

Directorate of Education, GNCT of Delhi

Practice Paper

Session: (2025 – 2026)

Class – XII

Subject: PHYSICAL EDUCATION (048)

Max. Marks: 70

Duration: 3 hours

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 37 Questions.
- 2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- 4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- 5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is NO internal choice available.
- 6) 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 type of exercise in which you hold your body steady without visible movement, as shown in the figure below.



- (a) Isokinetic exercise
- (b) Isometric exercise
- (c) Dynamic exercise
- (d) Plyometric exercise

For visually impaired:

Select the exercise performed by holding a muscle contraction without changing its length.

(a) Isokinetic (b) Isometric (c) Aerobic (d) Anaerobic

2. The gradual loss of calcium from bones in elderly people leads to _____.
(a) Increased flexibility (b) Reduced bone strength
(c) Stronger joints (d) Improved coordination

3. Which of the following is an effective communication strategy for encouraging participation of children with special needs in physical activities?
(a) Using complex language (b) Avoiding eye contact
(c) Combining verbal, visual, and tactile cues (d) Speaking rapidly

4. A privilege given to a player or team to enter the next round without playing a match is known as _____.
(a) Fixture (b) Bye (c) Knockout (d) Tabular method

5. **Match List – I (Yoga Practices) with List – II (Lifestyle Diseases Prevented)**

List I	List II
(i) Ardha Matsyendrasana	1. Obesity
(ii) Bhastrika Pranayama	2. Asthma
(iii) Bhujangasana	3. Diabetes
(iv) Shavasana	4. Hypertension

a) (i)–3, (ii)–2, (iii)–1, (iv)–4
b) (i)–1, (ii)–3, (iii)–4, (iv)–2
c) (i)–4, (ii)–1, (iii)–2, (iv)–3
d) (i)–2, (ii)–4, (iii)–3, (iv)–1

6. The unit used to measure energy expenditure at rest is _____.
(a) Joules (b) Kilocalories (c) Litres (d) Grams

7. In the *Sit and Reach Test*, which of the following statements is **correct**?
(a) Knees should remain bent throughout.
(b) The soles should not touch the box.
(c) The participant should reach forward slowly and steadily.
(d) Shoes must be worn during the test.

8. Select the correct starting position for performing *Vajrasana*.
(a) Padmasana (b) Sukhasana (c) Kneeling with toes touching (d) Standing straight

9. **Assertion (A):** Fitness walks and marathons help promote community awareness about active living.
Reason (R): The focus of such events is on competitions rather than participation.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A)
(b) Both (A) and (R) are true, but (R) is not the correct explanation
(c) (A) is true, but (R) is false
(d) (A) is false, but (R) is true

10. The maximum screen time recommended for children aged 5–8 years should not exceed _____.
(a) 90 minutes/day (b) 60 minutes/day (c) 30 minutes/day (d) 120 minutes/day

11. Which of the following statements about *planning in sports* is incorrect?
(a) It helps in reducing errors and risks.
(b) It involves forecasting and setting objectives.
(c) It includes motivation and evaluation.
(d) It involves performing drills on the field.

12. Which of the following minerals is necessary for blood clotting?
(a) Iron (b) Calcium (c) Potassium (d) Phosphorus

13. One of the psychological benefits of sports participation among women is _____.
(a) Better flexibility (b) Enhanced self-confidence
(c) Improved coordination (d) Stronger bones

14. Which Asana helps in correcting *scoliosis* (sideward spinal curvature)?
(a) Trikonasana (b) Vajrasana (c) Tadasana (d) Sukhasana

15. **Assertion (A):** In a third-class lever, the effort lies between the fulcrum and the load.

Reason (R): The third-class lever system favours speed and movement over force.

