



APEEJAY SVRAN GLOBAL SCHOOL
SESSION-2020-21
TERM-I END EXAMINATION
SUBJECT-PHYSICAL EDUCATION
CLASS- XII

Name - _____
Date - _____

M.M: 35
Duration:

General Instructions:

- * The question paper consists of 11 questions.
- * All questions are compulsory.
- * Answers to question 1-3 carrying 1 mark.
- * Answer to questions 4-7 carrying 3 marks should be in approximately 80 to 100 words.
- * Answer to questions 8-11 carrying 5 marks should be in approximately 80 to 100 words.

PART-A

GIVE ONE WORD ANSWERS.

- Q.1 What is the formula to know the BMI of an individual?
- Q.2 The normal blood pressure of an adult is considered mmHg.
- Q.3 Tadasana is performed in sitting position. (True/False)

PART-B

- Q.4 How are various committees formed for tournaments? Write briefly.

Or

Draw a fixture of 6 teams on league basis following the Cyclic Method.

- Q.5 Explain various pitfalls of dieting.
- Q.6 What are the types of disability? Explain briefly.
- Q.7 Explain 'Flat Foot' and 'knock knees' and also suggest corrective measures for both postural deformities.

PART-C

Q.8 Draw a knock-out fixture of 27 teams and explain the advantage of knock-out tournament.

Q.9 Vitamins are very essential for the normal working of the body and are divided into two groups. Explain about them.

Or

Explain macro-nutrients and their role in our diet.

Q.10 What do you mean by disorder? Discuss Attention Deficit Hyperactivity Disorder(ADHD) and its causes in detail.

Q.11 Describe exercise guidelines at different stages of growth in children. Give suitable examples for every stage. .