="list-style-type: none"> a) Chairstand test for lower body strength b) Arm curl test for upper body strength c) Chair sit and reach test for lower body flexibility d) Back scratch test for upper body flexibility e) Eight foot up and go test for agility f) Six minute walk test for endurance 	1+2
28	<ul style="list-style-type: none"> a) First class lever b) Second class lever c) Third class lever 	3
29	<ul style="list-style-type: none"> 1)Law of acceleration 2)both 3)mass 4) Biomechanics 5)law of reaction 	1+1+ 1+1
30	<ul style="list-style-type: none"> a) Reception committee b) Publicity committee c) Ground and equipment committee d) Committee of entries ,fixtures and programs e) Committee for officials 	1+1+ 1+1

		1+1+ 1+1
31	a) Transverse fracture b) Stress fracture c) Oblique fracture d) Green stick fracture e) Comminuted fracture	1+1+ 1+1+ 1
32	Procedure Take supine position with legs together, hands together by the sides of the body Rise both the legs together slowly up to 30 degree angle Another few seconds raise further up to 45 degree angle After few seconds raise up to 60 degree angle While returning stop at 45 degree or 30 degree Finally bring both legs on ground Benefits It balances the naval Centre It build up the abdominal muscles Helps to improve breathing and lung capacity	1+1+ 1+1+ 1

33	<p>Friction is the force that opposes the motion between two surfaces that are in touch .</p> <p>Types of friction</p> <p>Static friction :It occurs when the force applied to an object does not cause the thing to move</p> <p>Kinetic friction: It occurs when the force is applied to an object and the object moves</p> <p>Sliding friction</p> <p>Rolling friction</p> <p>Fluid friction</p>	5
34	<p>It is the ability to resist fatigue</p> <p>Basic endurance, general endurance specific endurance</p> <p>Speed endurance , short term endurance, medium term endurance and long term endurance</p> <p>Continuous method</p> <p>Slow continuous method</p> <p>Fast continuous method</p> <p>Variable pace method</p> <p>Fartlek method</p>	<p>1+1+1</p> <p>+1+1+</p> <p>1</p>

