



INDIAN SCHOOL MUSCAT



SECOND PERIODIC TEST PHYSICAL EDUCATION (SUB. CODE-048)

CLASS: XII

MAX. MARKS: 20

TIME: 40 MIN

General Instructions:

- 1) *The question paper consists of 10 questions.*
- 2) *All questions are compulsory.*
- 3) *Answer to question 1 to 6 carrying 1 mark.*
- 4) *Answer to question 7 to 9 carrying 3 marks should be in approximately 80-100 words*
- 5) *Answer to question 10 carrying 5 marks should be in approximately 150-200 words*

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|----|---|---|
| 1 | International Yoga Day is celebrated on: | 1 |
| | A. 21 June B. 21 May C. 21 March D. 21 July | |
| 2 | Gomukhasana, Chakrasana and Matsyasana are helpful in curing which disease? | 1 |
| | A. Diabetes B. Back pain C. Asthma D. Obesity | |
| 3 | Full form of ADHD is: | 1 |
| | A. Attention Deficit Hyperactivity Disorder | |
| | B. Attention Deficit Hyperactivity Disease | |
| | C. Attention Deficit Hyperactivity Deficiency | |
| | D. Attention Deficit Hyper Disorder | |
| 4 | Which of the following is not cognitive disability? | 1 |
| | A. Memory Disorder B. Dyslexia C. Hyperactivity D. Malnutrition | |
| 5 | Obsessive Compulsive disorder is a/an: | 1 |
| | A. Argumentative Disorder B. Anxiety Disorder | |
| | C. Receiving and responding disorder D. All of these | |
| 6 | When child is not able to adjust within society or having no friends, is suffering from: | 1 |
| | A. ADHD B. ASD C. ODD D. OCD | |
| 7 | Write down the procedure and benefits of Vajrasana. | 3 |
| 8 | What is Cognitive Disability? | 3 |
| 9 | Briefly explain the causes of ADHD. | 3 |
| 10 | How physical activities are helpful for children with special need? Explain strategies to make physical activities accessible for them. | 5 |

End of the Question Paper