

**ST. PBN PUBLIC SCHOOL, GURUGRAM**

**UNIT TEST-1  
SAMPLE PAPER  
CLASS – XII  
SUBJECT – ENGLISH**

**TIME – 2 HRS**

**MM. 50**

**GENERAL INSTRUCTIONS:**

- 1. All questions are compulsory.**
- 2. Your answer should be to the point, and strictly adhere to the prescribed word limit.**

1. An ecosystem is a community of organisms that live and interact within a particular environment. In an aquatic ecosystem, that environment is water and all the system's plants and animals live either in or on that water. The specific setting and type of water, such as a freshwater lake or saltwater marsh, determines which animals and plants live there. Marine, or ocean, systems cover about 70 per cent of the Earth's surface and are identified by the presence of dissolved salts in the water. The level of salinity averages about 35 parts per thousand g of water, but it can vary in response to climate or a nearby source of freshwater. Marine organisms must adapt to either a constantly changing or stable level of salt content and cannot move successfully from one to the other. saltwater ecosystems range from the abundant life of coastal areas to the nearly barren ocean bottom. In marine habitats, the food chain begins with plankton, micro-organisms that require sunlight for energy and growth, so systems closest to the surface or in relatively shallow water support more life. These include estuaries, salt marshes, coral reefs and other tropical habitats, and intertidal areas such as lagoons and kelp beds.

2. Animal life in marine ecosystems ranges from microscopic zooplankton though fish of all sizes to marine mammals, including seals, whales and manatees. Freshwater-water that is either drinkable or has little or no salt content-supports its own aquatic ecosystems. These include river and streams, lakes and ponds, wetlands and even groundwater. Each of these systems is unique and even within categories, any specific habitat is affected by altitude/temperature and humidity. for instance, a plant native to warm shallow lake in the tropics could not survive on the steep banks of a cold, fast-moving mountain stream. Freshwater ecosystems provide homes for a wide variety of animal life including insects, amphibians and fish. One estimate of fish species puts the number that lives in freshwater at 40 per cent of the Earth's total. Worms, molluscs, algae and bacteria all live in freshwater systems, as do innumerable varieties of plants.

In addition, animals such as birds, otters and bears use freshwater ecosystems as a food source.

(10)

Based on your understanding of the passage, answer the questions given below.

- i. Which of the following statement is True according to the passage?

- (a) 70 per cent of the Earth’s surface is covered in oceans
- (b) 70 per cent of the Earth’s surface are marine bodies only
- (c) 70 per cent of the Earth’s surface is solid landmass
- (d) 70 per cent of the Earth’s surface form the entire aquatic system

ii. Select the option that best captures the central idea of the passage from the given quotes.

(a) There is a deep interconnectedness of all life on earth, from the tiniest organisms, to the largest

ecosystems, and absolutely between each person.” - Bryant McGill

(b) “Where there is a smoke, there is an ecologist.” - Ljupka Cvetanova

(c) “When we reconnect with nature, we will be restore ourselves.” - Lailah Gifty Akita

(d) “We can only predict the future ecological changes, by emergence of the past into the present.” -Lailah Gifty Akita

iii. Select the option that corresponds to the following relation below:

Saltwater ecosystems range from the abundant life of coastal area to the nearly barren ocean bottom.

(a) In the season of spring, plenty of fl owers grow while in the season of autumn, the leaves wither and

fall making it a barren season for the growth of plant.

(b) The distinct is the most barren and backward portion of the province.

(c) The room was austere, nearly barren of furniture and decoration.

(d) This zone has an abundant rainfall, dense forests and a fertile soil.

iv. Complete the following with a phrase from paragraph 1:

Opinion	Reason
_____	An ecosystem that lives and interacts within a particular environment.

v. The writer uses two contrasting words in the line:

Marine organisms must adopt to either a constantly changing or stable level of salt content. (Paragraph 1)

State one point of difference between constantly changing and stable.

vi. Based on your reading of the text, list 2 reasons why the writer says that: Shallow water relatively support more aquatic life.

