

- Instructions:** 1) Read the Question Paper Carefully.
 2) Mention neatly the question number of Internal choice questions.
 3) Sports fields/Court needs to be drawn using Pencil only.

- Q.1 Define the following terms:** 5 Mks
- a) Physical Education
 - b) Speed
 - c) Health Education
 - d) Physical Fitness
 - e) Yoga
- Q. 2 Match the following** 5 Mks
- | “A” | “B” |
|----------------------------|-------------------|
| a) Pranayama | 1) Vrikshasana |
| b) Standing Position Asana | 2) Chakrasana |
| c) Sitting Position Asana | 3) Bhramari |
| d) Prone Position Asana | 4) Ushtrasana |
| e) Supine Position Asana | 5) Saucha |
| | 6) Sun Salutation |
| | 7) Bhujangasana |
- Q. 3 A** What are the Dimensions of Health? Explain Emotional dimensions. 6 Mks
B Explain any two components of Health Related Physical Fitness. 6 Mks
- OR**
- Q. 3 X** What are the factors that promote health? 6 Mks
Y Explain any two components of Sports Related Physical Fitness. 6 Mks
- Q. 4** State the Importance of Physical Education. 8 Mks
- Q. 5** List the Limbs of Yoga and explain in detail limb *Yamas* . 8 Mks
- Q. 6** Define Endurance. Explain any 1 method to develop Endurance. 8 Mks
- Q. 7** Enumerate the effect of Yoga on Respiratory system of the body. 8 Mks
- Q. 8** Draw Standard Soccer Ground and label it with measurements. 10 Mks
- Q. 9 Write short notes on: (any 4)** 16 Mks
- 1) Importance of Exercises
 - 2) Flexibility & its types
 - 3) Spectrum of Health
 - 4) Niyama's and its disciplines
 - 5) Pranayama
 - 6) Objectives of Physical Education