

First ~~Second~~ Terminal Examination 2021

Time - 1½ Hours

Class - 12th

Mark - 25

Sub - Health and physical education

Q-1 (A) Fill in the blanks with proper Option

Mark (2)

(i) Body Fat (%) level is Measured with _____ instrument.

(Skinfold Caliper, Thermometer, Weight Machine)

(ii) _____ is one of the Combined events ten events in Athletics.

(Pentathlon, Heptathlon, Decathlon)

(iii) The radius of the penalty area in football is _____ from the center of the goal line.

(16.50mtrs. 16.75mtrs, 16.95mtrs)

(iv) _____ is another name of table tennis game.

(Ding Dong, King-Kong, Ping-Pong)

(B) Match the Following Sentences: -

Mark (2)

(1) Pargat Singh (a) 600 Gms

(2) Leander Paes (b) ECGIEEG

(3) Javelin (women) (c) Hockey

(4) Heart Rate (d) Tennis

(C) State whether the following Statements are TRUE OR FALSE

Mark (2)

1) WHR is also known as Quetel Index.

2) Angle of inclination is 34.92 for shot put.

3) Runway width for Javelin throw is 4 Meters.

4) Height of the Kho- Kho pole for men category is 1 meter.

Q-2:- Answer the following Question in one Sentence: -

Mark (5)

1) What is the height of the Badminton net at the center?

2) Write the main Skills used in Handball game.

3) Explain the Specifications of Discus Throw.

4) Name the three methods of sprint start.

5) Explain motor Physical Fitness.

Q-3 Define the following Terms: -

Mark (4)

1) Define physical Fitness.

2) Classify Athletic events.

Q-4 Answer the following Question in brief: -

Mark (6)

1) List out the events of Decathlon for men and Women

2) Explain the specifications Volley-ball game.

Mark (4)

Q-5 Write short note on any famous Player of India

OR

Draw the proper diagram of ground/ Field of any Sport/ game of your own choice.