1. \_\_\_\_\_

2. \_\_\_\_\_

vii. The writer says, “Freshwater supports its own aquatic ecosystems”.

Select the reason that appropriately justifies the statement.

(a) Freshwater has little or no salt content.

(b) Freshwater provides oxygen to support the growth of aquatic ecosystem.

(c) It help to prevent erosion.

(d) It provides natural protection from flooding.

viii. Micro-organisms in the saltwater ecosystem grow in shallow water or near the surface because:

(a) the content of salt is low

(b) they get sunlight to grow

(c) they cannot breathe in deep water

(d) Both (a) and (b)

ix. Supply 1 point to justify the following:

Micro-organisms in the saltwater ecosystem grow in shallow water or near the surface.

x. State whether the following statement is True or False :

**Saltwater ecosystems range from the abundant life of coastal areas to the nearly barren ocean bottom.**

**Q2.** You are the President of RWA Sector-17 Gurugram , the election of the office bearers of the association will be held on 28<sup>th</sup> June 2019 at community centre. Draft a notice inviting all members to take part in the election, secretary and treasurer and other posts for a new 3 year term. words limit 50. (5M)

**Q3.** As Mukul / Mahima of Alps Public School, write a speech to be delivered in school assembly highlighting the importance of cleanliness suggesting that the state of cleanliness reflects the character of its citizens. (150-200 words) 10 M

**Q4. Read the extract given below and answer the questions that follow: (1x5=5M)**

But after the airports  
security check, standing a few yards  
away, I looked again at her, wan, pale  
as a winters moon and felt that old

familiar ache, my childhoods fear,  
but all I said was see you soon,  
Amma,

1. Why did the poet compare her mother's face to a late winter's moon?
2. Name the poetic device in the above passage.
3. Name the Poem and the Poet.
4. Why does the poet say 'see you soon Amma?'
5. What was poet's childhood fear?

**Q5. Read the passage given below and answer the questions that follow: (1x5=5M)**

Tiny vestiges of the old terror would return. But now I could frown and say to that terror, "Trying to scare me, eh? Well, here's to you! Look!" And off I'd go for another length of the pool. This went on until July. But I was still not satisfied.

I was not sure that all the terror had left. So, I went to Lake Wentworth in New Hampshire, dived off a dock at Triggs Island, and swam two miles across the lake to Stamp Act Island. I swam the crawl, breast stroke, side stroke, and back stroke. Only once did the terror return. When I was in the middle of the lake, I put my face under and saw nothing but bottomless water. The old sensation returned in miniature.

1. Why did Douglas go to swim at Lake Wentworth?
2. What was the reason for the 'return' of terror?
3. Douglas mentions that the old sensation returned in miniature. What does he mean?
4. How did Douglas handle the 'old sensation'?
5. Name the chapter of the above extract and the writer.

**Q6. Answer the following questions in 30 – 40 words. (Any Five) (2x5=10m)**

1. What did Franz find much more tempting than the rule of participles? What did Franz do?
2. How is Mukesh's attitude to his situation different from that of his family?
3. How did the instructor make a swimmer out of Douglas?
4. Do you think that the third level was a medium of escape for Charley? Why?
5. What is the situation of the slum children? How can it be improved?
6. What picture of the slum children is depicted in the poem?

**Q7. Answer the following question in 100 – 120 words. (5x1=5m)**

**'Garbage to them is gold'. How do rag pickers of Seemapuri survive? Explain.**

OR

Roosevelt said "All we have to fear is fear". Do you agree? Take evidence from Deep Water and express your views in 100 – 125 words.

