

## **Class - 12th ( Physical Education ) NSQF**

**Maximum marks: 60**

**Time : 2:30 hours**

**Note-If the answer of a student does not match with this answer key and the checking teacher feels that the answer is correct, then he/she can give the marks of that answer according to his/her understanding.**

### Part - A

- Ans- 1. 4
- Ans- 2. Ctrl + A
- Ans- 3. Two
- Ans- 4. 2
- Ans- 5. 29 August
- Ans- 6. Swelling, nausea
- Ans- 7. A) Aggression
- Ans- 8. D) checklist
- Ans- 9. D) x-ray
- Ans- 10. C) student
- Ans- 11. A) rugby
- Ans- 12. C) strain
- Ans- 13. (D) both are correct and reason is correct explanation of assertion.
- Ans- 14 (A) assertion is correct but reason is wrong statement.
- Ans- 15 (D) both are correct and reason is correct explanation of assertion.

### Part- B

Ans- 16 One of the most critical skills in effective communication is Active listening . Developing this soft skill will help build and maintain relationships , solve problems , improve processes and retain information such as instructions , procedures and expectations .

Ans- 17 A checklist used for assessment is a tool used in evaluating and measuring using specific criteria that allow an individual to gather information in order to make a judgment regarding the matter being assessed .

Ans- 18 Heat stroke :-

It is also known as sun stroke , is a type of severe heat illness that results in a body temperature greater than  $40.0\text{ }^{\circ}\text{C}$

Ans- 19 First aid is medical attention that is typically administered immediately after an injury or illness occurs . It usually consists of one - time , short term treatment , such as cleaning minor cuts , treating minor burns , applying bandages , and using non - prescription medicine .

Ans- 20 Emergency Response : Emergency response is the phase of the disaster - management cycle that often attracts the most attention and resources . ... Emergency response is sometimes a cyclical process , involving repeated assessment , planning , action and review , to respond appropriately to needs and capacities as they evolve .

OR

Ans- Sudden Cardiac Arrest ( SCA ) is a condition in which the heart suddenly and unexpectedly stops beating . If this happens , blood stops flowing to the brain and other vital organs . SCA usually causes death if it's not treated within minutes

Ans- 21 Intensive interval method : In intensive interval method intensity is high i.e. , 80 % to 90 % . This method is used generally for the development of the athlete's speed endurance , explosive strength , strength endurance and maximum strength . This training is done when competition is closer and preparation time is less .

OR

Ans- Composting : Composting is an easy and natural bio - degradation process that takes organic wastes i.e. remains of plants and garden and kitchen waste and turns into nutrient - rich food for your plants . Composting , normally used for organic farming , occurs by allowing organic materials to sit in one place for months until microbes decompose it.

#### Part- C

Ans- 22 Diagnostic Assessment : It is just like formative assessment , diagnostic assessments intended to improve learner's knowledge . Besides , it looks backward rather than looking forward . It reviews what the learner knows and difficulty that they are facing in learning .

Dynamic Assessment : It measures what students can achieve when teaches about unfamiliar topic or field . An example can be teaching students Spanish for a short while . It helps to see how students who do not have any prior knowledge adopt it .

Ans- 23 Qualitative assessment is focused on understanding how people make meaning of and experience their environment or world . Different from quantitative research , qualitative research employs the researcher as the primary means of data collection ( e.g. , interviews , focus groups , and observations .

Quantitative Assessment - Collects data that can be analyzed using quantitative methods , i.e. numbers , statistical analysis . Validity - A measure of how well an assessment relates to what students are expected to have learned . A valid assessment measures what it is supposed to measure and not some peripheral features .

Ans- 24 Hygiene : Hygiene is the practice of keeping yourself and your surroundings clean , especially in order to prevent the spread of disease . Having good personal hygiene practices means taking care of yourself and leading a healthy lifestyle . Good personal hygiene is the first step to good health . It not only protects you from poor health , but also shields those around you from suffering illnesses that may arise from poor personal habits .

Some general hygiene rules :

Change clothes and undergarments frequently .

