

Directorate of Education, GNCT of Delhi
Practice Paper
Session: (2024 – 2025)
Class – XII
Subject: PHYSICAL EDUCATION (048)

Time Allowed: 3hrs

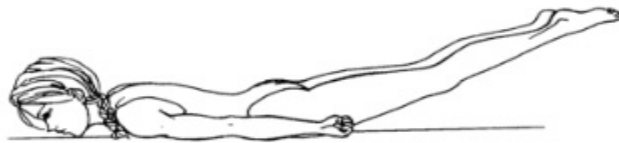
Max. Marks:70

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 37 Questions
- 2) Section A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5
- 4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5
- 5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- 6) Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3

(Section A)

1. Identify the following asana:



- | | |
|-----------------|------------------|
| (A) Ushtrasana | (B) Shalabhasana |
| (C) Dhanurasana | (D) Mandukasana |

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The Crocodile pose asana is known as-

- | | |
|-----------------|------------------|
| (A) Makarasana | (B) Ushtrasana |
| (C) Dhanurasana | (D) Shalabhasana |

2. Select the quality that belongs to extroverts:

- (A) Focus attention on inner world (B) Introspective
(C) Socialised broad minded (D) Think before acting

3. A gymnast put powder on hands decrease_____.

- (A) friction (B) lever
(C) equilibrium (D) Trajectory

4. Identify the skin related injury from the following:

- (A) Sprain (B) Diabetes
(C) Abrasion (D) Osteoporosis

5. Given below are the two statements labelled as Assertion (A) and reason (R).

Assertion (A): Reaction ability is the ability to run for shorter duration.

Reason (R): It depends entirely on the coordinative abilities of an individual.

In the context of the above two statements, which one of the following 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

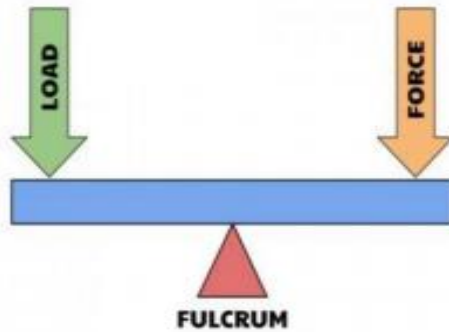
6. Select from the followings which is not a type of flexibility

- (A) Dynamic flexibility (B) Static Flexibility
(C) Passive Flexibility (D) Ballistic Flexibility

7. Highest muscular strength levels are achieved by women or men by the age of _____

- (A) 2-4 (B) 5-7
(C) 8-15 (D) 20-40

8. Identify the concept in the given below picture



- (A) Class- 1 lever (B) Class- 2 lever
 (C) Equilibrium (D) Class- 3 lever

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Who has the force between the fulcrum and resistance from the following

- (A) Class- 1 lever (B) Class- 2 lever
 (C) Class- 3 lever (D) Both B&C

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

List- I		List- II	
(i)	Agreeableness	(1)	Nervous
(ii)	Neuroticism	(2)	Creative
(iii)	Openness	(3)	Active
(iv)	Extraversion	(4)	Friendly

		Code		
	(i)	(ii)	(iii)	(iv)
A	3	2	4	1
B	4	1	2	3
C	4	3	1	2
D	3	4	2	1

10. Which of the following is not a food myth

- (A) Eggs increases cholesterol level
- (B) Drinking while eating makes you fat
- (C) Do not starve yourself to lose weight
- (D) Exercise makes you feel hungry

11. Given below are the two statements labelled Assertion (A) and reason (R).

Assertion (A): pre-exercise meals should be consumed about 4 to 6 hours before the exercise.

Reason (R): It takes 4 hours for carbohydrates to be digested and begun to store as muscle and liver glycogen.

In the context of the above two statements, which one of the following 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

12. Bhujangasana is performed in:

- (A) Supine pose
- (B) Prone pose
- (C) Sitting pose
- (D) Standing pose

13. If the number of teams in a single League tournament is 11, then how many matches will be played?

- (A) 53
- (B) 54
- (C) 55
- (D) 56

14. Sarvodaya vidyalaya is organising a tournament to search talent in their zone. Zonal officer advised them to follow knockout as the number of teams are more. Choose the correct formula to find the number of matches in a Knockout tournament

- (A) $n-1$ (B) $(n-1)/2$
(C) $n(n-1)$ (D) $n-2$

15. Grouping process associated with Paralympics is referred to as:

- (A) division (B) classification
(C) grouping (D) retention

16. Sedentary time for a 1 to 2 years old child should not be more than

- (A) 70 minutes (B) 80 minutes
(C) 50 minutes (D) 60 minutes

17. The purpose of the Harvard step test is:

- (A) Endurance (B) lower body flexibility
(C) Agility (D) Speed and balance

18. Identify the correct formula to calculate BMR for men:

- (A) $(10 \times \text{body weight in kg}) + (6.25 \times \text{height in Cm}) - (5 \times \text{age}) - 5$
(B) $(10 \times \text{body weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) - 6$
(C) $(10 \times \text{body weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) - 161$
(D) $(10 \times \text{body weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) - 162$