**ST PBN PUBLIC SCHOOL, GURUGRAM**  
**SAMPLE PAPER UT - I (2024-25)**  
**ECONOMICS(030)**  
**Class – XII**

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**Time: 2 hours**

**M.M. : 50**

**General Instructions:**

1. This Question Paper contains **19** Questions.
2. This Question Paper contains 10 Questions of 1 Mark each.
3. This Question Paper contains Short Answer Type I Questions carrying **3 Marks** each to be answered in 60 to 80 words.
4. This Question Paper contains Short Answer Type II Questions carrying **4 Marks** each to be answered in 80 to 100 words.
5. This Question Paper contains Long Answer Type Questions carrying **6 Marks** each to be answered in 100 to 150 words.
6. Attempt all parts of the Questions together.
7. There is no overall choice. However, an internal choice is provided in few Questions.

**SECTION A – MACRO ECONOMICS**

- Q1. Supply of money refers to : 1  
a) Currency held by the public  
b) Currency held by RBI  
c) Currency held by Public and demand deposits with commercial banks  
d) Currency held in the government account
- Q2. When Real GDP is ₹520 crores and Nominal GDP is ₹650 crores , calculate Price Index. 1
- Q3. Define Nominal Flow . 1
- Q4. Statement 1 : Money Flow involves flow of Money between firms and households 1  
Statement 2 : Money Flow is also known as Physical Flow  
a) Both Statements are true  
b) Both Statements are false  
c) Statement 1 is true and Statement 2 is false  
d) Statement 2 is true and Statement 1 is false
- Q5. Repo Rate is applicable to \_\_\_\_\_ lending , while Bank Rate is applicable to \_\_\_\_\_ . 1
- Q6. Distinguish between Stock and Flow Variables. 3
- Q7. Explain all the functions of RBI in an Economy. 4
- Q8. Calculate National Income 4
- |                               | ₹ crore |  |
|-------------------------------|---------|--|
| GDP at MP                     | 4,800   |  |
| Indirect Taxes                | 300     |  |
| Net Factor Income from Abroad | 80      |  |
| Consumption of fixed capital  | 200     |  |
| Subsidies                     | 60      |  |
- Q9. Explain the quantitative and Qualitative measures for control of credit by RBI. 6
- Q10. Explain the process of creation of credit with a numerical example. 6

**SECTION B INDIAN ECONOMIC DEVELOPMENT**

- Q11. Which of the following statements is true about occupational structure of the Indian Economy during British Rule ? 1  
a) The occupational structure was stagnant  
b) The occupational structure was underdeveloped

- c)The occupational structure was developed
- d)The occupational structure was stagnant and underdeveloped

Q12. The main reason for decline of handicrafts is 1  
a)Tarriff Policy followed by British  
b)Competition from man made machines  
c)New patterns of demand for handicrafts  
d)All of the above

Q13.In which year was population of India calculated first time 1  
a)1881  
b)1891  
c)1871  
d)None of the above

Q14. What was the objective of Import Substitution Policy in India. 1

Q15. \_\_\_\_\_ is known as the architect of Indian Planning. 1

Q16.Land Ceiling promotes Equity . Support the statement with valid reason 3

Q17.Discuss the goals of five year plans. 4

Q18. Green Revolution transformed India from a subsistent food grain economy to a food surplus economy. Justify the statement with valid reasons. 4

OR

Explain the classification and growth of Industries under Industrial Policy Resolution .

Q19. Explain the features of Indian Economy during the British colonial Rule. 6

**ST PBN PUBLIC SCHOOL, GURUGRAM**  
**SAMPLE PAPER UT - I (2024-25)**  
**CLASS – XII**  
**POLITICAL SCIENCE**

**Time: 2 Hrs**

**MM.50**

**General Instructions:**

- i. All questions are compulsory.
- ii. Question numbers 1-6 are multiple choice questions of one mark each.
- iii. Question numbers 7-10 are of 2 marks each. Answers to these questions should not exceed 50 words each.
- iv. Question numbers 11-14 are of 4 marks each. Answers to these questions should not exceed 100 words each.
- v. Question numbers 15-16 are passage, cartoon and map-based questions. Answer accordingly.
- vi. Question numbers 17-18 are of 6 marks each. Answers to these questions should not exceed 170 words.
- vii. There is an internal choice in 6 marks questions.

