

**BCM SCHOOL**  
**BASANT AVENUE, DUGRI, LUDHIANA**  
**XII (Physical Education Assignment)**  
**2023-24**

- Answer the following.

**A. Case study:** Many children suffer from posture deformities. These can be corrected if recognised early and treat properly. Raju had a deformity in his spine which caused him to bend forward and his knee touched each other while he stood straight.

1. What was the possible deformity Rahu had?  
a) Kyphosis  
b) Lordosis  
c) Scoliosis  
d) Flat foot
2. How can this deformity be corrected?  
a) By ensuring proper posture while sitting or working  
b) By having good nutrition  
c) By regular exercise  
d) All of the above
3. What was his possible knee problem?  
a) Knock knee  
b) Bend knee  
c) Broken knee  
d) Flat foot

**B. Case study:** ABC school is one of the reputed schools in their location for the number of sports facilities. It provides to its stake holders. Keeping that in consideration CBSE sports cell has given them the responsibilities of conducting CBSE football cluster. 35 teams have send their entry for participation in the tournament. (CBSE)

1. Due to large number of teams willing to participate, the school is conducting the competition by \_\_\_\_\_ fixture.  
a) League  
b) Knock out  
c) Stair case  
d) Challenge
2. The number of matches in the first round will be \_\_\_\_\_.  
a) 8  
b) 3  
c) 24  
d) 16
3. Total number of rounds will be \_\_\_\_\_.  
a) 4  
b) 5  
c) 6  
d) 7
4. Total number of matches will be \_\_\_\_\_.  
a) 34  
b) 35  
c) 30  
d) 28
5. Total number of byes in the fixture will be \_\_\_\_\_.  
a) 29  
b) 32  
c) 27  
d) 14

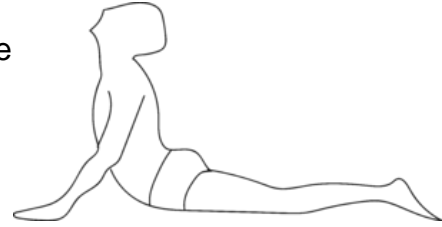
**C. Case study:** Raju, Sheela and Mili visited their newly made friends living in a centre for children with special needs. On the day before visiting the centre, they held a meeting with their physical education teacher and learnt many guidelines to be with their special friends at the centre. They were very much excited to meet them knowing how happy their friends would be.

1. A set of guidelines these children learnt can be termed as \_\_\_\_\_.  
a) Disability rules  
b) Disability etiquette  
c) Disability regulations  
d) Disability law
2. In case of introduction, it is appreciate to \_\_\_\_\_.  
a) Shake hands  
b) Bow down  
c) High five  
d) Wave
3. To deal with children with special needs, one should have.  
a) Courage  
b) Fear  
c) Patience  
d) Doubt
4. While conversing with such individuals, always use  
a) Normal tone  
b) High pitch  
c) Whisper  
d) All of these
5. When dealing with person who is blind, one should:  
a) Introduce yourself first  
b) Talk very near to their ear  
c) Ask them questions  
d) Talk by touching them

**D. Case study:** Shruti, a student of class +1 is struggling with obesity due to which she has low self esteem and low confidence. As a result she has started dieting to control her weight. But this dieting programme is self designed and lacks knowledge about nutrition.

1. As a physical education student what do you feel will be the pitfall of dieting player?  
a) Extreme weight loss  
b) Dehydration  
c) Deficiency of essential nutrition  
d) All of these
2. What will be your advice to Shruti to control her weight?  
a) Exercising  
b) Skipping meals  
c) Balanced diet  
d) Both a & c
3. What is the meaning of the term pitfall of dieting?  
a) Importance  
b) Drawback  
c) Need  
d) Outcome

**E. Case study:** Mr. Shyam, age 50 years is recommended to practice given asana as a therapeutic measure. He is a software engineer by occupation and spends lot of time sitting at one place. He developed certain symptoms like frequent urge for urination, tiredness, excessive weight gain along with being anxious and gets easily irritated.



1. From the shape of the body in the given pose, it can be identify as \_\_\_\_\_.
  - a) Bhujangasana
  - b) Vajrasana
  - c) Tadasana
  - d) Gomukhasana
2. Mr. Shyam is diagnosed with \_\_\_\_\_.
  - a) Only hypertension
  - b) Diabetes
  - c) Asthma
  - d) Both a & b
3. Blood sugar level is controlled by \_\_\_\_\_ hormone.
  - a) Thyroxin
  - b) Insulin
  - c) Pituitary
  - d) Progestrone
4. This asana should be avoided by people suffering with \_\_\_\_\_.
  - a) Diabetes
  - b) Obesity
  - c) Hernia
  - d) Hypertension