

Name of course: - XII PHYSICAL TRAINING AND SPORTS (F1)

BLUE PRINT

| Sr. No | Unit | Knowledge | | | Understanding | | | Application | | | Total Marks | Total Marks With Option |
|----------|--|------------|--------------|-------------|---------------|--------------|-------------|-------------|--------------|-------------|-------------|-------------------------|
| | | Objectives | Short Answer | Long Answer | Objectives | Short Answer | Long Answer | Objectives | Short Answer | Long Answer | | |
| a | Part- 'A' | | | | | | | | | | | |
| 1 | Communication skills-IV | | 3 (1) | | | | 4 (1) | | | | 4 | 7 |
| 2 | Self-management skills- IV | | | | | 3 (1) | | | | 4 (1) | 4 | 7 |
| 3 | Information and communication technology skills-IV | 1(1) | | | 1(1) | | | 1(1) | | 4 (1) | 3 | 7 |
| 4 | Entrepreneurial skills- IV | | 3 (1) | | | | | | 3 (1) | | 6 | 6 |
| 5 | Green skills- IV | 1(1) | | | 1(1) | | | 1(1) | | | 3 | 3 |
| b | Part- 'A' | | | | | | | | | | | |
| 1 | Role & responsibilities of a physical education teacher & sports coach | | 3 (1) | | | | | | | | 3 | 3 |
| 2 | Learn to plan for the year | | 3(1) | | 1(1) | | 4 (1) | 1(1) | | 6 (1) | 9 | 15 |
| 3 | Identify and conduct events in school | | | | | 3 (1) | 6 (1) | | | 4 (1) | 9 | 13 |
| 4 | Maintain everyday health and hygiene | | | | 1(1) | | 4 (1) | 1(1) | 3 (1) | | 6 | 9 |
| 5 | Teaching age appropriate activities to children | | | | 1(1) | 3 (1) | 6 (1) | 1(1) | 3 (1) | 4 (1) | 12 | 18 |
| 6 | Learn to coach and build school team | 1(1) | | 4 (1) | 1(1) | | | 1(1) | | 6 (1) | 9 | 13 |
| 7 | Introduction to information and communication technology | 1(1) | | | 1(1) | 3 (1) | | 1(1) | | | 3 | 6 |
| 8 | Work integrated learning | | | 4 (1) | 1(1) | | 4 (1) | 1(1) | 3 (1) | | 9 | 13 |
| | No of Question | 4 | 4 | 2 | 8 | 4 | 6 | 8 | 4 | 6 | | |
| | Total Marks | 4 | 12 | 8 | 8 | 12 | 28 | 8 | 12 | 28 | | |
| | Marks with options | 24 | | | 48 | | | 48 | | | 80 | 120 |

*Figures in bracket indicate number of questions and figures outside bracket indicate total marks for the question.

Name of course:-XII PHYSICAL TRAINING AND SPORTS (F1)

Time - 3 Hrs.

Max Marks -80

A) Unit-wise Distribution of Marks

| Chapter No. | Topic / unit | Marks without option | Marks with option |
|-------------|--|----------------------|-------------------|
| 1. | Communication skills - IV | 4 | 7 |
| 2. | Self management skills - IV | 4 | 7 |
| 3. | Information and communication technology skills - IV | 3 | 7 |
| 4. | Entrepreneurial skills - IV | 6 | 6 |
| 5. | Green skills - IV | 3 | 3 |
| 6. | Role & responsibilities of a physical education teacher & sports coach | 3 | 3 |
| 7. | Learn to plan for the year | 9 | 15 |
| 8. | Identify and conduct events in school | 9 | 13 |
| 9. | Maintain everyday health and hygiene | 6 | 9 |
| 10. | Teaching age appropriate activities to children | 12 | 18 |
| 11. | Learn to coach and build school team | 9 | 13 |
| 12. | Introduction to information and communication technology | 3 | 6 |
| 13. | Work integrated learning | 9 | 13 |
| Total | | 80 | 120 |

B) Object wise Distribution of Marks

| Sr. No | Objective | Marks | Percentage | Marks with Option |
|---------------|------------------|--------------|-------------------|--------------------------|
| 1 | Knowledge | 17 | 22 | 24 |
| 2 | Understanding | 32 | 40 | 48 |
| 3 | Application | 31 | 38 | 48 |
| Total | | 80 | 100 | 120 |

C) Question wise Distribution of Marks

| Sr.No | Types of the Question | Marks | Marks with option |
|--------------|------------------------------|--------------|--------------------------|
| 1 | Objective | 20 | 20 |
| 2 | Short ans.Type (3 marks) | 24 | 36 |
| 3 | Long ans.Type (4 marks) | 24 | 40 |
| 4 | Long ans.Type (6 marks) | 12 | 24 |
| Total | | 80 | 120 |

Question Paper Pattern for Theory Papers

Name of course: XII PHYSICAL TRAINING AND SPORTS (F1)

Time -3 Hrs.

Max Marks -80

- Notes:** 1. All questions are compulsory.
2. Draw diagrams wherever necessary.

Q. No. 1.A) Select the correct alternative and rewrite the sentence / Fill in the Blanks 5

1.
a)..... b) C) d)
2.
a)..... b) C) d)
3.
a)..... b) C) d)
4.
a)..... b) C) d)
5.
a)..... b) C) d)

B) Match the following pairs. 5

- | | |
|----|----|
| 1. | A) |
| 2. | B) |
| 3. | C) |
| 4. | D) |
| 5. | E) |

C) State the following statement is true or false. And rewrite the wrong statement correctly.

5

- 1.
- 2.
- 3.
- 4.
- 5.

D) Answer the following questions in ONE sentence.

5

1.

2.

3.

4.

5.

Q. No. 2) Answer the following questions in short. (Any four)

12

1.

2.

3.

4.

5.

6.

Q. No. 3) Answer the following questions in short. (Any four)

12

1.

2.

3.

4.

5.

6.

Q. No. 4) Answer the following questions in brief. (Any three)

12

1.

2.

3.

4.

5.

Q. No. 5) Answer the following questions in brief. (Any three)

12

1.

2.

3.

4.

5.

Q. No. 6) A) Answer the following questions in brief. (Any One)

6

1.

2.

B) Answer the following questions in brief. (Any One)

6

1.

2.