**SECTION A**

Q1. Who started the policy of Perestroika (Restructuring) and Glasnost (Openness)?

- a. Boris Yeltsin
- b. Nikita Khrushchev
- c. Joseph Stalin
- d. Gorbachev

Q2. Which country is not included in CIS?

- a. Russia
- b. Georgia
- c. Belarus
- d. Indonesia

Q3. Mountbatten plan was known as –

- a. British partition plan
- b. India's partition plan
- c. Pakistan partition plan
- d. Constitution making plan

Q4. How were the boundaries of the states decided?

- a. On the basis of area
- b. On the basis of locality
- c. On the basis of linguistic principles
- d. On the basis of population

Q5. Which one of the following was NOT a consequence of disintegration of the USSR?

- a. Many new states emerged
- b. Russia emerged as a new superpower
- c. Power relations in world politics changed
- d. The capitalist system emerged as the winner

Q6 Name the countries which resisted Maastricht Treaty-

- a. Denmark & Britain,
- b. France & USA
- c. Denmark & Sweden
- d. Germany

#### SECTION -B

Q7. Mention the main recommendation of the state reorganization commission of 1953.

Q8. Why is Sardar Patel called an iron man?

Q 9. Briefly describe about Commonwealth of Independent States (CIS)?

Q10. Describe the role of Gorbachev to reform the Soviet System and the effects of these reforms on the USSR?

#### SECTION -C

Q11. How did the Soviet Union suddenly disintegrate? Explain any four reasons?

Q12. Describe how the princely states of Hyderabad acceded to India.

Q13. Who was Mikhail Gorbachev? Was he responsible for the disintegration of the Soviet Union? Comment

Q14. What was the most important recommendation of the States Reorganisation Commission?

#### SECTION -D

Q15. Read the paragraph given below carefully and answer the following questions.

The partition was not merely a division of properties. Liabilities and assets or a political division of the country and the administrative apparatus. What also got divided were the financial assets. And things like tables, chairs, thwarters, paper clips books and also musical instruments of the notice band. It was a violent separation of communities who had hitherto live together as neighbours. Partition forced about 80 lakh people migrate across the new border.

i. What was the number of the people who had to forcefully migrate across new borders?

- a. 83 lakhs
- b. 81 lakhs
- c. 80.5 lakh
- d. 80 lakhs

ii. Who did not believe in 'two nation theory'?

- a. People of Pakistan
- b. Muslim league
- c. The leaders of Indian national struggle
- d. None of the above

iii. What was the percentage of Muslim population in India in 1951?

- a. 13 percent
- b. 12 percent
- c. 20 percent
- d. 14 percent

iv. The partition was based on

- a. Religious
- b. Linguistic
- c. Only a

d. Only b

Q16. -Read the passage below and answer the following questions:

The soviet economy used much of its resources in maintaining a nuclear and military arsenal and the development of its satellite states in Eastern Europe and within the Soviet System. This led to a huge economic burden that the system could not cope with. At the same time, ordinary citizen became more knowledgeable about the economic advance of West. They could see the disparities between their systems and the systems of the West.

i. How did citizens of Soviet Union identify their own backwardness?

- a. Seeing their government system and Asian Countries.
- b. Prosperity of citizens.
- c. Difference between their government system and the West.
- d. All of these.

ii. What were the Soviet Citizens being told?

- a. High corruption.
- b. Openness of the administration.
- c. System is better than Western Capitalism.
- d. None of these.

iii. What does this passage state about Soviet Union?

- a. Reasons of disintegration of Soviet Union.
- b. About the foreign relations of Soviet Union.
- c. About the capitalist system of America.
- d. None of these.

iv. On which field Soviet Union spent most of its resources?

