BHARTIYA SHIKSHA BOARD
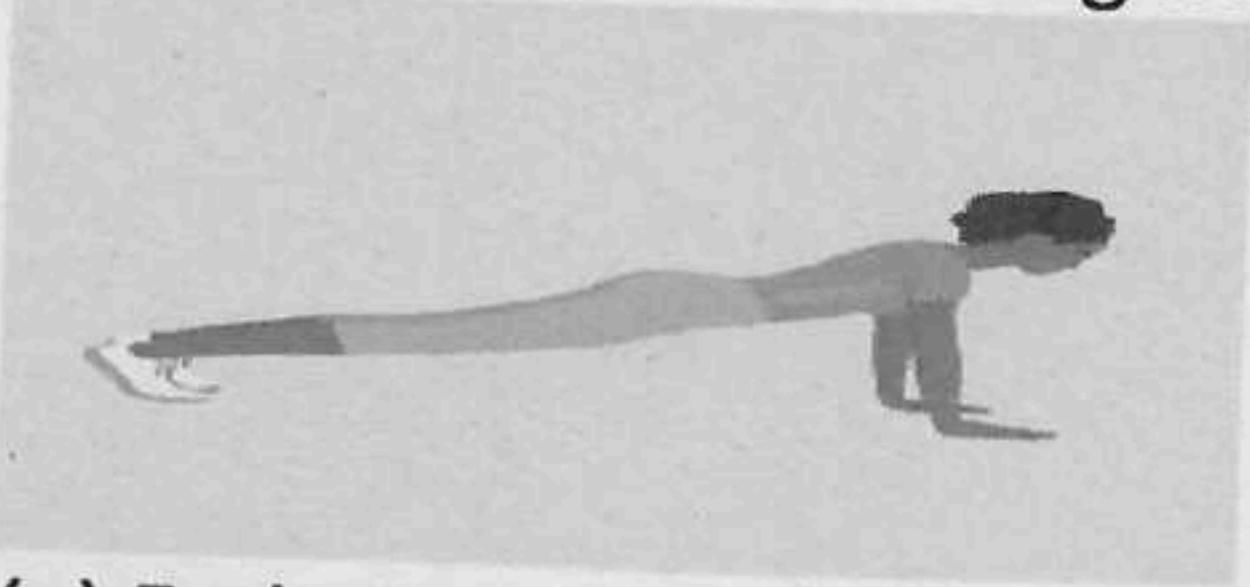# SAMPLE QUESTION PAPER 2025-26
CLASS – XII
PHYSICAL EDUCATION (153)
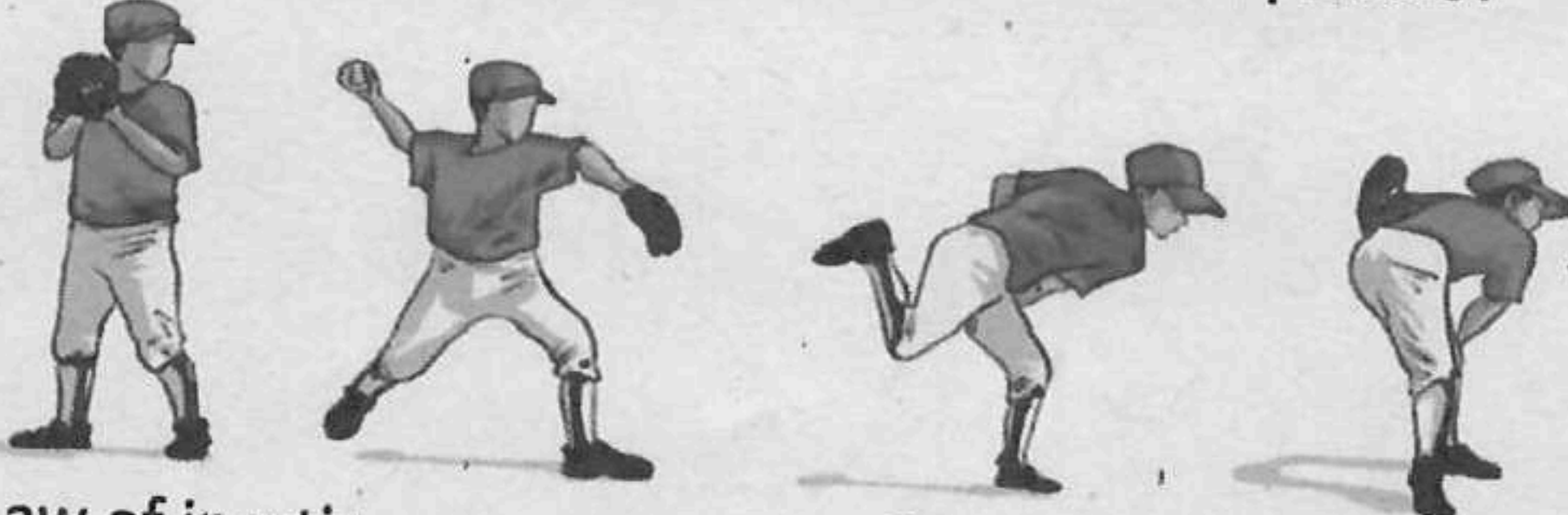
Time-3:00hrs

