

PRACTICE PAPER 2

Class XII (2025-26)

PHYSICAL EDUCATION (048)

TIME: 3 hrs

M.M: 70

General Instructions:

1. The question paper consists of 5 sections and 37 questions.
2. Section A consists of questions 1-18, carrying 1 mark each and are multiple choice questions. All questions are compulsory.
3. Section B consists of questions 19-24, carrying 2 marks each. Answers should not exceed 60-90 words. Attempt any 5.
4. Section C consists of questions 25-30, carrying 3 marks each. Answers should not exceed 100-150 words. Attempt any 5.
5. Section D consists of questions 31-33, carrying 4 marks each and are case studies. There is an internal choice available.
6. Section E consists of questions 34-37, carrying 5 marks each, and are long answer type. Answers should not exceed 200-300 words. Attempt any 3.

SECTION A

1. In which tournament format does a team continue playing until the end regardless of wins or losses?

(a) Knockout
(b) League

(c) Knockout-cum-league
(d) Seeding
2. Given below are two statements, one of which is labelled **Assertion (A)** and the other as **Reason (R)**. Choose the correct option.

Assertion (A): Exercise is good for the cardiorespiratory system.

Reason (R): Exercise decreases the heart rate, allowing it to rest.

- (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 of (A).
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.

3. Match the following:

Column I	Column II
(a) Asthma	(i) Pain in joints
(b) Obesity	(ii) Airways become narrow
(c) Arthritis	(iii) A chronic condition of high blood sugar
(d) Diabetes	(iv) State of being overweight

- (a) (ii), (b) (iv), (c) (i), (d) (iii)
 - (a) (iv), (b) (i), (c) (ii), (d) (iii)
 - (a) (iii), (b) (iv), (c) (i), (d) (ii)
 - (a) (ii), (b) (iii), (c) (iv), (d) (i)
4. Which of the following is a micronutrient?

(a) Carbohydrates
(b) Proteins

(c) Vitamins
(d) Fats

5. Identify the asana shown in the given picture.



- (a) Ustrasana (b) Bhadrasana (c) Halasana (d) Shavasana
6. Which pranayama cools the body and is recommended for controlling hypertension?
 (a) Bhastrika (b) Sitali (c) Kapalbhati (d) Anuloma-Viloma
7. Paralympics mainly involve athletes with:
 (a) Intellectual disabilities (b) Hearing impairments
 (c) Physical disabilities (d) Visual impairments only
8. Menstrual dysfunction in female athletes most commonly includes:
 (a) Amenorrhoea (b) Osteoporosis (c) Hypotension (d) Thyroid disorder
9. Choose the odd one out:
 (a) Lordosis (b) Kyphosis (c) Scoliosis (d) Arthritis
10. Which of these is a part of the Senior Citizen Fitness Test?
 (a) Arm Curl Test (b) Yo-Yo-Intermittent Test
 (c) Beep Test (d) Illinois Agility Test
11. Which of the following increases immediately when exercise begins?
 (a) Residual volume (b) Cardiac output (c) Resting heart rate (d) Haemoglobin levels
12. A strain is an injury caused to the:
 (a) Ligaments (b) Muscles or tendons (c) Bones (d) Skin
13. Which type of friction prevents slipping when a sprinter starts running?
 (a) Static friction (b) Sliding friction (c) Rolling friction (d) Fluid friction
14. In projectile motion, the horizontal component of velocity:
 (a) Increases (b) Decreases (c) Remains constant (d) Becomes zero mid-air
15. Goal-setting helps athletes primarily to:
 (a) Reduce reaction time (b) Increase flexibility
 (c) Maintain motivation and direction (d) Improve dietary intake
16. Given below are two statements, one of which is labelled as **Assertion (A)** and the other as **Reason (R)**. Choose the correct option.
Assertion (A): Postural deformities are a result of problems with the spine or the limbs.
Reason (R): While deformities of the spine include pes planus (flat feet), bow legs and rounded shoulders, deformities in limbs cause lordosis, kyphosis and scoliosis.
 (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 of (A).
 (c) (A) is true but (R) is false.
 (d) (A) is false but (R) is true.

17. Instrumental aggression is used to:
 (a) Harm opponents intentionally (b) Achieve a performance-related goal
 (c) Reduce anxiety (d) Improve social skills
18. Which of these is an example of a strength training method?
 (a) Fartlek training (b) Acceleration runs
 (c) Isometric exercise (d) Shuttle run

SECTION B

19. What is lordosis? Mention one corrective exercise recommended for it.
 20. Define nutritive components of diet. Give one example.
 21. Explain how BMI is calculated. Mention one limitation for athletes.
 22. What are abrasions? Name one sport in which they commonly occur.
 23. What is coordinative ability? Name two types.
 24. What is continuous training? Mention one advantage.

SECTION C

25. Explain the league tournament system. Mention one advantage and one disadvantage.
 26. Describe three immediate effects of exercise on the respiratory system.
 27. What is divisioning in Special Olympics? Explain two fairness measures.
 28. Explain micronutrients and functions of vitamins and minerals.
 29. Explain Newton's Third Law with two sports examples.
 30. What is self-esteem? How does it affect performance?

SECTION D

31. Read the following text carefully and answer the questions that follow:

Nayantara has been asked to write a short speech for her class assembly on International Yoga Day. Help her by providing some important facts about yoga that she can include in her speech.

- (i) Yoga can be understood as a group of physical, mental and _____ practices.
 (a) spiritual (b) religious
 (c) meditative (d) emotional
- (ii) The word 'yoga' has been derived from the Sankrit root '_____'.
 (a) Yajur (b) Yugaha
 (c) Yuj (d) Yoj
- (iii) How many branches does Yoga have in its modern period?
 (a) 9 (b) 8
 (c) 5 (d) 10
- (iv) When do we celebrate International Yoga Day?
 (a) June 27 (b) June 21
 (c) June 12 (d) August 1

OR

Describe two benefits and two contraindications of Uttanpadasana.

32. Look at the picture below and answer the questions that follow.

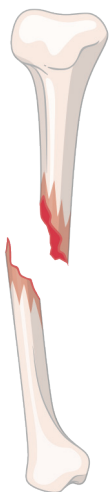


- (a) Mention two causes of this condition.
- (b) It is also known as _____.
- (c) It affects _____ arch.
- (d) One corrective exercise for it is _____.

OR

Briefly explain four causes of osteoporosis.

33.



- (a) This type of fracture is known as _____.
- (b) It is classified as _____ injury.
- (c) It requires attention by _____.
- (d) First aid instructions are _____.

OR

Mention four types of fractures.

SECTION E

- 34. Explain the role of yoga, especially Pawanmuktasana and Kapalbhathi in diabetes.
- 35. Explain three tests that are part of the Senior Citizen Fitness Test.
- 36. What is flexibility? Briefly describe four factors affecting it.
- 37. Write a brief note on Special Olympics Bharat.