- a. Culture of Soviet Union.
- b. Military hardware and nuclear weapons.
- c. On their citizens.
- d. On Asian countries.

#### SECTION -E

Q17. Why were Indian leaders hesitant to accept the principal of linguistic reorganization of the states of the union after independence?

OR

Discuss Nehru's approach towards nation-building.

Q18. "The end of the Soviet Union is not the end of Communism." Explain

OR

Describe how the princely states of Hyderabad acceded to India

**ST. PBN PUBLIC SCHOOL, GURUGRAM**

**UNIT TEST-I**

**CLASS-XII**

**HISTORY**

**(SAMPLE PAPER)**

**Time: 2 Hours**

**MM: 50**

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**General Instructions:**

1. Answer all the questions. Some questions have an internal choice.
2. Section A- Questions 1 to 12 are objective type questions carrying 1 mark each.
3. Section B – Question 13 carries 3 marks.
4. Section-C- Very short answer type questions 14 to 17 carrying 3 marks each.
5. Section- D- Short answer type questions 18 to 20 carrying 6 marks each.
6. Section-E- Map based question 21 carrying 5 marks each.

**SECTION -A**

**(1x12=12)**

Q1. Name the languages in which the Ashokan inscriptions were written.

- a) Pali, Prakrit, and Greek
- b) Pali, Sanskrit, and Aramaic
- c) Prakrit, Aramaic, and Greek
- d) Pali, Sanskrit, and Greek

Q2. Harappa is located on the banks of which river?

- a) Indus
- b) Chenab
- c) Ravi
- d) Jhelum

Q3. Which of these was the most powerful Mahajanapada from the 6th to 4th century BCE?

- a) Kuru
- b) Magadha
- c) Panchala
- d) Chandhara

Q4. Who was Dhamma Mahamatta?

- a) Special revenue officers appointed by Ashoka for tax collection
- b) Special officers appointed by Ashoka for maintaining law and order in the kingdom
- c) Special officers appointed by Ashoka to spread the message of dhamma
- d) Special officer appointed by Ashoka to stop the spread of dhamma

Q5. Given below are two statements, one labeled as Assertion(A) and the other as Reason (R).

Assertion (A): 6th century BCE often regarded as a major turning point in the early Indian history.

Reason (R): his era witnessed the growth of diverse system of thoughts like Buddhism and

Jainism..

- A. Both (A) and (R) are correct and (R) is the correct explanation of (A)
- B. Both (A) and (R) are correct, but (R) is not the correct explanation of (A)
- C. (A) is correct, but (R) is not correct
- D. (R) is correct, but (A) is not correct

Q6. What was the object of the team of V.S. Sukthankar?

- a) Prepare critical edition of Mahabharata
- b) Translate Mahabharata in the English language
- c) Prepare critical edition of Manusmriti
- d) Translate Manusmriti in Tamil

Q7. What was the main feature of the Harappa Civilisation?

- a) Town planning
- b) Art and architecture
- c) Administration
- d) Agriculture

Q8. Who issued the first coins bearing the names of rulers ?

- a) Mauryas
- b) Indo- Greeks
- c) Guptas
- d) Satavahanas

Q9. Identify the king in the given image



Q10 The Director General of the ASI who brought a military precision to the practice of archaeology was

- a) Cunningham
- b) Hargreaves
- c) James Burgess
- d) R.E.M. Wheeler

Q11. How many verses are there in Mahabharata?