SECTION B

19. Mention any four physiological changes that happen due to ageing.

20. Explain Goal-setting.

21. Briefly explain about talent identification in sports.

22. Explain Endurance. Enlist its types.

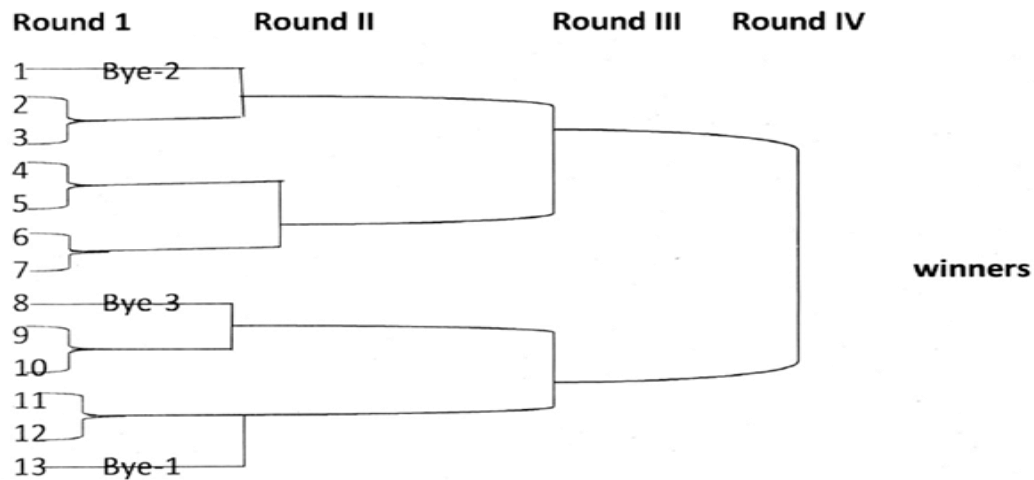
23. For which age group, SAI khelo test is calculated? Name other tests for this age group.

24. Write any four benefits of protein.

SECTION C

25. Suggest the strategies to make physical activities accessible for children with special needs.
26. Explain the nutritive components of diet.
27. Enlist the functions of management. Elaborate any two of them.
28. What is 'Self-talk'? State any two benefits of self-talk.
29. Elaborate any three physiological effects of short-term exercise on the muscular system?
30. Pallav always watches television while lying on the bed. She developed a back pain and her shoulders tilted towards the right side. Doctor advised her to perform exercises and follow a healthy diet. From which deformity Pallavi is suffering? Suggest any four corrective measures for Pallavi.

(SECTION D)



Q31. On the basis of the fixture given above, answer the following questions:

- (A) State the formula to calculate the number of matches.
- (B) To which team, Bye number two will be allotted?
- (C) How many matches will be played in the second round?
- (D) Name the type of fixture in the given picture.

or

State any two advantages of this kind of fixture.

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What is a combination tournament? Explain different steps of drawing a combination fixture

Q32. Look at the picture and answer the questions that follows:



1. When the children with special need and children without special need share same space and facilities, this concept is known as_____
2. All schools must have trained _____ teachers for children with special needs.
3. Name any two organisations working to promote sports for children with special needs.
4. Which act makes education a fundamental right of children between the age of 06 to 14 including children with special needs.

Or

What is the benefit to children with special needs when they study with children without special needs in the school?

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What are the benefits of physical activities for children with special needs?

Q33. Sarvodaya School athletics team was preparing for the throws competition. Their Physical Education Teacher was explaining about the techniques to throw a shot put and Javelin as shown in the picture below.



Answer the following questions on the basis case study given above:

- (A) When thrown with the same force, why do the javelin cover more distance than the shot put?
- (B) What is the best angle to throw a shot put in order to cover the maximum distance?
- (C) Which of the above objects will offer more air resistance?
- (D) Due to gravity, which of the above objects will fall first on the ground.

Or

The path on which the projectile travels is known as _____.

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Explain any four factors affecting projectile?

SECTION-E

Q34. Define Hypertension. Explain the procedure and contraindications of gomukhasana in detail.

Q35. Explain the effect of exercise on Cardiovascular system.

Q36. Define speed. Explain any two methods to enhance endurance.

Q37. Elaborate the application of Newton's Laws of Motion in sports.