

APEEJAY SCHOOL PITAMPURA
PHYSICAL EDUCATION CLASS XII
TERM I

TIME: 3Hrs

M.M: 70

INSTRUCTIONS:-

1. All questions are compulsory.
2. Answer all the questions in given order.
3. Answer to questions carrying 1 mark should be in 30 words.
4. Answer to questions carrying 3 marks should be in 100 words.
5. Answer to questions carrying 5 marks should be in 200 words.

Q1. What is the importance of planning in sports?	1
Q2. Define the term planning.	1
Q3. What do you learn by taking part in adventure sports?	1
Q4 .Write about the equipment's required for river rafting.	1
Q5. Write about the concept of correct posture.	1
Q6. How force of gravity effect the posture?	1
Q7. How children and sports are related to each other?	1
Q8. What are the types of motor development?	1
Q9. What do you know about sports participation of women in India?	1
Q10. Write about the lack of legislation in women sports.	1
Q11. Name any four test used to measure the ability in sports.	1
Q12. What is the importance of tournament in the field of sports?	3
Q13. Write the essential points to be taken into consideration while preparing a knock out fixture.	3
Q14. What are the objectives of adventure sports?	3
Q15. Write about the materials required and safety measures for mountaineering.	3
Q16. Mention the corrective exercises related to round shoulder and flat foot.	3
Q17. What are the three stages of motor development in children?	3
Q18. What are the advantages of weight training?	3
Q19. Write a note on menarche and menopause.	3
Q20. Draw a fixture of 7 teams according to cyclic and staircase method.	5
Q21. Define leadership. Discuss the process of creating leaders through physical education.	5

- Q22. Mention the causes, precautions and remedies of Kyphosis. 5
- Q23.Explain in detail the role of activities in improving the quality of life. 5
- Q24. Discuss about sociological aspects of sports participation. 5
- Q25.Explain the sit and reach test in detail. 5
- Q26.What do you know about Rikli and Jones test.Explain any two test in detail. 5