- (a) Both (A) and (R) are true, and (R) explains (A)
- (b) Both (A) and (R) are true, but (R) does not explain (A)
- (c) (A) is true, but (R) is false
- (d) (A) is false, but (R) is true

16. Match List I (Vitamins) with List II (Deficiency Diseases):

List I: Vitamin	List II: Disease
(i) Vitamin A	1 Night Blindness
(ii) Vitamin B ₁₂	2 Pernicious Anaemia
(iii) Vitamin C	3 Scurvy
(iv) Vitamin D	4 Rickets

Options:

- a) (i)–1, (ii)–2, (iii)–3, (iv)–4
- b) (i)–3, (ii)–1, (iii)–4, (iv)–2
- c) (i)–4, (ii)–3, (iii)–1, (iv)–2
- d) (i)–2, (ii)–4, (iii)–3, (iv)–1

17. Which of the following is a plant source of fat?

- (a) Butter (b) Coconut oil (c) Fish oil (d) Lard

18. The psychological attribute of *conscientiousness* refers to _____.

- (a) Being outgoing and talkative
- (b) Being dependable, organised, and disciplined
- (c) Being emotionally unstable and anxious
- (d) Being creative and open-minded

SECTION – B

19. Explain Newton's second law of motion with two sports-related examples. (1 + ½ × 2)

20. Mention any four asanas useful in reducing obesity. (½ × 4)

21. Write any two benefits of relaxation techniques in sports. (1 × 2)

22. Differentiate between aerobic and anaerobic exercises. (1 × 2)

23. Explain any two eating disorders commonly found among adolescents. (1 × 2)

24. List any four coordinative abilities. (½ × 4)

SECTION – C

25. State the purpose and explain the procedure of the Arm Curl Test for upper body strength. (1 + 2)

26. Discuss any three short-term effects of exercise on the muscular system. (1 × 3)

27. Briefly explain how teachers and peers play a role in promoting inclusion through sports. (1.5 + 1.5)

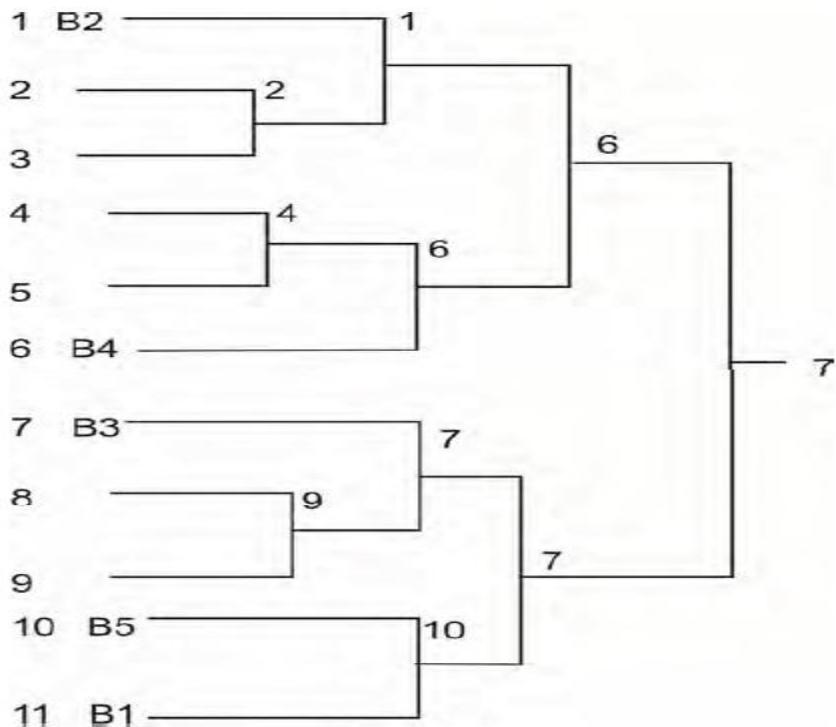
28. Riya noticed that her grandfather struggles to stand up from a chair without support. She decides to assess his leg strength using the Rikli's Chair Stand Test. Which component of fitness does this test measure? Describe its procedure. (1 + 2)

29. Suggest two corrective exercises each for knock-knees, bow legs, and round shoulders. (½ × 6)

30. Suggest three strategies for adherence to exercise. (1 × 3)

SECTION – D

31. A zonal volleyball competition has 11 teams.



(i) The third round in this case will be called _____.

