

THE VILLAGE INTERNATIONAL SCHOOL, THODUPUZHA

SECOND MODEL EXAMINATION 2023 – 24

SUBJECT: PHYSICAL EDUCATION

CLASS XII

TIME: 3 HOURS

DATE:08/01/2024

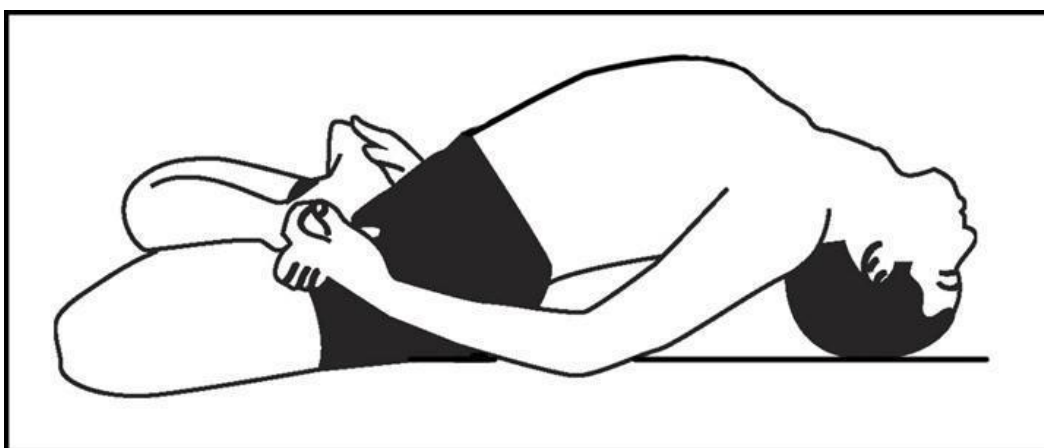
MAX. MARKS: 70

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 34 Questions.
- 2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions.
All questions are compulsory.
- 3) Section B consist of question 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- 4) Section C consist of Question 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available
- 5) Section D consist of Question 29-31 carrying 4 marks each and are case studies. There is internal choice available.
- 6) Section E consists of Question 32-34 carrying 5 marks each and are long answer types and should not exceed 200-300 words. There is internal choice available.

(SECTION - A)

Q1. Identify the pose of Asana:



- (a) Matsyasana (b) Gomukhasana (c) Dhanurasana (d) Tadasana

Q2. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R)

Assertion: Personality represents those structural and dynamic properties of an individual.

Reason: Individuals are not reflecting themselves in characteristic responses to situations.

Which one of the following statements is correct?

- (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

Q3. Match List – I with List – II and select the correct answer from the Code given below:

LIST – I		LIST - II	
i)	Newton’s Third Law	1	Cyclist often wears streamlined helmets and specially designed clothing
ii)	Third Class Lever	2	In Swimming, a diver needs to push down on the springboard when he/she dives off a diving board.
iii)	Dynamic Equilibrium	3	When doing Sit-ups
iv)	Fluid friction	4	Dribbling of the football by a soccer player etc

CODE				
	i	ii	iii	iv
a)	2	3	4	1
b)	4	1	2	3
c)	1	2	3	4
d)	2	3	1	4

Q4. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R)

Assertion: A sports injury is not damage to the tissues of the body that occurs as a result of sport or exercise.

Reason: Sports injury is any stress or overstretching put on soft tissues or bone on or off the field resulting in pain and hindering performance.

Which one of the following statements is correct?

- (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

Q5. The process, by which children are encouraged to participate in the sport they are most likely to succeed, based on selected parameters is called _____

- (a) Talent Detection
- (b) Talent Identification
- (c) Talent Development
- (d) Talent Selection

Q9. Thrust against the water in swimming is an example of Newton's -----laws of motion

- (a) Third (b) Second (c) First (d) None of these

Q10. BMI between 30.0 – 34.9 is _____

- (a) Over weight (b) Grade I Obesity
(c) Grade II Obesity (d) Grade III Obesity

Q11. What is the Chemical name of Vitamin B3?

- (a) Thiamine (b) Biotin (c) Retinol (d) Niacin

Q12. "Ardhamatsyendrasana" is also known as _____

- (a) Half Spinal Turn Pose (b) Spinal Twist Pose
(c) Half Spinal Twist Pose (d) Spinal Half Turn Pose

Q13. A team is not required to participate in the primary round due to allotment of draws is called ____

- (a) Elimination (b) Seeding (c) Bye (d) Knockout

Q14. Which of the race is "generally conducted for the purpose of improving the health standards in society and creating awareness about the importance of physical activities for maintaining good health or for raising charity"?