M.M-70

Q.NO.	Question	Marks
	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 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.	

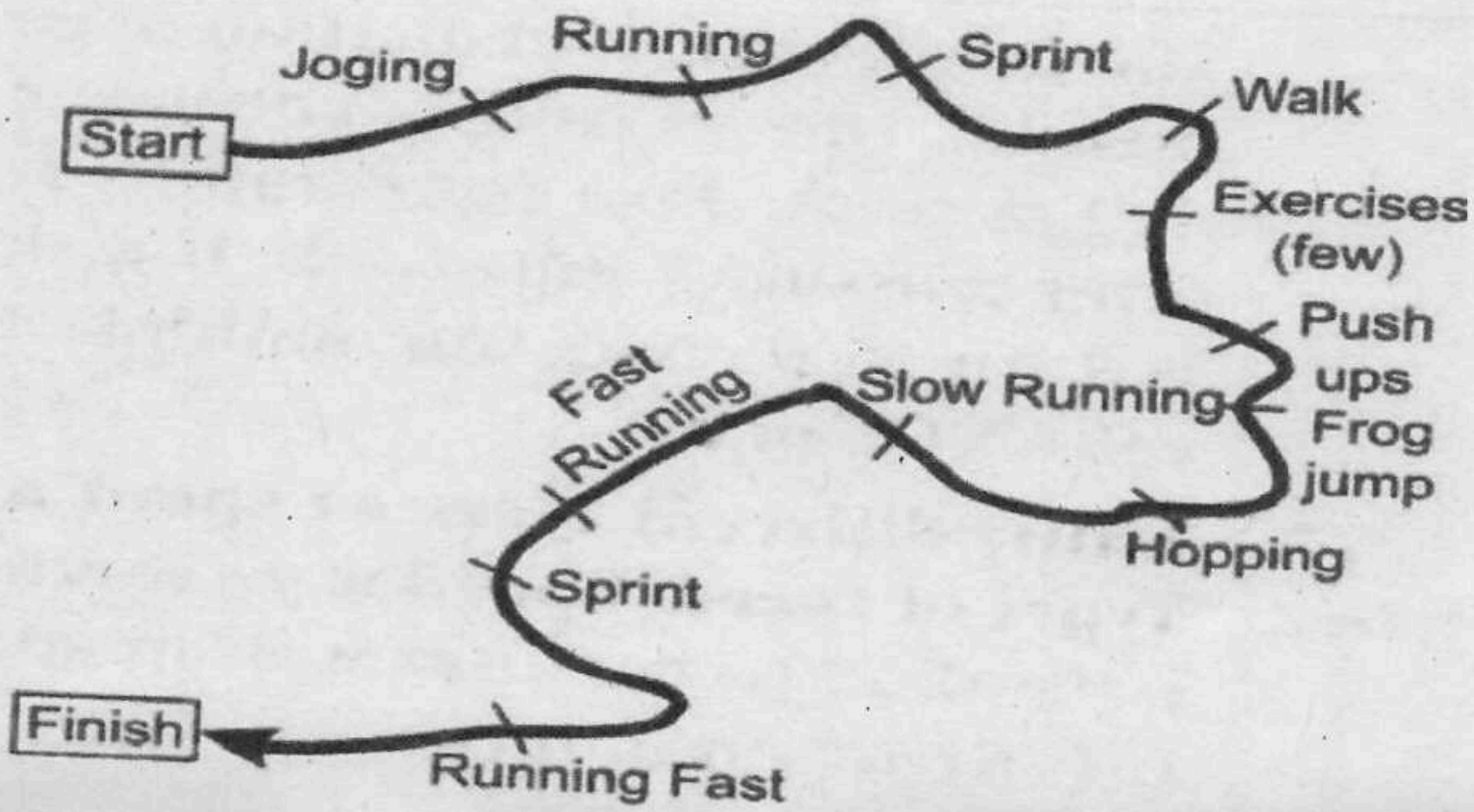| Q.No.	Question	Mark
	Section-A	
1.	The three basic components of lever are-------------- : (a) Pressure, Force and Velocity (b) Mass , Load and fulcrum (c) fulcrum, Resistance and Efforts (d) Weight, force and Mass	1
2.	-----------asana is used for cure Back pain . (a) Ardha-matsyendrasana (b) Vajrasana (c) Parvatasana (d) Bhadrasana	1
3.	The energy given nutrient of body is--------. (a) Carbohydrates (b) Vitamins (c) protein (d) Water	1
4.	Which is a psychological attribute ? (a) Body Weight (b) Self Esteem (c) Stress (d) Scoliosis	1
5.	Intramural Tournaments are organized ---------------------------. (a) Out side the boundary wall of institute (b) Inter-zonal level (c) In the different section of institute (d)Inter-school level,	1
6.	Identify the sports training Method. (a) Endurance Method (b) Active Flexibility Method (c) Isokinetic Method (d) Static Strength Method **For Visually Impaired Students only** Isotonic Strength Training Method is used for development of-- (a) Maximum Strength (b) Dynamic Strength (c) Static Strength (d) Active Strength	

