

# BHARTIYA SHIKSHA BOARD

## MARKING SCHEME

### SAMPLE QUESTION PAPER 2025-26

### CLASS - XII

### PHYSICAL EDUCATION (153)

		OF MARKS
1.	All the Examiners should read the <b>"MARKING SCHEME"</b> carefully	
2.	The MARKING SCHEME is a guideline. Any <b>relevant and appropriate information</b> pertaining to answer of a question, other than that given in the marking scheme may be marked correct . Students using their own language for explaining concepts be given due weightage.	
3.	<p>Marks are not normally deducted for <b>spelling errors</b> but if the answers obliterate the right concepts or meaning of concepts is distorted, marks may be deducted accordingly.</p> <p>a. The question paper consists of <b>5 sections and 37 Questions</b>.</p> <p>b. Section A consists of <b>question 1-18 carrying 1 mark each</b> and is <b>multiple choice</b> questions. All questions are compulsory.</p> <p>c. Sections B consist of <b>questions 19-24 carrying 2 marks each</b> and are <b>very short answer</b> types and should not exceed 60-90 words. Attempt any 5.</p> <p>d. Sections C consist of <b>Question 25-30 carrying 3 marks each</b> and are <b>short answer</b> types and should not exceed 100-150 words. Attempt any 5.</p> <p>e. Sections D consist of <b>Question 31-33 carrying 4 marks each</b> and are case studies. There is internal choice available.</p> <p>f. Section E consists of <b>Question 34-37 carrying 5 marks each</b> and are short answer types and should not exceed 200-300 words. Attempt any 3.</p>	
4.	Marks are not to be deducted if answers are not written <b>according to the sequence</b> given in the question paper.	
5.	Marks are not to be deducted for <b>exceeding the word limit</b> .	
6.	All the Examiners are instructed that while evaluating the answer, if the answer is found to be totally incorrect , (x) should be marked on the incorrect answer and awarded '0' marks .	
7.	If the <b>question number</b> is found to be incorrect and examiner is able to identify the question number correctly. Number to the answer should be awarded and also correcting the question number.	
8.	If the answer to the question is <b>repeated answer</b> obtaining higher marks should be awarded.	

Wish you good luck



Q.No.	Expected Answer/Value Points	Distribution of marks
1.	(c) fulcrum ,Resistance and Efforts	1
2.	(d) Bhadrasana	1
3.	(a) Carbohydrates	1
4.	(b) Self Esteem	1
5.	(c) In the different section of institute	1
6.	(d) Static Strength Method	1
	<b>For Visually Impaired Students</b> (b) Dynamic Strength	
7.	(a) Improvement in confidence	1
8.	(d) Over Weight	1
9.	(d) Special Olympic Games	1
10.	(d) To increase friction	1
11.	(b) Both (A) and (R) are true and (R) is not correct explanation of (A)	1
12.	(c) I-2 , II-3, III-4, IV-1	1
13.	(a) Openness	1
14.	(a) Back Bone	1
15.	(b) Law of Acceleration	1
	<b>Only For Visually Impairment Students</b> (d) Force = Mass x Acceleration	
16.	(b) Paralympic Games	1
17.	(b) I-4, II-1, III-2, IV-3	1
18.	(c) Sprain	1
	<b>Section-B-attempt any 5</b>	
19.	<b>Benefits of Ardha-Chakrasana</b> 1. Strengthens the back and abdominal muscles. 2. Tones the organs in the abdomen including the digestive, excretory and reproductive organs. 3. Relief from back problems and postural defects. 4. Opens the chest and strengthens the arms and shoulder muscles.	1+1
20.	<b>Self-talk</b> is defined as overt or covert personal dialogue in which the athlete interprets feelings, perceptions, and convictions and gives himself/herself instructions and reinforcement. <b>Uses of Self -Talk in Sports</b> 1. Building and developing self-efficacy 2. Skill acquisition 3. Creating and changing mood 4. Controlling effort 5. Focusing attention or concentration.	2