Cut hand and foot nails regularly .  
Wash feet before going to sleep .  
Never go to bed in your daily clothes .  
Do not eat fruits and vegetables without washing .  
Always carry a handkerchief .

Ans- 25 To maintain props and equipment you should perform the following activities :

1. After the activity , use a dry cloth to wipe the props / equipment and store in a well - ventilated place out of direct sunlight .
2. Check the condition of the props / equipment regularly to avoid using a damaged .
3. Do not leave the props / equipment in direct sunlight for the whole day . It would reduce the life of props / equipment .
4. Do not store the props and equipment made of iron / metal in a damp place . The moisture may lead to rusting .
5. Do not apply water on any leather props and equipment . Always use dry cloth to clean .

Ans- 26- Personality is relatively enduring set of traits . These traits are made up of emotional , behavioural and mental set of characteristics . Heredity has been found to be determining personality apart from environmental forces . Personality is shaped through family , culture , society , education . and other environmental factors .

Basic personality traits:-

Extraversion : Gregarious , assertive and sociable . ( Opposite reserved , timid , quiet . )

Agreeableness : Cooperative , warm and agreeable . ( Opposite cold , disagreeable and antagonistic )

Conscientiousness : Hardworking , organized and dependable ( lazy , disorganized and unreliable )

Emotional stability : Calm , self - confident and cool ( insecure , anxious and depressed ) .

Openness to experience : Creative , curious and cultured

OR

Evaluation:-

It is a systematic determination of a subject's merit , worth and significance , using criteria governed by a set of standards . ... The primary purpose of evaluation , in addition to gaining insight into prior or existing initiatives , is to enable reflection and assist in the identification of future change .

Types of Evaluation :

1 Formative Evaluation

2 Diagnostic Evaluation

3 Summative Evaluation

Ans- 27 Overuse Injury : An overuse injury is any type of muscle or joint injury , such as tendinitis or a stress fracture , that's caused by repetitive trauma . An overuse injury typically stems from :

Training errors . Training errors can occur when you take on too much physical activity too quickly . An overuse injury is damage to bones , muscles , ligaments or tendons as a result of repetitive stress . A few common examples of overuse injuries include shoulder impingement , lateral epicondylitis ( tennis elbow ) , and stress Fractures . Overuse injuries may occur from training errors such as ramping up an activity too fast or exercising too long without giving adequate time for rest and recovery .

OR

Types of skin allergies include : Rashes - Areas of skin are irritated , red , or swollen , and can be painful or itchy . Eczema - Patches of skin become inflamed and can itch and bleed .

Contact dermatitis - Red , itchy patches of skin develop almost immediately after contact with an allergen .

Sore throat - Pharynx or throat is irritated or inflamed .

Swollen eyes - Eyes may be watery or itchy and look " puffy " .

Itching - There's irritation or inflammation in the skin .

Part - D

Ans- 28 Assessment Assessment is a process which follows a set of four components . These four stages or components are Plan , Do , Check and act . It is a process to evaluate the student's performance . Besides , it is an orderly process . This uses a test to check the student's performance . It divides into many types .

Factors affecting the assessment and child.

Physical factors

Age level - The chronological age of a student is typically accounted for in test or assessment form selection  
Developmental level - Should be considered if a student is developmentally delayed or advanced when comparing to same - age cohorts

Physical disabilities - Hearing loss , visual impairment , motor ability , etc.

Mental / behavioral factors

• Motivation level

• School learning ability level Special Ed , IEP , or 504 accommodations

• Activity / attention level ( e.g. , impulsive , distracted , etc. ) .

• Cognitive level ( developmentally delayed or advanced )

• Specific mental health history ( including comorbid or previous diagnoses , past trauma )

• Behavior ( e.g. , agitated , noncompliant , aggressive , shy , withdrawn , compulsive , anxious , frustrated , insecure , rejected , etc. )

Or

Ans- Reaction Game : Sports are mostly unpredictable ! That's what makes them so exciting and fun to play . Our performance is dependent on the skills we practice and develop , our opponent's actions , and the way we react to the play . The better we read a play and the quicker we react , the greater chance we have of beating our opponent .

