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Half Yearly Examination – (2019-20)

Class :- XIIth
Subject :- Physical Education

Max. Marks :- 70
Time Allowed :- 3 hr

GENERAL INSTRUCTIONS:-

- Questions are divided into three sections.
- Read the questions carefully and write the answers in the answer sheets provided.
- Do not answer the questions randomly. Attempt all the questions of one section before moving on to another section.
- Do not write anything on the question paper.

SECTION A

1. Short answer type questions

[1×11 = 11 Marks]

1. What is knock-out tournament?
2. What do you understand by seeding?

Or

What do you mean by planning?

3. Define healthy weight.
4. What is food intolerance?
5. What is a 'bye'?
6. What is health run?
7. What are micro nutrients?
8. Define disability.

Or

Explain the procedure for giving 'bye'.

9. What do you mean by disorder?

Or

What do you mean by obesity?

10. What is OCD ?

Or

Does genetic factor cause ADHD?

11. What do you mean by asana?

SECTION B

2. Answer the questions in brief

[3×8 = 24 Marks]

12. Briefly explain about knockout tournament with an example.

13. Discuss the objectives of planning in sports.

Or

Discuss in detail about sports day.

14. What is roughage? Explain in brief.

15. What do you mean by nutritive and non-nutritive components of diet?

16. What do you mean by back pain?

17. Distinguish between intramural and extramural programmes.

Or

Briefly discuss the concept of disorder.

18. What do you mean by oppositional defiant disorder?

19. Discuss the procedure of vakrasana.

SECTION C

3. Long Answer type questions.

[5×7 = 35 Marks]

20. What do you mean by tournament? Elucidate the importance of tournament in detail.

21. Being the captain of the school, prepare five important committees with their responsibilities conduct one day run for health race.

Or

Explain about any two asana which are beneficial in preventing as well as curing asthma.

22. Discuss the role of nutrition on the performance of a sportsperson.

Or

Discuss asana as preventive measure in detail.

23. Elucidate the causes of disability.

Or

What do you mean by disability etiquettes? Mention any five general disability etiquettes.

24. Define and classify 'fixtures'. Draw a league fixture for 16 teams.

25. What do you mean by 'healthy weight'? explain the method to control healthy body weight to lead healthy-living.

26. What do you mean by sensory processing disorder? Discuss its cause.

BEST OF LUCK