	Isotonic Strength Training Method is used for development of-- (a) Maximum Strength (b) Dynamic Strength (c) Static Strength (d) Active Strength Question		
7.	What is the advantage of physical activities for children with special needs? (a) Improvement in confidence (b) Improvement in stress (c)Increase in depression (d) Decrease social interaction	1	
8.	A man measures his Body Mass Index is 31.9, he belongs Which category ? (a) Under Weight (b) Normal Weight (c) Obesity (d) Over Weight	1	
9.	Eunice Kennedy is associated with ----------. (a) Olympic Games (b) Special Asian Games (c) Paralympic Games (d) Special Olympic Games	1	
10.	Why spikes are used by an athlete during run? (a) to decrease strength (b) to Decrease speed (c) to increase gravity (d) to increase friction	1	
11.	Given below are the two Statement labelled assertion (A) and Reason (R) **Assertion: Aerobic Exercises are the Rhythmic Co-ordination Abilities.** **Reason: Eye -Muscle Co-ordination is essential for Effectively Activities.** In the context of the above two statements, which one code is correct? (a)Both (A) and (R) are true and (R) of the correct explanation of (A) (b) Both (A) and (R) are true and (R) is not correct explanation of (A) (c) (A) is true but (R) is false (d) (A) is false but (R) is true		
12.	Match List–I with List–II and select the correct answer from the code given below:		

List I	List II
I Welcome Committee	1 To make rules and regulations.
II Finance committee	2 To Co-ordinate with other Organizers
III Transport committee	3 To deals with money and expenditure
IV Discipline committee	4 To provide shifting facility

Q. No.	Question					Mark
	Code					1
		I	II	III	IV	
	a	3	2	1	4	
	b	4	1	2	3	
	c	2	3	4	1	
	d	1	4	3	2	

13. Choose the odd one :
(a) Openness   (b) Extrovert
(c) Ambivert   (d) Introvert

Mark: 1

14. Scoliosis is a postural deformity related with-----------------------.
(a) Back Bone   (b) Sholder
(c) Legs   (d) Hand

Mark: 1

15. Identify the Newton's Law of Motion from the picture?

Mark: 1

(a) Law of inertia   (b)Law of Acceleration
(c)Law of Reaction   (d) Law of Equilibrium

Only For Visually Impairment Students

Newton's second law of Motion is----.
(a) Acceleration =Mass x Volume   (b) Speed = Distance x Time
(c) Force = Mass x momentum   (d) Force = Mass x Acceleration

16 The logo " Spirit of Motion" belongs to---- .

(a) Summer Olympic Games   (b) Paralympic Games
(c) Summer Asian Games   (d) Special Olympic Games

Mark: 1

Q.No.	Question	Mark
17.	Match List –I with List –II and select the correct answer from the code	1

List I	List II
I Lower Body Flexibility	1 Modified Push-Up Test
II Upper Body Strength	2 600mtrs Run
III Cardio Vascular Endurance	3 Partial Curl Up
IV Abdominal Strength	4 Sit and Reach Test

