



ST. VIVEKANAND MILLENNIUM SCHOOL
HMT Township, Pinjore

Half yearly Examination, October 2025

Level: Proficiency

Subject: Physical Education (048)

Class: XII

Time allowed : 3 hours

MM : 70

General Instructions :

- All questions are compulsory.

SECTION – A

- 1 Knockout tournament areexpensive in comparison to other forms of tournaments. 1
a) less b) most c) more d) None of these
- 2 Sorting of the teams and fitting them in the fixtures so that stronger teams do not meet each other in earlier round is called: 1
a) Fixture b) Special Seeding c) Seeding d) Bye
- 3 Which of the following is not a benefit of Community Sports? 1
a) Developing a sense of belonging
b) Increasing anti-social behavior
c) Meeting people with same interests
d) Improving Physical Health
- 4 Choose odd one form the check list of organizing a sports event: 1
a) Accommodation b) Place of event
c) Art integration d) Sponsorship
- 5 The third stage of motor development in a child is between the age of, years andyears. 1
a) 12,16 b) 2,6 c) 1,2 d) None of these
- 6affecting motor development is also known as hereditary factors. 1
a) Nutritional factor c) Endurance factor
b) Genetic factor d) Environmental factor

and competitions to 5 million athletes and unified sports partners in 172 countries.

Reason (R): Special Olympic is not recognized by the international Olympic Committee.

In the context of 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.

16 Ravi's grandfather is 71 years old and has great difficulty in doing daily chores. he cannot wear his pullover also and has to be helped. Ravi decided to take a functional fitness test. Which of the following test should take? 1

- a) Harvard step test
- b) 50 meter walk test
- b) Flamingo balance test
- d) Back stretch test

17 Read the following statements – Assertion (A) and Reason (R). Choose one of the correct alternatives given below: 1

Assertion (A): Cardiovascular fitness is essential for us to perform aerobic activities.

Reason (R): Aerobic activities can be performed if the heart and the lungs supply oxygen tissues to the muscles tissues.

In the context of 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.

18	Sit and reach test measures:	1
	a) Endurance b) speed c) strength d) flexibility	
SECTION – B		
19	What is a seeding?	2
20	What is use of carbohydrates for athlete?	2
21	Explain the procedure of Ardhamatsyendrasana.	2
22	Write any four strategies to enhance the participation of CWSN.	2
23	What is role of test and measurement in sports?	2
SECTION – C		
24	Draw a fixture of 6 teams with help of cyclic method.	3
25	What exercises guidelines for adults, according to WHO?	3
26	Write short note on Special Olympic Bharat.	3
27	List of non-nutritive components of diet and explain any two.	3
28	Write down the procedure to conduct SAI Khelo India Fitness Test in school 9 to 18 years students.	3
SECTION – D		
29	Write down the list of test items given by Rickly and Jones test for measuring physical fitness. Explain any two test items with the help of neat stick diagrams.	4
30	Explain the concept of female athlete triad.	4
31	Explain any four posture deformities. Write their other names, draw a neat stick diagrams and mention suitable corrective measures for each.	4
SECTION – E		
32	What is special seeding? Draw a 20 team's fixture with 4 special seeding.	5
33	List down any asana used for prevention of Hypertension. Explain the procedure and contraindications of any two of them with help of stick diagram.	5
34	Briefly explain the functions of Directing and Controlling to organize sports competition.	5

