

Roll No.

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Roll No. Please check that this question paper contains 2 printed pages.
Please check that this question paper contains 18 questions.
Please write down the serial number of the question before attempting it.

CLASS: XII

SUBJECT: *PHYSICAL EDUCATION*

MAX. MARKS: 70

TIME: 3 HOURS

MODEL QUESTION PAPER 1

General instructions:

1. The number of question should be written clearly.
2. Answer to questions carrying 2 marks should not exceed 30 words each.
3. Answer to questions carrying 4 marks should not exceed 60-80 words each.
4. Answer to questions carrying 6 marks should not exceed 100-125 words each.
5. Attempt all parts of a question together.

PART - A

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|------|---|---|
| Q.1. | What is the difference between physical education Fitness and wellness? | 2 |
| Q.2. | What are the components of Physical education Fitness? | 2 |
| Q.3. | Specify at least four beneficial effects of Jogging. | 2 |
| Q.4. | Name the Basic principals or the laws of Training. | 2 |
| Q.5. | What is the importance of Limbering Down in competitions? | 2 |
| Q.6. | Which factors influence individual and group behavior in society? | 4 |
| Q.7. | What is the Warming Up? Give at least six benefits of Warming Up. | 4 |
| Q.8. | What is endurance? Give an introduction of the methods employed for developing endurance. | 6 |
| Q.9. | What should be the qualities of a good leader? Explain. | 6 |

PART - B

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|-------|---|---|
| Q.10. | Give an introduction of Dhyan Chand Awards. | 2 |
| Q.11. | Write short answers of the following questions related to the game or sport of your choice. | |
| a) | Write the names of four Arjuna Award winners of the games or sport of your | 2 |

choice.

- b) Name at least two major competitions or tournaments of the game or sport concerned. 2
- c) Give the details of two sports terminologies related to the game or sport selected. 2
- d) Explain any three important fundamental skills of the game or sport concerned. 3
- e) Explain any three important rules of the game or sport concerned. 3
- f) Draw a sketch of the field/court/table of the game of your choice and indicate its specifications/measurements. 6

PART - C

- Q12. Define Environment. Make a list of the conditions that influence the health of a worker in a work place. 2
- Q13. What is Strain? What is the general treatment of a Strain? 2
- Q.14. Name at least four types of fractures. 2
- Q.15. Make a list of Natural disasters. 2
- Q.16. Write short note on Pregnancy or conception. 3
- Q.17. Discuss briefly the importance of Family as an institution of society. 3
- Q.18. What sort of problems can pre-marital sex create? Discuss. 3

Or

What are the main characteristics of Adolescents? What role can parents and teachers play in meeting the needs of Adolescents? 6