**Sample Paper- 2013   
SUB: PHYSICAL EDUCATION**

**Class-XII**

General instructions:

1. All questions are compulsory.
2. Attempt all parts of a question together.
3. Question paper carries two parts namely A & B
4. The number of question should be written clearly.
5. Answer to questions carrying 1 mark should not exceed 30 words each.
6. Answer to questions carrying 2 marks should not exceed 40-60 words each.
7. Answer to questions carrying 3 marks should not exceed 60-80 words each.
8. Answer to questions carrying 5 marks should not exceed 100-125 words each.

PART-A

|  |  |  |
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| Q.1 | Define wellness? | 1 |
| Q.2. | Write the benefits of Anaerobic activities. | 1 |
| Q.3. | Define the term “Fixture”. | 1 |
| Q.4. | What do you mean by “Intramural”? | 1 |
| Q.5. | Define Yoga. | 1 |
| Q.6. | What do you mean by balance diet? | 1 |
| Q.7. | Define the term Motivation. | 1 |
| Q.8. | What do you mean by Anxiety? | 1 |
| Q.9. | List components of Physical fitness. Explain any one component. | 2 |
| Q.10. | What do you mean by Yama and Niyama limbs of Asthang Yoga? | 2 |
| Q.11. | Write down the importance of Yoga”. | 2 |
| Q.12. | Explain any one specific sports programme. | 2 |
| Q.13. | What are the types of Posture? | 2 |
| Q.14. | Define flexibility. Write the methods of flexibility development? | 3 |
| Q.15. | Write a short note on Sports Ethics? | 3 |
| Q.16. | List common postural deformities. Explain any one deformity? | 3 |
| Q.17. | What are common advantages of sports environment? | 3 |
| Q.18. | Draw a fixture 15 teams using league system of tournament. Write the advantages of league system of tournament. | 5 |
| Q.19. | Discuss the Principle of Physical Fitness Development. | 5 |
| Q.20. | Describe the causes and preventive measures of Scoliosis? | 5 |
| Q.21. | Give the suggestions can be beneficial for management of Adolescence problems. | 5 |
| Part-B |
| Q.22. | Write brief history of game/Sport of your choice. | 2 |
| Q.23. | Explain any six latest general rules of the game/Sport of your choice. | 3 |
| Q.24. | Draw the diagram of the field/court of the related games/sports of your choice. Name important two National and International tournament of the game/Sport of your choice. | 5 |
| Q.25. | Explain any two fundamental skills of the game/Sport. | 2 |
| Q.26. | Explain any three terminologies related to game/Sport. | 3 |
| Q.27. | List sports Awards. Explain “Arjuna Award”. | 5 |
|  | OR |  |
|  | Write a short note on Dronacharya Award. |  |
|  | Define First aid. Mention any two sports injuries. |  |
|  | What are the reasons for the occurrence of Injuries in Sports? |  |

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