Series P/PB2/1

SET 1

CLASS XII PRE-BOARD EXAMINATION – 2025-26

Q.P. Code: 048/2/1

Roll No. | | | | | | | | |

Candidate must write the Q.P. Code on the title page of the answer-book.

- Please check that this question paper contains **6** printed pages.
- Please check that this question paper contains **37** questions.
- Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- **Please write down the serial number of the question in the answer-book before attempting it.**
- 15 minute time has been allotted to read this question paper. The students will read the question paper only and will not write any answer on the answer-book during this period.

PHYSICAL EDUCATION

Time allowed : 3 hours *Maximum Marks : 70*

General Instructions:

Read the following instructions very carefully and strictly follow them :

(i) The question paper consists of **5** sections and **37** Questions.

(ii) **Section-A** consists of question **1-18** carrying **1** mark each and is multiple choice questions. All questions are compulsory.

(iii) **Section-B** consists of questions **19-24** carrying **2** marks each and are very short answer types and should not exceed **60-90** words. Attempt any **5**.

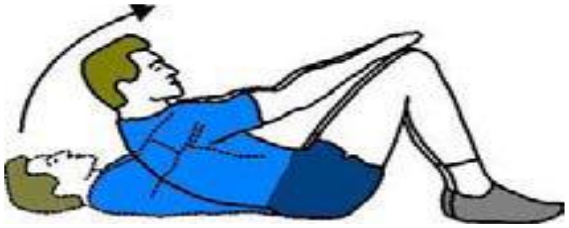
(iv) **Section-C** consists of Question **25-30** carrying **3** marks each and are short answer types and should not exceed **100-150** words. Attempt any **5**.

(v) **Section-D** consists of Question **31-33** carrying **4** marks each and are case studies. There is internal choice available.

(vi) **Section-E** consists of Question **34-37** carrying **5** marks each and are short answer types and should not exceed **200-300** words. Attempt any **3**.

SECTION-A

1. Identify the human movement below :



(a) Push Ups (b) Modified Push Ups
(c) Sit and Reach (d) Partial Curl Up **[1]**

2. The mesocycles represents a specific block of training that is typically made up of _____ micro cycles.
(a) 1 (b) 6-9
(c) 3-4 (d) more than 5 **[1]**

3. Sprain is an injury of the _____.
(a) Joint (b) Bone
(c) Muscle (d) Ligament **[1]**

4. In Law of Acceleration, acceleration of an object is inversely proportionate to its_____.
(a) Speed (b) Force
(c) Size (d) Mass **[1]**

5. CWSN refers to _____ .
(a) Child with Special Needs (b) Child Welfare Sports Network
(c) Children with Safety Needs (d) Child Wellness Sports Norms **[1]**

6. All the following are macro nutrients, except
(a) Vitamins (b) Proteins
(c) Carbohydrates (d) Fats **[1]**

7. Match the following.

A. Carbohydrates	1. Growth and repair of tissues
B. proteins	2. Primary source of energy
C. Fat	3. Regulate body processes
D. Vitamins	4. Energy store

(a) A-4, B-2, C-1, D-3 (b) A-1, B-3, C-2, D-4
(c) A-3, B-4, C-1, D-2 (d) A-2, B-1, C-4, D-3 **[1]**

8. Being cautious, reserved in nature and suppressing own emotions are features of which personality type?
(a) Type C (b) Type D
(c) Type B (d) Type A **[1]**

9. Unintentional physical harm is known as _____.
(a) Instrumental aggression
(b) Negative aggression
(c) Hostile aggression
(d) None of the above **[1]**

10. Match the following.

A. Abrasion	1. Joint Injuries
B. Green stick fractures	2. Bone injuries
C. Shoulder Dislocation	3. Cause of sport injuries
D. Lack of fitness	4. Soft tissue injuries

(a) A-4, B-2, C-1, D-3 (b) A-1, B-3, C-2, D-4
(c) A-3, B-4, C-1, D-2 (d) A-2, B-1, C-4, D-3 **[1]**

11. If 17 teams are participating then how many byes are needed to be given in a single knockout tournament?

(a) 14 (b) 17
(c) 16 (d) 15 **[1]**

12. Fast twitch fibers are known as _____ fibers and slow twitch fibers are known as _____ fibers.

(a) White, red (b) Red, yellow
(c) Yellow, white (d) None of the above **[1]**

13. Which of the following is not a cause of flat foot deformity?

(a) Faulty posture (b) Body heaviness
(c) Standing for a long time (d) Lack of Vitamin D and calcium **[1]**

14. Seeding is a procedure by which good teams are placed in fixtures in such a way that stronger teams do not meet each other at the _____ of a tournament.

(a) middle (b) end
(c) start (d) None of the above **[1]**

15. Important features of aggression are

(a) Un-sportsman like behaviour.
(b) Use of abusive words.
(c) Physical attacking another participant due to anger.
(d) All of the above **[1]**

16. Match the following.

A. Short term endurance	1. Marathon
B. Speed Endurance	2. 400 m Sprint race
C. Medium-term endurance	3. 800 m race
D. Long-term endurance	4. 1500 m race

(a) A-4, B-2, C-1, D-3
(b) A-1, B-3, C-2, D-4
(c) A-3, B-2, C-4, D-1
(d) A-2, B-1, C-4, D-3 **[1]**

17. The method which uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion is known as _____.

(a) Dynamic stretching method
(b) Static active stretching method
(c) Ballistic stretching method
(d) PNF stretching method **[1]**

18. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) Push ups help in building muscular strength.
Reason (R) Push ups are isokinetic muscular movements that provide strength to the joints.