- a) 20 thousand

- b) 50 thousand
- c) One Lakh
- d) More than one lakh

**Q12. Who among the following is also known as the father of Indian Archaeology?**

- a) John Marshall
- b) Alexander Cunningham
- c) REM Wheeler
- d) RS Bisht

**SECTION –B (1+2=3)**

**Q13.** The Sudarshana (beautiful) lake in Gujarat Find Girnar on Map 2. The Sudarshana lake was an artificial reservoir. We know about it from a rock inscription (c. second century CE) in Sanskrit, composed to record the achievements of the Shaka ruler Rudradaman. The inscription mentions that the lake, with embankments and water channels, was built by a local governor during the rule of the Mauryas. However, a terrible storm broke the embankments and water gushed out of the lake. Rudradaman, who was then ruling in the area, claimed to have got the lake repaired using his own resources, without imposing any tax on his subjects. Another inscription on the same rock (c. fifth century) mentions how one of the rulers of the Gupta dynasty got the lake repaired once again

- a. Why did rulers make arrangements for irrigation? (2)
- b. Mention any one strategy adopted to increase agricultural production? (1)

**SECTION-C (4x3=12)**

**Q14** Mention any two features of the administrative system of the Mauryan Empire.

**Q15.** Why is James Prinsep's contribution considered as the historic development in the Indian epigraphy?

**Q16** Critically examine the duties as laid down in 'Manusmriti' for the Chandalas.

**Q17.** Explain the distinctive features of the residential buildings of Mohenjodaro.(any three)

**SECTION –D (6x3=18)**

**Q18.** Explain the main features of the Mauryan administration.

**Q19.** What are the rules of gotra as given in Brahmanical practice? Give some example to show that these rules were not always followed.

**Q20.** Who was John Marshall? How did he mark a change in the Indian archaeology?

**SECTION- E (1x5=5)**

**Q21.** On the given political map of India, locate and label the following with appropriate symbols:

- a) Kalibangan,
- b) Kosala,
- c) kuru
- d) Gandhara
- e) Pillar inscription – Sanchi,



- (a) Global namespace
- (b) Local namespace
- (c) Built-in namespace
- (d) public namespace

8. What will be the output of the following code : `print("Str"[1:2])`

- (a) t
- (b) no output
- (c) error
- (d) none of these

9. Which of the statements is used to import all names from a module into the current calling module?

- (a) import
- (b) from
- (c) import\*
- (d) dir( )

10. Which values are used by the functions to communicate information back to the caller?

- (a) local
- (b) global
- (c) return
- (d) random

**Q11 and 12 are ASSERTION AND REASONING based questions. Mark the correct choice as**

- a) Both A and R are true and R is the correct explanation for A
- b) Both A and R are true and R is not the correct explanation for A
- c) A is True but R is False
- d) A is false but R is True

**11. Assertion (A):**The while statement executes a block of code repeatedly as long as the control condition of the loop is false.

**Reason (R):**If the condition of the while loop is initially false, the body is not executed even once.

**12. Assertion (A):**Built in function are predefined in the language that are used directly.

**Reason (R):**`print( )` and `input( )` are built in functions.

### SECTION B

(2x 4 = 8)

13. (i) What will be the output of following Python code?

```
sound()
def sound():
    print("sound" * 2)
```

(ii) What will be the output of following Python code?

```
a = "Blog"
a = 'a'
print(a)
```

(1+1)

14. Write a Python program that accepts two integers from the user and prints a message saying if first number is divisible by second number or if it is not. (2)

15. (i) Why is indexing of strings called two-way indexing?

(ii) What are the two ways of creating a list in Python? (1+1)

16. (i) Write a Program to enter the number of terms and to print the Fibonacci Series.

17. (ii) Write a Program to enter the string and to check if it's palindrome or not using loop.

**OR**

Write a program to receive a two number in a function and return the result of all arithmetic operators

(+, - , / , \*) (2)

### SECTION C

(3x 4 = 12)

18. (i) Predict the output of following code fragment?

```
Def func (message,num=1)
Print (message*num)
Func('python')
Func('easy',3)
```

(ii) Define List, Tuple, Modules? (1+2)

19. How can you generate random numbers in Python? Explain with the help of Python code.

**OR**

Write a definition of a method Odd Sum (NUMBERS) to add those values in the list of NUMBERS, which are odd. (3)

20. (i) Differentiate between local variable and global variable

(ii) Write a program to print the elements of list in descending order using the insertion sort technique using functions. (1+2)

21. . Write a program to check if a number is odd or even.