(a) Pre-quarter final (b) Quarter final (c) Semi-final (d) Final

(ii) The formula for calculating the number of matches is _____.

(a) $N(N-1)/2$ (b) $N-1$ (c) $N/2$ (d) $N+1$

(iii) Total matches in the first round are _____.

(a) 8 (b) 7 (c) 15 (d) 10

(iv) Formula for number of byes _____.

(a) Next power of 2 – N (b) Next power of 3 – N (c) $N-1$ (d) $N+1$

For visually impaired

To promote volleyball in schools, Mr. Arjun, a Physical Education teacher, planned an inter-house tournament with 12 teams. As the School has only 3 days to finish the tournament certain decisions have been taken. Suppose you are the part of that planning committee and answer the following question keeping in my the time constraint.

(i) The best method to organize this event is _____.

(a) Knockout (b) League (c) Round Robin (d) Combination

(ii) A knockout tournament is also called _____.

(a) Elimination (b) Ladder (c) Selection (d) Screening

(iii) If 12 teams participate, number of byes are _____.

(a) 4 (b) 2 (c) 3 (d) 1

(iv) Formula for total matches in a league tournament _____.

(a) $N(N-1)/2$ (b) $N-1$ (c) $N/2$ (d) $2N-1$

32. During an interschool cricket match, a player was struck on the forearm by a fast ball, leading to swelling and redness due to internal injury. Meanwhile, another player twisted his ankle while running between the wickets, experiencing pain and difficulty walking, indicating a possible sprain requiring immediate first aid.

(i) The swelling on the arm is due to _____.

(a) Muscle tear (b) Internal bleeding (c) Fracture (d) Infection

(ii) The first-aid for a sprained ankle is _____.
(a) Apply ice and elevate (b) Massage with oil (c) Wrap tightly with cloth (d) Keep walking

(iii) Regular cool-down exercises help to _____.
(a) Prevent dizziness (b) Build muscles fast (c) Reduce flexibility (d) Increase fatigue

(iv) Which of these is **not** a cause of sports injury?
(a) Overtraining (b) Lack of warm-up (c) Adequate rest (d) Playing on rough surface

33. In adaptive sports, classification is used to ensure fair and equal competition by grouping athletes according to their functional abilities rather than their specific disabilities. This system helps balance the competition, allowing participants with similar physical or intellectual capabilities to compete together, promoting inclusion, fairness, and equal opportunities in sports performance.

(i) Classification is mainly used to _____.
(a) Promote social awareness (b) Ensure fair competition
(c) Improve training intensity (d) Select winners early

(ii) Divisioning is usually applied in _____.
(a) Special Olympics (b) Paralympics (c) Deaflympics (d) Modern Olympics

(iii) Functional classification is a part of _____.
(a) Paralympic events (b) School tournaments (c) Intramurals (d) Fitness tests

(iv) The maximum effort rule is associated with _____.
(a) Special Olympics (b) Ancient Olympics (c) Asian Games (d) School meets

SECTION – E

34. Riya, a young software engineer, follows a liquid-only crash diet to lose weight quickly before her company's annual event. As her health coach, explain the harmful effects of such diets and suggest balanced, healthy methods to maintain an ideal body weight.

(2 + 3)

35. Define Centre of gravity. Explain its importance in sports. (1+4)

36. Mention any two symptoms of hypertension. Name any two asanas that help control it and explain the procedure and benefits of one of them. (1 + 2 + 2)

37. Enumerate the types of endurance and explain methods to develop cardiovascular endurance.
(2 + 3)