

**KENDRIYA VIDYALAYA SANGTHAN  
LUCKNOW REGION  
PHYSICAL EDUCATION (048)  
MONTHLY TEST-XII (2024-25)**

**TIME ALLOWED: 90 MIN**

**MAX. MARKS: 40**

**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 5 sections and 24 Questions.**
- 2) Section A consists of question 1-10 carrying 1 mark each and is multiple choice questions. All questions are compulsory.**
- 3) Sections B consist of questions 11-15 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 4.**
- 4) Sections C consist of Question 16-19 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 3.**
- 5) Sections D consist of Question 20-22 carrying 4 marks each and are case studies and should not exceed 150-200 words. Attempt any 2**
- 6) Section E consists of Question 23-24 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 1.**

**(SECTION-A)**

- Q.1. Among the mentioned steps which is not the step of planning. 1
- a) Planning
  - b) Directing
  - c) Controlling
  - d) Teaching
- Q.2. Under which committee the staying arrangement of the team is done 1
- a) MARKETING AND PROMOTION COMMITTEE
  - b) MEDICAL AND SAFETY
  - c) BOARDING & LODGING COMMITTEE
  - d) FINANCE COMMITTEE**
- Q.3. Knock knee is also known as 1
- a) Genu Varum
  - b) Genu Valgum
  - c) Mom posture
  - d) Hollow back
- Q.4. Bow lwg is also known as 1
- a) Hollow back
  - b) Mom posture
  - c) Genu valgum
  - d) Genu varum

- Q.5. Which among the below mentioned postures is performed standing posture? 1
- a) Tadasana
  - b) Pavanmuktasana
  - c) Halasana
  - d) Matsayasana
- Q.6. International Yoga Day is celebrated on.....every year 1
- a) 20 June
  - b) 21 June
  - c) 22 June
  - d) 23 June
- Q.7.Special Olympics was founded in which year? 1
- a) 1984
  - b) 1985
  - c) 1986
  - d) 1987
- Q.8.Which of the following games is known as world silent games? 1
- a) Special Olympics
  - b) Para olympics
  - c) Deaflympics
  - d) Recreation games
- Q.9.Among the below mentioned sources which is the best source of protein? 1
- a) Fish
  - b) Mango
  - c) Banana
  - d) Cucumber
- Q.10.Best method to control obesity is? 1
- a) Thing too much
  - b) Eating junk food
  - c) Not taking balanced diet
  - d) Regular physical activity

**SECTION-B (ATTEMPT ANY FOUR)**

- Q.11. Explain the management principle “STAFFING”. 2
- Q.12. Write any two remedies for knock knee. 2
- Q.13. What is obesity? 2
- Q.14. What is the eligibility criteria to participate in Paralympics? 2
- Q.15. What is balanced diet? 2

**SECTION C (ATTEMPT ANY THREE)**

- Q.16. Draw a league fixture of 07 teams in staircase method. 3
- Q.17. Write the procedure of bhujangasana. 3
- Q.18. Write the advantage of Physical activities for children with special needs. 3
- Q.19. What do you understand by Macro and Micro Nutrients. 3

**SECTION D (ATTEMPT ANY TWO)**

- Q.20. Explain correct posture? Explain the standing and sitting posture. What are the various different causes of bad posture? 4
- Q.21. What is hypertension and explain the steps of any one asana which reduces hypertension. 4
- Q.22. What are the strategies to make Physical Education assessable for CWSN. 4

**SECTION E (ATTEMPT ANY ONE)**

- Q.23. What are the benefits of women participating games and sports? 5
- Q.24. Write the objectives of Special Olympics Bharat. 5