**Guess Paper- 2013**

**Subject – PHYSICAL EDUCATION**

**Class-XII**

**Time 3hur MM-70**

**General instructions:**

1. All questions are compulsory.
2. Question paper carries two parts namely A & B
3. Answer to questions carrying 1 mark should not exceed 30 words each.
4. Answer to questions carrying 2 marks should not exceed 40-60 words each.
5. Answer to questions carrying 3 marks should not exceed 60-80 words each.
6. Answer to questions carrying 5 marks should not exceed 100-125 words each.

**PART-A**

|  |  |  |
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| Q.1 | What do you mean by fitness and wellness? | 1 |
| Q.2. | What do you mean by Endurance? | 1 |
| Q.3. | Define the term “Anaerobic activities”. | 1 |
| Q.4. | What do you mean by Round Robin Tournament? | 1 |
| Q.5. | Define Yoga. | 1 |
| Q.6. | What do you mean by Fixture? | 1 |
| Q.7. | Define the term Environment. | 1 |
| Q.8. | Write the importance of correct posture. | 1 |
| Q.9. | Explain any two components of physical fitness. | 2 |
| Q.10. | Define Asana and pranayama. | 2 |
| Q.11. | Write down the limbs of “Asthanga Yoga”. | 2 |
| Q.12. | Explain Yoga as Indian Culture Heritage. | 2 |
| Q.13. | What are the components of Physical fitness | 2 |
| Q.14. | How dose participation in games and sports help in developing Physical fitness? | 3 |
| Q.15. | Write a short note on specific sports programme? | 3 |
| Q.16. | Define Kyphosis? | 3 |
| Q.17. | What are the various common postural deformities? | 3 |
| Q.18. | List the various types of tournament. Draw a knock-out fixture for 22 teams. | 5 |
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| Q.19. | Discuss the role of an individual in the improvement of sports environment for prevention from sports related accidents. | 5 |
| Q.20. | Describe the causes and preventive measures of Lordosis? | 5 |
| Q.21. | Give a brief description of Circuit training method with the help of any ten exercises in proper sequence. | 5 |
| **PART-B** |
| Q.22. | Give a brief account of history of game/Sport. | 2 |
| Q.23. | Explain any six latest general rules of the game/Sport | 3 |
| Q.24. | Draw the diagram of the field/court of the related games/sports. | 5 |
|  | OR |  |
|  | Name important two National and International tournament of the game/Sport of your choice. |  |
|  | List any three personalities of the game/sport. |  |
|  | What are the sports gears related to game/Sport? Write importance of the sports gears. |  |
| Q.25. | Explain any two fundamental skills of the game/Sport. | 2 |
| Q.26. | Explain any three terminologies related to game/Sport. | 3 |
| Q.27. | Write a short note on Arjuna Award. | 5 |
|  | OR |  |
|  | Write a short note on Dronacharya Award. |  |
|  | Define First aid. Mention any two sports injuries. |  |
|  | What are the reasons for the occurrence of Injuries in Sports? |  |

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