



PRINCE ACADEMY

OF HIGHER EDUCATION

[Co-edu. Sr. Sec. School, Affiliated to CBSE, Affiliation No. - 1730387]

Palwas Road, Near Jaipur - Bikaner Bypass Crossing, SIKAR - 332001 (Raj.) INDIA

Mob. : 9610-75-2222, 9610-76-2222

www.princeeduhub.com | E-mail : princeacademy31@gmail.com

BOARD SAMPLE PAPER- III (2025-26)

SUBJECT : PHYSICAL EDUCATION

TIME : 3:00 Hours

CLASS - XII ARTS

M.M. : 70

General Instructions:-

- (i) The questions paper consists of 5 Sections and 37 Questions.
- (ii) Section A Consists of questions 1 - 18 carrying 1 marks each and is Mcq Types.
- (iii) Section B Consists of questions 19-24 carrying 2 marks each and are very short answer type.
- (iv) Section C consists of 25-30 carrying 3 marks each and one of short answer type.
- (v) Section D consists of 31-33 carrying 4 marks each and are case studies.
- (vi) Section E consists of questions 34-37 carrying 5 marks each are long answer types.

Section - A (1×18=18)

1. Identify the asana as shown in the Picture below.



- (a) Ardha Matsyendrasana
 - (b) Katichakrasana
 - (c) Matsyasana
 - (d) Pavanamuktasana
2. Which of the following trait is not included in the Modern-Day Types of Personality ?
(a) Lazy (b) Competitive (c) Extroverts (d) Pessimists
 3. The components of physical fitness related to muscle do not include of the muscle.
(a) Endurance (b) Speed (c) Size (d) Strength
 4. Which of the following coordinative abilities coordinates body part movements with one another?
(a) Rhythm (b) Balance (c) Orientation (d) Coupling
 5. Which one of the following is not a part of Newton's Second Law of Motion?
(a) Acceleration (b) Laceration (c) Force (d) Mass
 6. Which of the following is not a micro nutrient ?
(a) Iron (b) Zinc (c) Flavour compounds (d) Vitamins
 7. In a single tournament, a total of how many matches are to be played if 11 teams participate ?
(a) 5 (b) 11 (c) 12 (d) 10

8. **Assertion (A)** : Light and infrequent menstruation occurs when a woman has oligomenorrhea.
Reason (R) : Oligomenorrhea refers to infrequent or light menstrual periods caused by hormonal imbalances.
- (a) A is false, but R is true
 (b) A is true, but R is false
 (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
9. If a male senior citizen of 65 years complete two trials in the Eight Foot Up and Go Test in 5.3 and 4.2 second respectively, his agility will be classified as
- (a) Above average (b) Extremely poor (c) Below average (d) Average
10. In case of diabetes, which organ experiences inability to function properly?
- (a) Kidneys (b) Pancreas (c) Liver (d) Intestines
11. Match the following.

A. Oblique	1. Ends of cracked bones are driven into each other.
B. Comminuted	2. Curved or diagonal angle break to the bone.
C. Greenstick	3. Break or splinter into more than two fragments.
D. Impacted Fracture	4. Bone bends and cracks.

- (a) A-3, B-1, C-2, D-4 (b) A-4, B-2, C-1, D-3
 (c) A-2, B-3, C-4, D-1 (d) A-1, B-4, C-3, D-2
12. Match the following.

A. Chromium	1. Dental problems
B. Cobalt	2. Anemia
C. Fluorine	3. Skin Rashes
D. Zinc	4. Diabetes

- (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
13. The meso cycle 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
14. The Summer Paralympics consist of sports while Winter Paralympics consists of sports.
- (a) 20, 8 (b) 22, 6 (c) 17, 11 (d) 14, 14
15. Unintentional physical harm is known as
- (a) Instrumental aggression (b) Negative aggression
 (c) Hostile aggression (d) None of the above

16. 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
17. Important features of aggression are
 (a) Unsportsman like behaviour.
 (b) Use of abusive words.
 (c) Physical attacking another participant due to anger.
 (d) All of the above.
18. 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

Section - B (Any Five) (2×5=10)

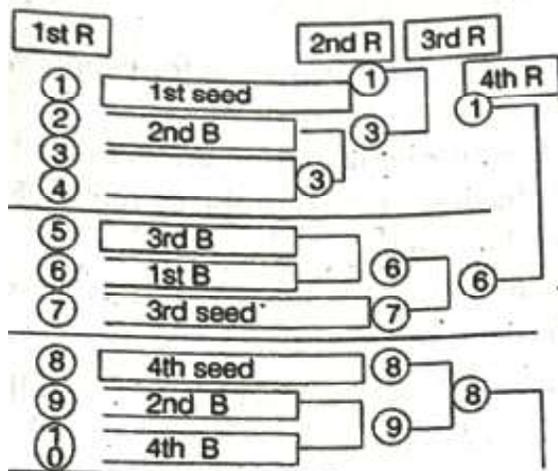
19. What is the purpose of Plate Tapping Test ? What are the equipments needed ?
 20. Explain any two essential elements of diet.
 21. What is stroke volume ?
 22. What do you understand by Bulimia ?
 23. Define explosive strength with the help of an example.
 24. Write the steps of Treatment of laceration ?

