

Self Assessment Paper

General Instructions :

- (i) Answer any **five** questions from **Section A**.
- (ii) **Section B** comprises of one question on each game, with five subparts (a), (b), (c), (d) and (e) select **any two** games from this Section.
- (iii) Answer any three of the five subparts (a), (b), (c) (d) and (e) from **each** of the **two** games selected by you in this section.
- (iv) The intended marks for question or parts of questions are given in brackets [].

Section 'A'

Answer any five questions.

- 1. Explain how games and sports are helpful in promoting national integration among the players. [8]
- 2. What are the different methods of training? State their advantages and disadvantages. [8]
- 3. Write short note on Modern Olympic Games. [8]
- 4. What is meant by Correct Posture ? Explain any two common postural deformities. [8]
- 5. Explain the meaning of Health Education. Mention any five principles of health education. [8]
- 6. What is meant by drugs and drug abuse? Name any two drugs which are banned by the World Anti-Doping Agency (WADA). Explain why these drugs are banned. [8]
- 7. Explain how an individual can prevent sports related accidents. [8]

Section 'B'

Select any two games from this section.

Answer any three of the five sub-parts (a), (b), (c), (d) and (e) from each of the two games selected by you. Each sub-part is for 5 marks

Football

- 8. (a) Explain kick-off. [5]
- (b) In a football match, what is meant by the term sudden death? [5]
- (c) What is the position of the following during a tie breaker : [5]
 - (i) The defending goal keeper
 - (ii) Players other than the goal keeper and the kicker

To know about more useful books for class-12 [click here](#)

- (iii) The referee
- (iv) The attacking goal keeper.
- (d) What is the length and height of goal post in football? [5]
- (e) Mention any five duties of the fourth official during a match. [5]

Cricket

9. (a) Explain the following terms : (i) Yorker (ii) Good Length (iii) Half Volley [5]
 (b) Mention two exceptional circumstances under which the game can be suspended. [5]
 (c) Specify the measurements of the following : [5]
 (i) Circumference of the ball
 (ii) Maximum length of the bat
 (iii) Height of stumps from the ground
 (d) State some bowling techniques. [5]
 (e) When are penalty runs awarded? [5]

Hockey

10. (a) Explain the following : (i) Shooting circle (ii) Bully [5]
 (b) What are the rules related to goals? [5]
 (c) When is a sixteen-yard hit awarded? [5]
 (d) Give the specifications of the following : [5]
 (i) Circumference of ball
 (ii) Weight of ball
 (e) Write any five duties of a match referee. [5]

Basketball

11. (a) Define the terms: (i) Held-ball (ii) Jump-ball [5]
 (b) Briefly explain the term time-out. [5]
 (c) When is a ball considered to be dead? [5]
 (d) List any four technical equipment used by the table officials. [5]
 (e) Explain the technique of bounce pass. [5]

Volleyball

12. (a) What is the role of a setter in a game? [5]
 (b) Explain the following: (i) Blocking faults (ii) Antennae. [5]
 (c) State the following dimensions : [5]
 (i) Height of the net for men
 (ii) Weight of the ball
 (iii) Circumference of the ball
 (iv) Distance of the attack line from the centre line
 (d) Write any five skills a volleyball player should possess. [5]
 (e) What are the duties of the captain of a volleyball team? [5]

Tennis

13. (a) Explain the following terms: (i) Chip Shot (ii) Top-Spin [5]
 (b) When is ball considered to be out of play? [5]
 (c) Mention the width of the strap of the net used in tennis. [5]
 (d) What do you mean by Eastern Grip and Forehand Stroke? [5]
 (e) What are the duties of a chair umpire in the game of Tennis? [5]

Badminton

14. (a) Define the following: (i) Bird (ii) Double Hit. [5]
(b) Explain the procedure to be followed for selecting a court for the game. [5]
(c) State the duration of the intervals and when are these intervals allowed during the game? [5]
(d) What is meant by the term Drive? [5]
(e) List any four pre-match duties of the umpire. [5]

Swimming

15. (a) What do you mean by Somersault and Swim Over? [5]
(b) What are the rules pertaining to the Standing platforms? [5]
(c) What is a false start rope? What is its importance in the swimming events? [5]
(d) Draw a neat diagram of a standard swimming pool with its dimensions. [5]
(e) List the officials required for conducting a swimming competition. [5]

Athletics

16. (a) List the track and field events in athletics. [5]
(b) State the rules pertaining to jumping events. [5]
(c) Draw a neat diagram of Runway and Plan of Triple Jump and Long Jump. [5]
(d) Mention any three skills a long jump athlete should possess. [5]
(e) State any five duties of a physiotherapist in athletics. [5]

Finished Solving the Paper ?
Time to evaluate yourself !
<https://qr.go.page.link/8jV3o>
OR
SCAN THE CODE
For elaborate Solutions

OSWAAL COGNITIVE
LEARNING TOOLS

The banner features a grid background with various educational icons like a pencil, eraser, ruler, and a student reading a book. It promotes a QR code linking to a page for solutions.