Q.No.	Expected Answer/Value Points	Distribution of marks
21	<p><b>Paralympic Games</b> is a mega sports event involving athletes with a range of disabilities, and is organized by the International Paralympic Committee.</p> <p><b>The Classification of disabilities</b> includes impaired muscle power (e.g. paraplegia and quadriplegia, muscular dystrophy, post-polio syndrome, spina bifida), impaired passive range of movement, limb deficiency (e.g. amputation or dysmelia), leg length difference, short stature, hypertonia, ataxia, athetosis, vision impairment and intellectual impairment. These disabilities are further divided into classifications which vary from sport to sport.</p>	2
22.	<p><b>Knock – Out Tournament:</b> In a Knock-Out Tournament a player or team continues to play matches until it is defeated. In this type of format, players or teams have to consistently give their best performance to avoid elimination. Such a tournament saves cost and time and makes each match intensive because of fear of elimination.</p> <p><b>League or Round Robin:</b> In League or Round Robin Tournament, a player or team will play the matches that are allotted before the start of the tournament. Fixed number of matches are given to players and teams. Players or teams will get equal chance to play with each other. Thus, the true winner emerges from this format and ranking can be prepared for all participating players or teams. However, this format involves more money, time and facilities.</p>	2
23.	<p><b>Vitamins Necessary for Children</b></p> <p><b>Works</b> as coenzyme- needed for energy metabolism;</p> <ol style="list-style-type: none"> <li>1. Important for nerve function;</li> <li>2. Needed for DNA and RNA synthesis;</li> <li>3. Important for normal vision and skin health.</li> <li>4. Important for nervous system, digestive system, and skin.</li> <li>5. It also helps in making white blood cells and heme in haemoglobin.</li> <li>6. Functions as coenzyme in metabolic reactions.</li> <li>7. Needed for making DNA and new cells, especially red blood cells,</li> <li>8. Formation of neurotransmitters.</li> <li>9. To maintain of normal blood pressure and to reduce risk of cancer.</li> <li>10. Important for immune system, helps in iron absorption;</li> <li>11. Needed for absorption of calcium and phosphorus for Bones, phosphorus in bones.</li> <li>12. Protects cell walls and Needed for proper blood clotting.</li> </ol> <p><b>(Any four functions)</b></p>	0.5x4



Q.No.	Expected Answer/Value Points	Distribution of marks
24.	<b>Equilibrium or stability</b> Equilibrium is defined as a state of balance or a stable situation, where opposite forces cancel each other out and where no changes are occurring. Examples: Stance maintained by the batsmen in cricket, on the starting block by the sprinter, wide stance maintained by the wrestler, etc. in static Equilibrium Example: Body position maintained by a sprinter while running on the track, Cyclist while cycling, dribbling of the football by a soccer player etc. in dynamic Equilibrium	2
	<b>Section-C-attempt any 5</b>	
25.	Female Athlete Triad (a) Disordered eating-Anorexia Nervosa and Bulimia Nervosa (b) Amenorrhoea -Menstrual irregularities (c) Osteoporosis-Low bone mineral density.	1x3
26.	Strategy for making physical activities accessible for Divyang Students- -Specific equipment should be provided, -Variety of instructional strategies should be used, -Rules should be modified, -Children's previous experience must be taken into account, -Communication, - Space, - Graded Activities, - Social strategies, - Psychological strategies (any 3 strategies)	1x3
28.	<b>Carl Jung classified personality into three types</b> <b>Introvert:</b> They do not feel comfortable around new people. They are motivated by the internal world of thoughts, feelings and reflections. <b>Extrovert:</b> They like to be around people and interact with them. Introverts are thought-oriented and extroverts are action-oriented. <b>Ambivert:</b> The persons who possess both the traits of introverts and extroverts are called ambiverts.	1x3
29.	<b>Fitness Test – SAI Khelo India Fitness Test</b> <b>AGE GROUP 5-8 YEARS   CLASS 1 to 3 At Primary class 1-3</b> 1. Body Composition (Body Mass Index (BMI) ) 2. Coordination (Plate Tapping) 3. Balance (Flamingo Balance)	1x3