Section - C (Any Five) (3×5=15)

25. What are the characteristics of introvert personality group ?
 26. Draw a comparison between 'Passive flexibility' and 'active flexibility'.
 27. State the effects of exercise on the respiratory system.
 28. Draw a fixture of 11 football teams participating in a tournament using knock-out.
 29. Give the sources and functions of important minerals in our body.
 30. Explain any three Physiological determining strength.

Section - D (3×4=12)

31. Given below is the tournament fixture procedure of a CBSE Football National competition



On the basis of the above data, answer the following questions.

(i) What is the number of non-seeded teams in the tournament?

- (a) 04 (b) 09 (c) 12 (d) 07

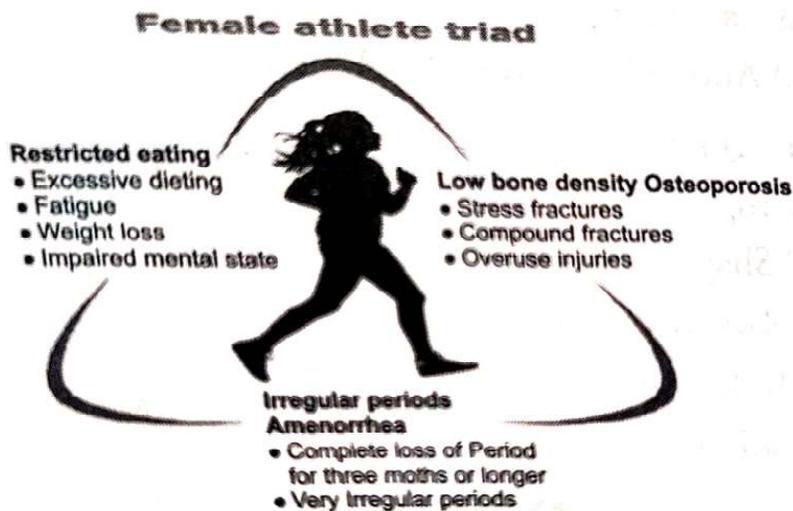
(ii) The provision which places good teams in separate halves or pools so that they do not play with other good teams at earlier rounds is known as

(iii) Which of the following is not a seeded team?

- (a) Team 10 (b) Team 08 (c) Team 13 (d) Team 07

(iv) is the technique of scheduling outstanding teams so that stronger teams do not face each other right at the start of a tournament.

32. The female athlete triad is an inter-relationship of menstrual dysfunction, low energy availability (with or without an eating disorder), and decreased bone mineral density; it is relatively common among young women participating in sports.



(i) Exercising intensively and not taking enough calories can lead to hormonal imbalances which result in an irregular menstrual cycle. This condition is known as

- (a) Hypothyroidism (b) Amenorrhea (c) Osteoporosis (d) Rickets

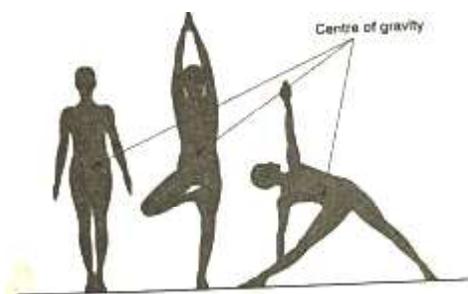
(ii) What is the weakening of the bones due to loss of bone density and improper bone formation?

(iii) The low level of Hormone can lead to osteoporosis.

- (a) Estrogen (b) Progesterone (c) Testosterone (d) Insulin

(iv) In which disorder a person refuses to eat well and maintain normal body weight according to weight and height?

33. Center of gravity is a very important force to consider when dealing with biomechanics. It is constantly affecting the body in both static and dynamic movement.



- (i) On the centre of gravity, the balance and stability in sports increases.
 (a) lowering (b) raising (c) moving (d) stabilising
- (ii) If a body has more mass distributed in its upper part, the centre of gravity will be towards of the body.
- (iii) The centre of gravity depends on which factors of the body?
- (iv) At which point in an object, the distribution of weight is equal in all directions, and it does depend on the gravitational field?

Section - E (Any Three) (3×5=15)

34. What do you understand by eating disorders ? Discuss three disorders caused due to this.
35. Eric is having a spinal deformity. There is an increased a forward curve in his lumbar region. Identify the postural deformity. What are its causes and corrective measures.
36. Briefly explain the administration of Pavanmuktasana along with its contraindications and draw stick diagram.
37. Make a table of test items listed under fitness test by SAI (Age group 9-18) along with the objectives of conducting them. Explain the administrations of any one of them.