**OR**

What is pickling and unpickling? Write a Python program to read the contents of binary file. (3)

### SECTION D

(5x 2 = 10)

22. Hindustan Chemicals Ltd. is a company that deals in manufacture and export of chemicals across the world and has hundreds of employees on its roll. It wishes to computerize the process of salary

generation. Write a Python program to enter the names of employees and their salaries as input and store them in a dictionary and also represent the data as Salary Generation Report.

(5)

23. (i) Write the term suitable for the following descriptions:

- (a) A name inside the parenthesis of a function header that can receive a value.
- (b) A argument passed to a specific parameter using the parameter name.
- (c) A value passed to a function parameter.
- (d) A value assigned to a parameter name in the function call.
- (e) A name defined outside all function definitions.
- (f) A variable created inside a function body.

(ii) From the program code given below, identify the parts mentioned below:

```
def processNumber (x) :  
    x = 71  
    return x+3  
y = 90  
result = processNumber (y)
```

Identify these parts: function header, function call , actual arguments, formal argument (2+3)

### SECTION E

(4 x 2 = 8)

24. Consider the following code and answer the following questions:

```
total = _____ # Line 1  
def sum(arg1, arg2) _____ # Line 2  
    total= arg1 + _____ # Line 3  
    print(total)  
    return _____ # Line 5  
total = sum(10, 20)  
print(_____ ) # Line 7
```

- (i) Which value or constant will be equal to variable total in line 1?
- (ii) Which symbol is used to terminate the function def in line 2?
- (iii) Fill in the blank in line 3.

**OR (Option for part iii only)**

What value will be return in line 5?

- (iv) Fill in the blank in line 7. (1+1+1+1)

24. Ankit has been assigned the task to complete the code and print details of roll number 1.

```

def search():
    f = open("student.dat", _____)           # Statement-1
    try:
        while True:
            rec = pickle. _____           # Statement-2
            if( _____ ):                 # Statement-3
                print(rec)
    except: pass
    _____                                   # Statement-4

```

- In which mode Aman should open the file in Statement-1?
- Identify the function (with argument), to be used at blank space in line marked Statement-2.
- What will be the suitable code for blank space in line marked as Statement-3?
  - What statement Aman should use at blank space in line marked as Statement-4 to close the file?

(1+1+1+1)

**ST. PBN PUBLIC SCHOOL, GURUGRAM**  
**UNIT TEST - I**  
**CLASS – XII**  
**PHYSICAL EDUCATION**  
**SAMPLE PAPER**

**Time: 2 Hours**

**MM: 50**

**General Instructions:-**

- 1. All questions are compulsory.**
- 2. Questions 1-7 carry 1 mark each and are multiple choice questions.**
- 3. Questions 8-10 carry 2 marks each and their answers should not exceed 40-60 words.**
- 4. Questions 11-13 carry 3 marks each and their answers should not exceed 80-100 words.**
- 5. Questions 14-15 carry 4 marks each and their answers should not exceed 120-140 words.**
- 6. Questions 16-19 carry 5 marks each.**

1. Effective Planning can help in:

- |                          |                                  |
|--------------------------|----------------------------------|
| (a) Improving Efficiency | (c) Reducing chances of mistakes |
| (b) Proper Coordination  | (d) All the above                |

2. Pre-tournament tasks are done :

- |                           |                              |
|---------------------------|------------------------------|
| (a) During the tournament | (c) After the tournament     |
| (b) Before the tournament | (d) After the award ceremony |

3. How many byes will be given if 29 teams are participating in a knock-out tournament?

- |       |       |
|-------|-------|
| (a) 3 | (c) 5 |
| (b) 4 | (d) 6 |

4. If the spine has a sideways curve, it is called

- |               |               |
|---------------|---------------|
| (a) Flat back | (c) Lordosis  |
| (b) Kyphosis  | (d) Scoliosis |