Q.No.	Expected Answer/Value Points	Distribution of marks
30.	<p><b>NEWTON'S LAWS OF MOTION</b></p> <p>1. NEWTON'S FIRST LAW OF MOTION (LAW OF INERTIA) Ex. A skater gliding on ice will continue gliding with the same speed and in the same direction unless an external force acts upon the skater.</p> <p>2. NEWTON'S SECOND LAW OF MOTION (LAW OF MOMENTUM) Ex. In a Discus throw, if we want to determine the force acting on a discus (2kg), if it is accelerated at 20 m/ second sq.</p> <p>3. NEWTON'S THIRD LAW (LAW OF REACTION) Ex. In Swimming, a diver needs to push down on the springboard when he/she dives off a diving board. The springboard pushes back the force on you for proper projecting into the air during the performance.</p>	1x3
	<b>Section-D</b>	
31.	<p>1.(b)Hump Back</p> <p>2.(c) Flat Foot</p> <p>3.(d) Bac Bone</p> <p>4.(b) Knock Knee</p>	1x4
32.	<p>1.(b) Rikli and Jones Fitness Test</p> <p>2.(C) Flexibility</p> <p>3.(a) 6 Minutes</p> <p>4.(a) Agility</p>	1x4
33.	<p>1.(b) Fartlek</p> <p>2.(c) Endurance</p> <p>3. (d)Fartlek</p> <p>4.(a) Self Discipline</p> <p><b>For Visual Impairment Students</b></p> <p>1.(b) Fartlek</p> <p>2.(c) Endurance</p> <p>3. (d)Fartlek</p> <p>4.(a) Self Discipline</p>	1x4
	<b>Section-E</b>	
34.	<p>Flexibility is also known as the range of motion around a joint. It is the ability to execute a movement with greater amplitude or range.</p> <p>Physiological factors determine flexibility,</p> <p>1.Anatomical structure of joints,</p> <p>2.age and sex,</p> <p>3.Muscular Strength,</p> <p>4.Stretchability of muscles</p> <p>5.State of organs</p> <p>6.Environment and Injury</p>	1+4



Q.No.	Expected Answer/Value Points	Distribution of marks
35	<p><b>Fixture</b></p> <p>A fixture is the calendar or plan of sporting activities or matches that are played against a team on a given date or time. The fixtures can include the names of the teams, the opposing team's name, the match's time, the match's location, and so on the whole schedule of games to be played in a championship, indicating when each game is to be played, and which team is to play at home. the whole list of games to be played by a given team, indicating the date of each game, and which team is to play at home.</p> <p>So, teams in upper half = <math>\frac{n+1}{2} = \frac{21+1}{2}</math> = 11</p> <p>Teams in lower half = <math>\frac{n-1}{2} = \frac{21-1}{2}</math> = 10</p> <p>Number of byes = 32 - 21 = 11 byes</p> <p>Byes in upper half = <math>\frac{nb-1}{2} = \frac{11-1}{2}</math> = 5 byes</p> <p>Byes in lower half = <math>\frac{nb-1}{2} = \frac{11-1}{2}</math> = 6 byes</p> <p><b>1st Round</b></p> <p><b>Upper Half</b></p> <p>1 A Bye 2 B 3 F 4 M 5 N 6 C Bye 7 K Bye 8 I 9 J 10 Z Bye 11 D Bye</p> <p><b>Lower Half</b></p> <p>12 Q Bye 13 R Bye 14 Y 15 T 16 E Bye 17 S Bye 18 G 19 O 20 H Bye 21 P Bye</p> <p><b>2nd Round</b></p> <p>B N C K Z Q Y S O H</p> <p><b>3rd Round</b></p> <p>C K Z Q H</p> <p><b>4th Round</b></p> <p>K</p> <p><b>5th Round</b></p> <p>K</p> <p>K is winner of the tournament</p>	1+4



