



INDIAN SCHOOL SOHAR
UNIT TEST I (2023-2024)
PHYSICAL EDUCATION

CLASS: XII
 DATE: 25/05/2023

MAX. MARKS: 20
 Time: 40 MINUTES

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 10 Questions.
- 2) All questions are compulsory.
- 3) Section A consists of six objective-type questions carrying 1 mark each.
- 4) Section B consists of one very short question carrying 2 marks and should not exceed 60-90 words.
- 4) Section C consists of one short question carrying 3 marks and should not exceed 100-150 words.
- 5) Section D consists of one case-based question carrying 4 marks.
- 6) Section E consists of one long question carrying 5 marks and should not exceed 200-300 words.

SECTION-A

Q1. Identify the postural deformity of the spine: (1)



- (a) Kyphosis (b) Lordosis (c) Round Shoulder (d) Scoliosis

Q2. In a double league tournament such as IPL a total of how many matches are played during the league phase if 7 teams are participating. (1)

- (a) 45 (b) 42 (c) 54 (d) 58

Q3. Match List – I with List – II and select the correct answer from the code given below: (1)

	List I		List II
1	Flat foot	i)	Horse riding
2	Knock-knees	ii)	Skipping
3	Bow legs	iii)	Exercises on wall bar
4	Scoliosis	iv)	Walking on the inner edge of feet

Code:

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

Q4. The primary goal of the intramural competition is (1)

- (a) to provide personal coaching (b) to participate in the inter-school competition
 (c) to provide an international platform (d) to provide an opportunity for mass participation of students

Q5. To avoid careless mistakes under pressure and to achieve the goal, which of them should be more valuable? (1)
 (a) Budgeting (b) Staffing (c) Supervision (d) Planning

Q6. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R) (1)

Assertion (A): Flat foot is a type of postural deformity.

Reason (R): It occurs only in athletes.

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

SECTION-B

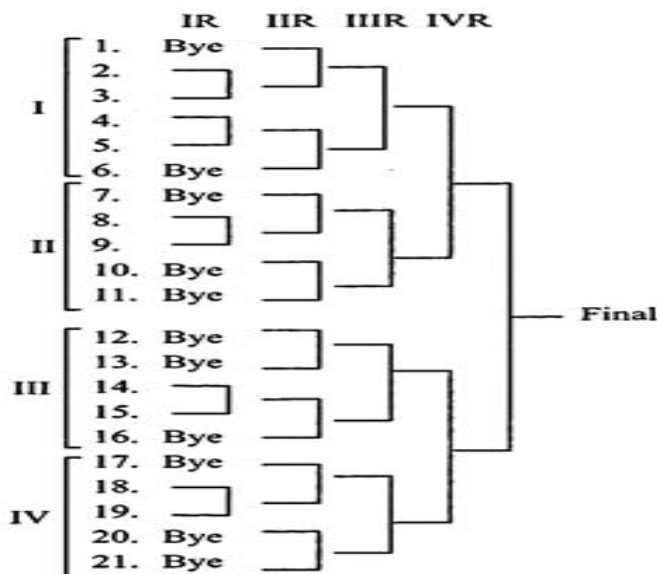
Q7. Draw a fixture of seven teams on the basis of a league tournament using the staircase method. (2)

SECTION-C

Q8. Explain the role of any three committees in organizing cluster-level football tournament. (3)

SECTION-D

Q9. Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends upon a suitable Fixture.



On the basis of the above-given fixture answer the following questions: (1*4=4)

- (i) The method followed in drawing the fixture is
 (a) League (b) Knockout (c) Ladder (d) Combination
- (ii) A privilege given to a team to play at a higher round is called
 (a) fixture (b) bye (c) reward (d) schedule
- (iii) What is the formula for calculating the number of byes?
- (iv) Number of matches played can be calculated by the formula
 (a) N (b) N-1 (c) N+1 (d) N+2

SECTION-E

Q10. Discuss in detail about Female Athletes Triad. (5)



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Q3. To avoid careless mistakes under pressure and to achieve the goal, which of them should be more valuable?

- (a) Staffing (b) Planning (c) Supervision (d) Budgeting

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SECTION-B

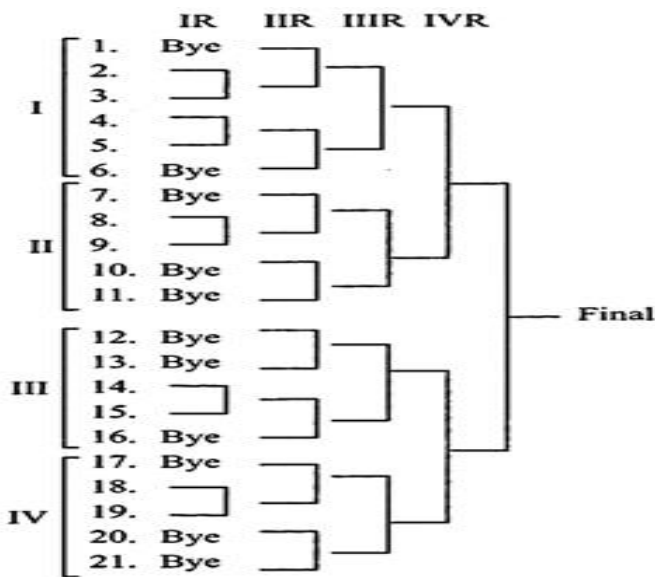
Q7. Highlight any two differences between Intramural and Extramural competition. (2)

SECTION-C

Q8. What do you understand by Kyphosis? Suggest any four physical activities for correcting Kyphosis. (3)

SECTION-D

Q9. Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends upon a suitable Fixture.



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SECTION-E

Q10. What do you mean by community sports program? Explain about health run and run for unity in detail. (5)