In context of above two statements, which one of the following is correct?
(a) A is true, but R is false
(b) A is false, but R is true
(c) Both A and R are true and R is the correct explanation of A
(d) Both A and R are true, but R is not the correct explanation of A **[1]**

SECTION-B

19. List down any four benefits of self-talk by athletes in sports. ½ x 4=**2**
20. What should be the basic nutrient in a Child's diet and why? ½+1½=**2**
21. What is the main physiological cause of Asthma? **2**
22. Your grandmother feels she has reduced her lower body flexibility and therefore she wants to test herself. Which test would you suggest her? **2**
23. Why are children most prone to greenstick fracture. Which are the most common sites of this fracture? 1+1= **2**
24. List down any four advantages of fartlek training method. ½ x 4=**2**

SECTION-C

25. Make a table explaining any three personalities from Big five theory and their characteristics. **3**
26. Create a mind map including any six advantages of physical activities for children with special needs. **3**
27. Suggest exercises as a corrective measure for curing Kyphosis. **3**
28. What are carbohydrates? Differentiate between its types. 1+2=**3**
29. What is the meaning of female athletes Triad? Explain any two in brief. 1+2=**3**
30. Define bye. Explain the rules of giving bye with help of an example. 1+2=**3**

SECTION-D

31. In relation to the pictures, answer the following questions. **4**

1.



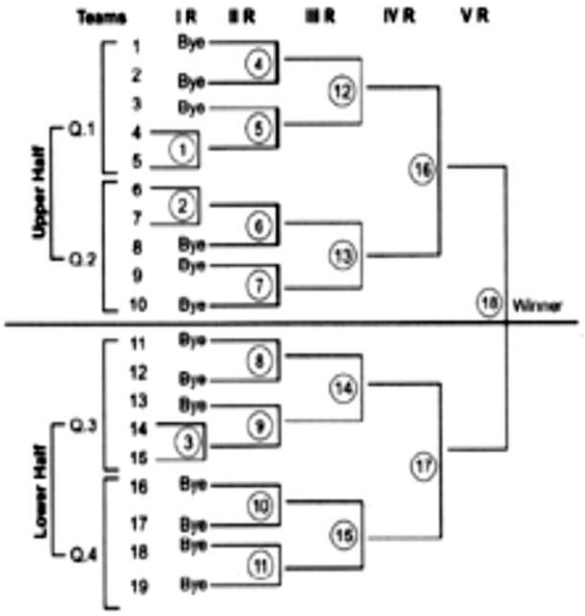
2.



(a) First picture is the emblem of _____ Olympics ?

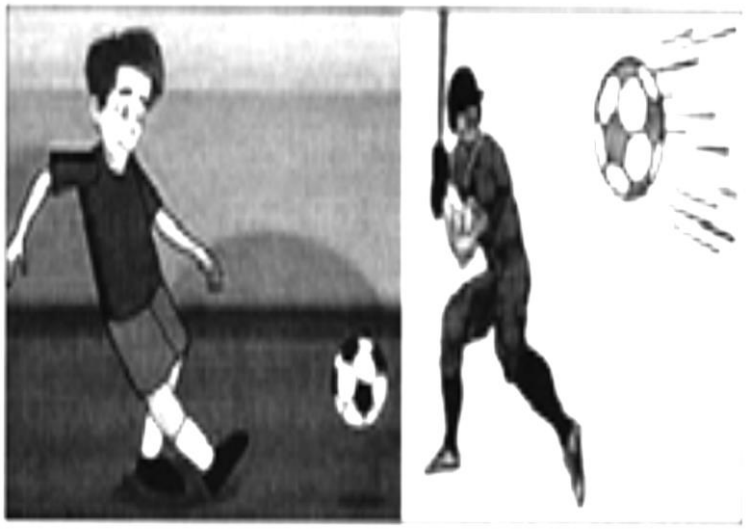
(b) Second picture is the emblem of _____ Olympics?
(c) Second picture games are conducted after every _____ years.
(d) Special Olympics started in the year _____.

32. See the following figure : **4**



On the basis of above given fixture answer the following questions:
(a) The fourth round in this case can also be called as _____.
(b) What is the formula for calculating the number of byes?
(c) Total number of matches in 2nd round are _____.
(d) What is the formula for calculating the total number of matches?

33. The teachers as well as coaches always make their best efforts to improve the performance of their students in various competitive games and sports. They can help to improve the performance of students if they have adequate knowledge of biomechanics. **4**



(a) Newton's second law is also known as_____.
(b) The study of human body and various forces acting on it is_____.

(c) The more force one exerts on the downward bounce, the higher the ball bounces into the air. Which law is this statement being referred to?
(d) Among the above given pictures, Newton's 3rd law is depicted in_____.

SECTION-E

34. Define flexibility along with its types. Explain any two methods used to develop flexibility. 3+2=**5**
35. List down any four asanas used for prevention of asthma. Explain the procedure for administration of any one of them with help of a stick diagram. 2+3=**5**
36. Define Projectile and explain any two factors affecting projectile with help of examples from sports. 2+3=**5**
37. Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs) along with the objectives of conducting them. Explain the administration of any one of them. 2+3=**5**