

DAV PUBLIC SCHOOLS, ODISHA ZONE			
HALF YEARLY EXAMINATION, SUBJECT : PHYSICAL EDUCATION, CLASS : XII			
MARKING SCHEME, SET-2			
Sl No.	Value Points	Split of Mark	Marks Allotted
SECTION-A			
1	a) Bhadrasana		1
2	c) Run for Unity		1
3	d) 22 nd September, 1989		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.	c) 6		1
9.	c) Side Roll		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.	c) Absence of menstrual cycle		1
16.	a) Lactic acid		1
17.	d) Scoliosis		1
18	b) 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	Suggestive measures for Lordosis- a.Yoga asanas including Dhanurasana and Halasana will be helpful.	1	2

	<p>b. Use of braces, weight reduction, maintaining a good posture and taking a balanced diet are helpful in reducing the problem</p> <p>c. Exercises to develop strength in the pelvic region like sit-ups, sitting against the wall and pushing the trunk backward.</p> <p>(any two points to be explained)</p>	1	
22	<p>Symptoms of food intolerance are-a)Nausea b)stomach pain</p> <p>c)Diarrhoea d)cramps e)vomiting f)headache g)heartburn</p> <p>h)cramps (any four to be mention)</p>	0.5x4	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>	1+1	2
24	<p>The Basal Metabolic Rate (BMR) is the number of calories needed to maintain body function and resting condition. In another words BMR is the number of calories burnt by the body while performing basic life sustaining functions. That is, a person, who does not engage in any work, still requires energy for the functioning of their internal organs. This energy is called Basal Metabolic Rate. Unit of BMR is calculated in Kcal.</p>		2
SECTION-C			
25	<p><u>Hypertension-</u> Hypertension occurs when the blood pressure of a person become abnormally high i.e. beyond the acceptable limits.</p> <p>Tadasana (Mountain Pose or Tree Pose). It is performed in the following ways :</p> <p>Stand erect and place your legs slightly apart, with your hands hanging alongside your body. Make your thigh muscles firm. Then lift your kneecaps while ensuring you do not harden the lower part of your belly. Hold the pose for 10-20 seconds and return to normal position. Then, repeat 10 times.</p> <p>Katichakrasana, Uttanpadasana, ArdhaHalasana, SarlaMatyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-Shodhanapranayam, Sitlipranayam.</p> <p>(explain any one)</p>	<p>1</p> <p>2</p>	3

36	<p>ASANAS FOR BACKPAINS & ARTHRITIS-</p> <p>Vakrasana, Ardachakrasana, Bhujanmgasana, UrdhwaHastottanasa, ustrasana, Gomukhasana, Makarasana, Andhra/Sarala Matseyendrasana, Bhadrasana, Nadisodhan pranayama.</p> <p>BENEFITS OF ARDHA CHAKRASANA</p> <p>i) It relives stress and tension. ii) It cures pain in legs. iii) It reduces fat on the waist and thigh.</p> <p>CONTRAINDICATIONS-</p> <p>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.</p>	<p>0.5x4= 2</p> <p>2</p> <p>1</p>	5
37.	<p>Benefits of Sports & Games for CWSN-</p> <p>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)</p>	1x5	5