

- Q18. Write down the six postural deformities (in detail.) (5)
- Q19. Draw the knock out fixture of 17 teams. (5)
- Q20. Explain the leadership qualities in detail. (5)
- Q21. How will you form the committers required for organising a sports event? Explain the responsibilities of different committees. (5)

PART - B

- Q1. Draw a court or field of your own choice. (5)
- Q2. Write the fundamental skill of the game. (3)
- Q3. Write the fouls of the game. (3)
- Q4. Explain Dronacharya award. (3)
- Q5. Write any five personality of the related games. (3)
- Q6. Write down the history of the game. (3)

- Q17. What are the Common Postural deformities? (3)
- Q18. Draw the knock-out fixture of 21 teams. (5)
- Q19. Write down the various committees of the tournament? (5)
- Q20. What are Intramural and Extramural activities. Write their need. (5)
- Q21. Write a short note on. (5)
- 1) Heath for run
 - 2) Run for fun
 - 3) Run for unity
 - 4) Run for awareness

PART - B

- Q1. Draw any one play ground. (5)
- Q2. Fundamental of skills. (3)
- Q3. Fouls of the game. (3)
- Q4. Arjuna Award (3)
- Q5. Write down the name of five sports personalities. (3)
- Q6. Write down the history of game. (3)

Budha Dal Public School Patiala (12 Sept. 15)

UNIT-I

Class-XII

Sub: Physical Education

Time: 3hrs.

Marks: 70

PART - B

- Q1. What is physical environment? (1)
- Q2. What is adventures sports? (1)
- Q3. Define water conservation. (1)
- Q4. Define balance diet? (1)
- Q5. What are proteins. (1)
- Q6. What is seeding? (1)
- Q7. What is Flat Foot? (1)
- Q8. What is Fixture? (1)
- Q9. Write types of sports environment? (2)
- Q10. What are the objectives of adventures sports? (2)
- Q11. Write down two Factors affecting of balance diet? (2)
- Q12. What are the main functions of Carbohydrates? (2)
- Q13. Explain the causes of Iordosis? (2)
- Q14. What is the role of spectators for creating a positive sports environment? (3)
- Q15. What is camping? Write the Aims of camping? (3)
- Q16. What are the effects of diet on sports performance? (3)

Budha Dal Public School Patiala (12 Sept. 15)

UNIT-I

Class-XII

Sub: Physical Education

Time: 3hrs.

Marks: 70

PART - A

- Q1. What is sports environment? (1)
- Q2. What do you mean by Social environment? (1)
- Q3. What is Camping? (1)
- Q4. Write about Wild Life Conservation? (1)
- Q5. What are the function of diet? (1)
- Q6. What are Carbohydrates? (1)
- Q7. What is bye? (1)
- Q8. What do you mean by correct posture? (1)
- Q9. Explain any two essential element of positive sports environment? (2)
- Q10. What is river rafting? (2)
- Q11. What are disadvantages of Knock-out tournament? (2)
- Q12. What is health Run? (2)
- Q13. Explain the causes of kyphosis. (2)
- Q14. What is the role of media for creating a positive sports environment?(3)
- Q15. Write the meaning and objectives of adventure sports? (3)
- Q16. What are the Nutritive Components of diet? (3)
- Q17. What is intramural tournaments and extramural tournaments? (3)