



**PERIODIC TEST I (APRIL, 2023)**

**GRADE XII**

**PHYSICAL EDUCATION (048)**

**Max Marks: 40**

**Time: 1.30hrs**

**General instructions:**

1. There are four sections in the Question paper namely Section A, B, C and D.
2. Section A consists of 9 questions and carries 1 mark each.
3. Section B consists of 4 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have 80-100 words.
4. Section C consists of 4 questions amongst which 3 questions have to be attempted each question carries 4 marks and should have 100-150 words.
5. Section D consists of 2 questions and carries 5 marks each.

**Section A**

**Q1.** A series of competitions between various teams playing a particular game is called .....

**Q2.** Effective Planning can help in \_\_\_\_\_

**Q3.** What is the other name for vitamin B2?

**Q4.** Write any one vitamin deficiency?

**Q5.** Write the name of asana which is helpful to maintain normal blood pressure ?

**Q6.** What is the formula to divide an odd number of teams in the upper half for a knockout fixture?

**Q7.** Who is in charge or head of the organization of the tournament?

**Q8.** Write the formula for Calculating body mass index.

**Q9.** The deficiency of \_\_\_\_\_ may cause goitre.

### **Section B**

**Q10.** Name and explain the common asana helpful in obesity and hypertension?

**Q11.** What do you understand about food myths? Discuss briefly about food myths?

**OR**

**Q12.** Mention the sources of carbohydrate?

**Q13.** List down the important committee during tournaments?

### **Section C**

**Q14.** Draw the fixture of 6 teams on the basis of a cyclic method in league tournaments?

**Q15.** What are the nutritive and non-nutritive components of diet? Explain?

**OR**

**Q16.** Briefly explain the functions and sources of three fat soluble vitamin

**Q17.** What is yoga? Define asanas? What are the causes of Asthma?

### **Section D**

**Q18.** Draw a knockout fixture of 27 teams and explain the advantage of the knockout tournament?

**Q19.** Explain micro and macronutrients.