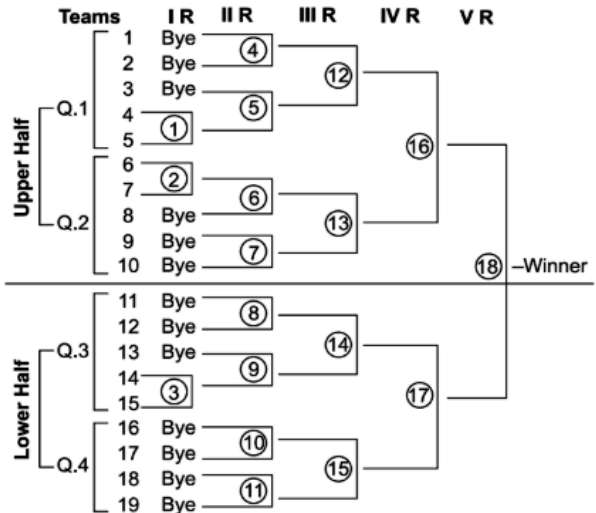


DAV PUBLIC SCHOOLS, ODISHA ZONE			
HALF YEARLY EXAMINATION, SUBJECT : PHYSICAL EDUCATION, CLASS : XII			
MARKING SCHEME, SET-1			
Sl No.	Value Points	Split of Mark	Marks Allotted
SECTION-A			
1	b) Mundukasana		1
2	c) Run for Unity		1
3	a) Medical Assessment		1
4	a) 30 sec		1
5	b) Both (A) and (R) are true but (R) is not the correct explanation of (A)		1
6.	d) Ardhmatsyendrasana		1
7.	a)I-1,II-3,III-4,IV-2		1
8.	b)N(N-1)/2		1
9.	b)Sit and Reach		1
10.	b) Respiratory system		1
11.	c) NB+1/2		1
12.	a) Lordosis		1
13.	c) Structure and support		1
14.	c) (A) is true, but (R) is false.		1
15.	b) Hunch back		1
16.	a) Lactic acid		1
17.	b) Walk on outer edge of foot		1
18	a) Contusion.		1
19.	SECTION-B		2
	Bye- means a team is not required to participate in the primary round due to allotment of draws. It should be given to any participating team through random lottery system.	1	
	Seed-Seeding - is a process in which teams will be placed in such a manner that good teams that have a ranking or previous year's position etc. do not meet another team at an early stage of the tournament.	1	
20	Functions- Carbohydrates provide energy needed by the body and the nervous system, brain and red blood cells & spare proteins for their important functions.	1	2
	Sources- Fruits, cereal grains, milk, sugar, rice, vegetables, pasta, breads	1	

21	<p>WHO Guidelines on Physical Activity for children(3-4 years of age)</p> <p>1) They should spend at least 180 min. of variety of type of physical activities.</p> <p>2) At least 60 min. is moderate to vigorous intensity physical activity spread throughout the day.</p>	1 1	2
22	<p>Symptoms of food intolerance are-a)Nausea b)stomach pain c)Diarrhea d)cramps e)vomiting f)headache g)heartburn h)cramps(Any two points to be explained)</p>	1+1	2
23	<p>It refers to Intramural sports.It provide recreational sports organised within same geographic area. Intramurals are fun, recreational, social and competitive on-campus sports activities. Max students get the opportunity to compete in different sports and exhibit their talents.</p>		2
24	<p>PLATE TAPPING TEST – The rectangle is placed at equal distance between both discs. The non-preferred hand is placed on the rectangle. The participant moves the preferred hand back and forth between the discs over at the hand in the middle as quickly as possible.</p> <p>SCORING- The time is taken into complete 25 cycles is recorded</p>	1 1	2
SECTION-C			
25	<p>SuptaVajrasana;-Sit in Vajrasana. Bend back with the support of an elbow first and follow the other elbow next. In this position, the elbows should support the body. Now bring back the head to the floor releasing the support of elbows. Then lie on your back. Subsequently, place the palms on the thighs. Next, bring the top of the head towards the floor by making an arch on your back. Check the knees are still touching the floor. Place the hands on the thighs. Breathe normally. Keep the position as long as it is comfortable.</p> <p>Benefits :-1. It is helpful in making the supine flexible.</p> <p>2. It helps in the regulation of function of the adrenal glands</p> <p>3. It relieves constipation</p> <p>4. It improve kidney and liver function</p>	1.5 1.5	3

30	<p>a. To prevent weight gain or to continue losing weight, people with anorexia usually severely restrict the amount of food they eat.</p> <p>b. Symptoms may include menstrual dysfunction, constipation, diarrhoea, bloating, unexpected weight loss, muscle weakness, stress fracture, bone weakness, overuse injuries, anxiety etc.</p> <p>c. Symptoms of bulimia are dehydration, dental problems, electrolyte abnormalities, extreme weight fluctuation, menstrual irregularity, cramps, etc.</p> <p>d. Coaches, team physicians, parents, and other supporting staff should know the symptom so that the problem can be treated on time, other-wise it leads to long term physiological, psychological effects.</p> <p>(Any three points to be explained)</p>	1 1 1	3
SECTION-D			
31	<p>a) Cardiovascular b) 20 inches. c) Harvard step test d)Dr. Brouha or 3 Times/ 1Time</p>	1x4	4
32	<p>a. Micro b. Iodine c. Iron d. Proper Nutrition/Balanced diet or Trace/Micro Mineral</p>	1x4	4
33	<p>a. Kyphosis b. Forward bending/Carrying heavy bags on shoulder. c. Bhujangasana/ Chakrasana d.Kyphotic deformity</p>	1x4	4
SECTION-E			
34	 <p>Knock out Fixture of 19 teams Guidelines- n= 19, R= 05, Total matches=18, 10 teams= UH, 09 teams =LH Nb=13 nos, UH= 06 nb, LH=07 nb Seeded teams- Team 1,19,10 &11</p>	3 2	5

35	A soft tissue injury is the damage of muscles, ligament and tendons throughout the body. Abrasion , Contusion, Laceration, Strain, Sprain, Incision (Explain any four)	1 4	5
36	ASANAS FOR BACKPAINS & ARTHRITIS- Vakrasana, Ardachakrasana, Bhujanmgasana, UrdhwaHastottanasa, ustrasana, Gomukhasana, Makarasana, Andhra/Sarala Matseyendrasana, Bhadrasana, Nadisodhan pranayama. BENEFITS OF ARDHA CHAKRASANA i) It relives stress and tension. ii) It cures pain in legs. ii) It reduces fat on the waist and thigh CONTRAINDICATIONS- i) Avoid this asana in case of hip or spinal problem ii) Pregnant women should avoid doing this. iii) Person with spinal problem should not do.	0.5x4= 2 2 1	5
37.	Benefits of Sports & Games for CWSN- 1.Physical benefits, 2.Channelizing the Surplus Energy, 3. Psychological benefits, 4.Behavioural Benefits, 5.Healthy lifestyle, 6. Increased Independence. (Any five points or suitable points to be explained.)	1x5	5