Code

	I	II	III	IV
a	1	4	2	3
b	4	1	2	3
c	2	3	4	1
d	1	4	3	2

Q.No.	Question	Mark
18.	Overstretching of the ligaments near the joints is known as---- (a) Abrasion (b) Fracture (c) Sprain (d) Dislocation	1
	(Section-B-Attempt any 5)	
19.	Write the benefits of Ardha-Chakrasana.	1+1
20.	Explain the Self Talk and write its used in sports.	2
21.	Describe Classification in Paralympic Games .	2
22.	Differentiate between Knock and League Tournament .	2
23.	Why are vitamins necessary for children	0.5x4
24.	Define Equilibrium with sports examples.	1+0.5x2

	Question	
	(Section-C-Attempt any 5)	
25	Explain Female Athlete Triad which reduce the participation of female in sports.	1x3
26.	Write the strategies adopted in designing activities for Children with Special Needs (Divyang).	1x3
27.	Define Sports Injuries? Discuss the preventive measures of Soft Tissues Injuries?	1+2
28.	Explain Jung's classification of Personality.	1x3
29.	Describe the SAI Khelo India Fitness Test for Age Group 5-8yrs./class 1st -3rd .	1x3
30.	Discuss the Newton's Law of Motion with sports examples.	1x3
	(Section-D-Case Study)	
31.	Posture plays a very significant role in our daily activities. Correct posture means" the balancing of body in each and every activities". Various types of postural deformities identified in school students during the medical check up. **Answer the following Question on the basis of given data.** 1. Kyphosis is commonly known as-------------------------. (a) Hollow back (b) Hump back (c) Sideways bending (d) Genu Varum 2.Walking on the inner edge of the feet can be a remedy for-----------. (a) Knock Knee (b)Bow Le (C) Flat Foot (d) Round Shoulder 3. Lordosis is a deformity related to------------ . (a) Shoulders (b) Knee (c) Foot (d) Back Bone 4 Horse-riding is the best exercise for correcting-------------------- deformity. (a) Scoliosis (b)Knock Knee (c)Bow Legs (d) Lordosis	1x4

	Question	
32.	Sameer is a Physical Education student of XIIth class. He wants to test the physical fitness Test among the Senior Citizens at his complex. He administered the physical fitness test for senior citizens with his class mates .	1x4

In relation to the above giving data collection ,answer the following questions.

1. Name standard fitness test for senior citizen to measure Physical fitness. **(a)** Harvard Step Test
(b) Rikli & jones Fitness Test
(c) Motor Educability Test   (d) Rock port Fitness Test

2.Chair sit & reach test is Used to check----------------.
(a) Agility   (b) Strength
(c) Flexibility   (d) Endurance

3. Which test would you suggest for your grandmother to measure aerobic endurance ?
(a) 6 minutes Walk Test   (b) Arm Curl Test
(c) 600 mtrs. Run Test   (d) Back scratch Test

4. The Eight foot up and go Test is performed to assess----------.   (a)Agility
(b) Endurance   (c) Speed
(d) Strength

Q.No.	Question	Marks
33.		1x4

Answers the following Questions on the basis of picture of training method.

1. From the above picture, it is identified as--------------------training method.

   (a) Pace Run   (b) Fartlek
   (c) Isometric   (d) Isotonic

2. The above training method helps to improve the ----------.
   (a) Strength   (b) Speed
   (c) Endurance   (d) Flexibility

3. The Swedish word meaning "speed Play" is------------------.
   (a) Citius   (b) Altius
   (c) Continious   (d) Fartlek

4. In the training method, plays an important role to develop --------in the players. Self-discipline   (b) Motivation
   (c) Guidance   (d) Support

For Visual Impairment Students Only

Raavi has the aim of joining any of the uniform services like police, army etc. But she has not qualified the 1500m run in her selection criteria. Without qualifying this run, she can't go for the next level. So she wants to improve her event.

Answers the following Questions on the basis of above mention data.

1. 1500 mtrs. run is conducted to assess the-------------ability.
   (a)Endurance   (b)Strength   (c) Flexibility   (d) Reaction

2. The best training method for development of 1500 mtrs is -----------.
   (a) Pace   (b) Interval   (c) Circuit   (d)Isotonic

3. In Interval training method is based on principle of------------------.
   (a)Load   (b) Effort   (c) Effort and Recovery   (d) Recovery

4. Stretching exercise improves--------------------.
   (a)Flexibility   (b) Strength   (c) Coordination   (d) Speed

	Section-E-Attempt any 3	
34.	Define flexibility? Describe physiological factors determining flexibility	1+4
35.	What do you mean by Fixture ? Draw a Knock Out fixture for 21 teams with all steps.	1+4
36.	what is Hypertension. Write the procedure and contra-indication of Bhujangasana and Katichakrasana.	1+2+2
37.	What do you mean by ' Balanced Diet'? Explain the components of balanced diet.	1+4