- (a) Run for Fun (b) Run for specific cause
(c) Run for Unity (d) Health Run

Q15. The first special Olympics were held in -----in July , 1968

- (a) Rome
(b) London
(c) Chicago
(d) Paris

Q16. When did PV Sindhu win her first Olympic medal?

- (a) 2016 (b) 2020 (c) 2012 (d) 2008

Q17. Johnson- Metheny Test battery is a revised version of the Johnson Educability Test which was designed in the year?

- (a) 1933 (b) 1932 (c) 1934 (d) 1935

Q18. When menstruation happens with severe pain or frequent menstrual cramps, the condition is called _____

- (a) Menorrhagia (b) Polymenorrhea
(c) Dysmenorrhea (d) Oligomenorrhea

(SECTION - B)

- Q19.** List any four changes happening in the muscular system due to exercising. [1+1=2]
- Q20.** Differentiate between Introvert and Extrovert personality? [1+1=2]
- Q21.** Explain Isotonic exercise with suitable examples. [1+1=2]
- Q22.** Explain the concept of talent identification and its stages. [1+1=2]
- Q23.** Discuss the procedure and scoring of Harvard fitness test [1+1=2]

OR

- Q23.** Give the source of protein and fats in our diet in brief [1+1=2]

(SECTION - C)

- Q24.** Explain the advantages of physical activities for children with special needs. [1+1+1=3]
- Q25.** Create a flow chart explain classification of sports injuries [1+1+1=3]
- Q26.** What should be the role of technical and finance committee while organizing the event. [1 ½ +1 ½ =3]
- Q27.** Explain Newton's laws of motion and its applications in sports [1 ½ +1 ½ =3]
- Q28.** Write in brief the causes and corrective measures of Knock Knees, Bow legs and Flat foot. [1+1+1=3]

OR

- Q28.** Discuss the Short-Term Effects of Exercise on Cardiovascular System [1+1+1=3]

(SECTION - D)

- Q29.** XYZ School is one of the reputed schools in their location for the number of sports facilities it provides to its stake holders. Keeping that in consideration CBSE Sports cell has given them the responsibility of conducting CBSE Football cluster. 35 teams have sent their entry for participation in the tournament.



On the basis of above given picture answer the following questions:

- (a) Due to large number of teams willing to participate, the school is conducting the competition by _____ fixture.
- (b) The number of Matches in the first round will be _____
- (c) Total number of rounds will be _____
- (d) Total number of byes in the fixture will be _____

OR

- (d) Total number of byes in lower half will be _____

Q30. The teachers as well as coaches always make their best efforts to improve the performance of their students in various competitive games and sports. They can help to improve the performance of students if they have adequate knowledge of biomechanics.

1



2



3



On the basis of above given pictures answer the following questions:

- (a) The study of human body and various forces acting on it is called _____
- (b) Among the above given pictures, Newton's 3rd law is depicted in _____
- (c) The acceleration of an object depends directly upon the net force acting upon the object, and inversely upon the _____ of the object.
- (d) Acceleration due to external force acting on a moving object is technically defined as the change in that object's _____

OR

- (d) A player who applies more force and tosses the shot-put at the correct angle has a greater displacement of shot-put, whereas a player who exerts less force has a _____

Q31. In relation to the pictures, answer the following questions.



- (a) Where was the first Special Olympics game held?
- (b) Which year Special Olympics was officially recognized by the International Olympic Committee (IOC).
- (c) The Special Olympics logo is based on the sculpture "Joy and Happiness to All the Children of the World" by _____
- (d) The founder of Special Olympics was _____

(SECTION - E)

Q32. Draw the diagram of Dhanurasana correctly and discuss the technique, benefits and
Contraindications of Dhanurasana. [1+2+2=5]

Q33. Describe the procedure of SAI Khelo India Fitness Test of 9-18+ YEARS. [1+1+1+1+1=5]

Q34. Discuss various Factors affecting projectile motion. [1+1+1+1+1=5]

OR

Q34. What is bye? Write the procedure of giving bye. Draw a fixture of 22 teams are participating
knock out football tournament.
[1+1+3=5]