5. Which asana is known as Mountain pose?

- |                |                  |
|----------------|------------------|
| (a) Matsyasana | (c) Parvatasana  |
| (b) Tadasana   | (d) Shalabhasana |

6. The other name of League tournament is

- |                            |                            |
|----------------------------|----------------------------|
| (a) Knock out tournament   | (c) Challenge tournament   |
| (b) Round Robin tournament | (d) Combination tournament |

7. At what point is blood pressure considered high:

- |            |             |
|------------|-------------|
| (a) 80/120 | (c) 140/90  |
| (b) 130/80 | (d) 210/120 |

8. Briefly discuss Lordosis.

9. What are the causes of bad posture?

10. Briefly mention the benefits of Halasana.

11. Briefly explain about types of league tournament.

12. Explain the term 'Menarche'.

13. What do you mean by triad? Discuss its symptoms.

14. Discuss the procedure of Pawanmuktasana.

15. Mention the benefits of Gomukhasana.

16. Write in detail the symptoms and causes of amenorrhoea.

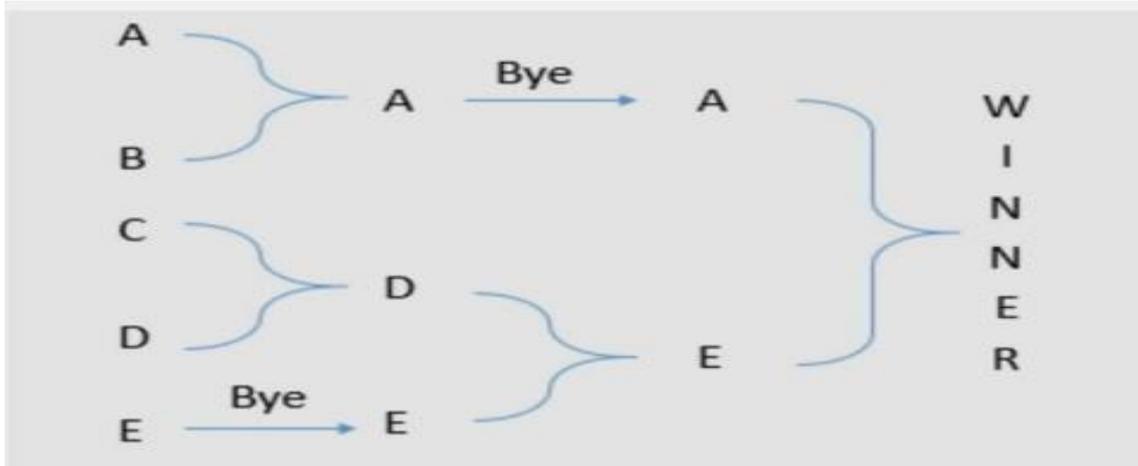
17. Define and classify 'fixtures'. Draw a league fixture of 16 teams.

18. What do you mean by back pain? Discuss the procedure and benefits of Shalabhasana.

19. Case based questions:

Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends

upon suitable fixture. Observe the below given fixture and answer the questions.



- (i). The method followed in drawing the fixture is \_\_\_\_\_
- a) League  
b) Knockout  
c) Ladder  
d) Combination
- (ii). Number of matches played can be calculated by the formula \_\_\_\_\_
- a) N  
b) N-1  
c) N+1  
d) N+2
- (iii). The advantage of this tournament is \_\_\_\_\_
- a) Economical  
b) Less time  
c) both (a) and (b)  
d) none of these
- (iv). In this type of tournament, a team once defeated gets \_\_\_\_\_
- a) Eliminated  
b) Bye  
c) another chance  
d) wild card entry
- (v). A privilege given to a team to play at a higher round is called \_\_\_\_\_
- a) Fixture  
b) Bye  
c) Reward  
d) All of these