Q. No.	Expected Answer/Value Points	Distribution of marks
36.	<p><b>Hypertension (high blood pressure)</b>-The Abnormal pressure in blood vessels. It is the pressure in blood vessels for Normal person (72-80/120) when the pressure in your blood vessels is too high (140/90 mmHg or higher) It is common but can be serious if not treated.</p> <p><b>1.Bhadrasana</b> Bhadrasana means Gracious Yoga, it consists of two words –Bhadra and Asana. Bhadra is a Sanskrit word, which means Auspicious or Gracious, while asana indicates Yoga pose</p>  <p><b>Procedure</b></p> <ol style="list-style-type: none"> <li>1.Sit on the mat with legs fully stretched forward.</li> <li>2.Bring the feet, with the toes pointing outward, close to the generative organ, the heels touching the perineum very closely.</li> <li>3.Once this position is secured, place the hands on the respective knees pressing them down.</li> <li>4. Keep the neck straight , upper body (chest) forward, stomach held in normal contour, focus eyes at one point straight ahead.</li> </ol> <p><b>Contraindications</b></p> <ol style="list-style-type: none"> <li>1.People with injuries to the knees, ankles, hips, pelvic region, or rib cage should avoid bhadrasana.</li> <li>2.Pregnant women should practice bhadrasana slowly and gently, and only as far as they feel comfortable.</li> <li>3.Weak ankles or severe sciatica should avoid bhadrasana.</li> </ol> <p><b>2.Katichakrasana</b> The name of this yoga asana comes from Kati meaning waist and chakra meaning circle. Katichakrasana, means rotation of the waist. It gives a nice stretch to the waist and helps in making it more flexible and supple.</p>  <p><b>Procedure</b></p> <ol style="list-style-type: none"> <li>1. Keep the legs 2-3 feet apart.</li> <li>2. Raise both the arms up to shoulder level with palm facing each other and keep them parallel.</li> <li>3. While exhaling, twist the body towards the left side so that the right palm touches the left shoulder, come back with inhalation.</li> <li>4. While exhaling, twist the body towards the right side so that the left palm touches the right shoulder, come back with inhalation.</li> <li>5. This is one round: repeat it two more times. 6. Relax in Samasthiti</li> </ol>	1+2+2



Q. No.	Expected Answer/Value Points	Distribution of marks
37	<p>Balanced Diet Definition. A balanced diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free.</p> <p>The essential components of balanced diet</p> <p>Group 1. Energy giving foods- Carbohydrates and Fats</p> <p>Group 2. Body building group-Protein</p> <p>Group 3. Protective or regulatory foods</p> <p>1. Vitamins-Water Soluble and Fats Soluble vitamins</p> <p>2. Minerals-Macro and Micro Minerals</p> <p>Group 4. Roughage and water</p>	



# Blue Print

Unit	MCQ Mark-01	Very Short Answer-Marks-02	Short Answer-Marks-03	Case Study Marks -4	Long Answers-Marks-5	Competanc e Based Question	Objective Based Question	Describe-tive Based Question	Total
1-Management of Sporting Events	5,12	22	0	0	35	5,12	0		09
2-Children and Women in Sports,	14	0	25	31	0	14	0	25	08
3-Yoga as Preventive Measure for Life Style	2	19	0	0	36	2.19		36	08
4-Physical Education and Sports fro CWSN( Children with Special Needs-Divyang)	7,9,16	21	26	0	0	7,9	16		08
5-Sports and Nutrition	3,8	23	0	0	37	3	8,23	26	09
6-Test and Measurement in Sports	17	0	29	32	0	32	17	29	08
7-Physiology and Injuries in Sports	18	0	27	0	34	0	18	27,34	09
8-Biomechanics and Sports	1,10,15	24	30	0	0	1,10,15	24	30	07
9-Psychology And Sports	4,13	20	28	0	0	4	13	20,28	07
10-Training in Sports	6,11	0	0	33	0	33	6,11		07
Total	1x18	2x6	3x6	4x3	5x4	21(30%)	14(20%)	35(50%)	70
		Option-01	Option-01		Option-01				Optio n-10