Here are the simplest games :

Balloon games.

Hula Hoop .

Foam Sports : Foam sports are perfect for indoors , since most foam objects won't break any windows inside your home . Ping Pong .

Football .

Swimming .

Adventure game : adventure game can be defined as a game with a mix of elements from an action game and an adventure game , especially crucial elements like puzzles .

Examples-

Fly boarding .

Skydiving .

Flying Fox .

Rock Climbing .

Bungee Jumping .

Fast Feet Challenge .

Figure of 8 Challenge .

Obstacle Challenge .

Skipping Challenge .

Jump Challenge

Ans- 29 Points of play ground safety :

1. There should be no dangerous materials , like broken glass , nails , erected rods and twisted metals .

2 Check the playground / activity area in advance and remove the dangerous items from the ground .

3 Surfacing mats made of safety - tested rubber or rubber - like materials are safe . 4 Rubber mats allow the best access for infants.

5. Avoid walking near someone who is swinging or keep a safe distance from others who are swinging .

6. Concrete , asphalt , and blacktop are unsafe and unacceptable . Grass , soil , and packed - earth surfaces are safe because these can cushion a fall .

7 Playground equipment should be age appropriate

8 Surface around playground equipment should be made of wood chips , mulch . sand , pea gravel , or poured in place rubber ( NOT concrete , asphalt , grass , black top , packed dirt or rocks .

9 Play responsibly no pushing

10 Take Turns one person at a time on a swing , slide , monkey bars.

Or

Ans- Coaches Roles : - Role of a Sports Coach Children love to play . Physical activity starts at a very young age . As they come to pre - primary , the focus is on learning fundamental skills like running , jumping , hopping , catching , etc. As they grow older , they get interested in structured sports . A PE teacher can remain with the student from early years to adolescence , if general health and fitness is the main objective . However , if the student wants to specialize in specific sport like football , cricket , basketball , etc. then a Sports Coach is a better option . A Coach is someone who

specializes in a particular sport and has in depth knowledge about the following ;

1. Rules and regulations related to the sport
2. How to train students in the skill required to play the sport
3. How to train students to participate and prepare for competitions
4. Techniques or strategies used to enhance the performance of individual athlete as well as teams

Ans- 30 PLAY AREA INSPECTION OF PLAY AREA :

Here are some points that you need to consider for inspection of play area :

- 1 The playground surface should be free of standing water and debris that could cause children to trip and fall , such as rocks , tree stumps , and tree roots .
- 2 There should be no dangerous materials , like broken glass , nails , erected rods and twisted metals .
- 3 Concrete , asphalt , and blacktop are unsafe and unacceptable . Grass , soil , and packed - earth surfaces are safe because these can cushion a fall .
- 4 Remove leaves , stones , pebbles , flints , pieces of sharp objects from the pitch . . Sweep the floor daily ; if it is a cemented floor .
- 5 Allow only recommended footwear on the court .
- 6 Level and slope of the ground should be such that there is no water logging .
- 7 Repair and check for drainage systems . 8 Special brushing with professional machinery ( e.g. for cemented floor ) .

Or

Ans- Before using balls : -

1. Inflate balls to correct pressures .
- 2) Before you inflate the balls , moisten the needle .
- 3) To inflate balls , squeeze balls while gradually adding a small amount of air at a time .
- 4) Inflating balls with too much air at once will damage the inner tube / bladder . 5) Avoid inflating balls with machines as it may over inflate .

After using balls : -

- 1) Deflate little air after use . If the same air pressure remains in balls after use , balls may expand or deform .
- 2) Wipe the surface with a soft cloth .
- 3) If you are unable to remove dirt easily , wipe balls with a moistened cloth .
- 4) If you are unable to remove dirt with moistened cloth , wipe balls with a cloth moistened with water diluted mild detergent .
- 5) If you use mild detergent to clean balls , thoroughly wipe off any remaining detergent to ensure that it does not remain on the ball surface . ( detergent may cause stain ) .

