



PRINCE ACADEMY

OF HIGHER EDUCATION

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

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BOARD SAMPLE PAPER - II (2025-26)

SUBJECT : PHYSICAL EDUCATION

CLASS - XII

TIME : 3:00 Hours

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 yoga asana below.



- (a) Surya Bhedana Pranayama
 - (b) Shalabhasana
 - (c) Supta Vajrasana
 - (d) Gomukhasana
2. Given below are the two statements labelled **Assertion (A)** : and Reason (R). Assertion (A) : Buffer capacity refers to the total storage of alkali reserves in the body to neutralize the effects of lactic acid.
Reason (R) : Alkali reserves help maintain pH balance during intense physical activity by neutralizing the lactic acid produced.
 - (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
 3. Thrust against the water in swimming is an example of the Newton's Law of Motion.
 - (a) Third
 - (b) First
 - (c) Inertia
 - (d) Second
 4. is essential for proper thyroid function and its deficiency causes goitre.
 - (a) Iodine
 - (b) Phosphorus
 - (c) Calcium
 - (d) Minerals
 5. In which year, women started participating in Modern Olympics ?
 - (a) 1914
 - (b) 1928
 - (c) 1900
 - (d) 1896

6. Who of the following described personality as “Personality is the entire organisation of a human being at any stage of development?”
 (a) Warren (b) JP Guildford (c) NL Munn (d) RB Cattell
7. The balance and stability of an individual depends upon the
 (a) Dynamic Equilibrium (b) Law of Inertia
 (c) Centre of Gravity (d) Static Equilibrium
8. A sports person can become more stable by his/her centre of gravity.
 (a) increasing (b) neglecting (c) lowering (d) None of these
9. The duration of arm curl test is
 (a) 15 seconds (b) 20 seconds (c) 25 seconds (d) 30 seconds
10. In bow-legs, there is
 (a) Knees colliding with each other (b) Wide gap between the knees
 (c) Plain foot sole (d) Both legs curving inwards
11. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : Lordosis is treatable by doing Tadasana and Bhujangasana.
Reason (R) : These asanas strengthen the muscles and help in maintaining the balance of the body.
 In the context of the above two statements, which one of the following is correct ?
 (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
12. A vertical velocity of represents the apex of the trajectory.
 (a) Value of gravity (b) Zero (c) Hundred (d) None of these
13. The sports person to be eligible to participate in Deaflympics Games must have a hearing loss of minimum
 (a) 55 decibels (b) 25 decibels
 (c) 15 decibels (d) 15 decibels to 45 decibels
14. Which asana is also known as ‘Mountain Pose’ ?
 (a) Tadasana (b) Trikonasana (c) Gomukhasana (d) Vajrasana
15. Gomukhasana should be avoided by those suffering from.
 (a) Pregnancy (b) Shoulder pain (c) Knee or back pain (d) All of the above
16. Match the following.

A. Knock-knee	1. Halasana
B. Bow Legs	2. Chakrasana
C. Lordosis	3. Padmasana
D. Round shoulders	4. Ardha Chakrasana

- (a) A-1, B-3, C-2, D-4 (b) A-3, B-4, C-1, D-2
 (c) A-2, B-1, C-4, D-3 (d) A-4, B-2, C-1, D-3
17. How much blood is pumped by heart in one beat ?
 (a) 70 ml (b) 90 ml (c) 50 ml (d) 60 ml

18. is also known as channelled aggression.
- (a) Assertive Aggression (b) Instrumental Aggression
(c) Hostile Aggression (d) None of the above

Section - B (Any Five)

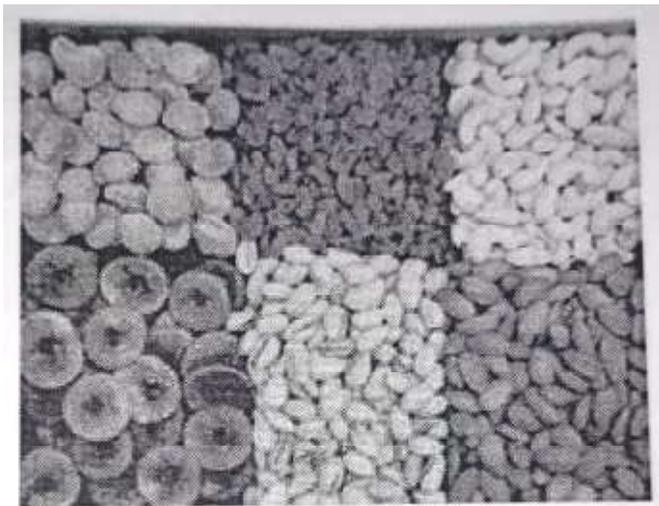
19. How can mental imagery be useful for athletes ?
20. Aarav is a student of class 4 and is suffering from knock knee. He was advised to practice yoga and participate in sports activities as cure. Suggest two yoga asanas he can perform ? Which lifestyle habits can cause development of knock knee ?
21. List any two advantages and disadvantages of interval training.
22. Write briefly about proteins as an essential component of the diet.
23. Differentiate between pre-meet and post-meet responsibilities of committees.
24. Create a mind map of any four strategies to make physical activities accessible for children with special needs.

Section - C (Any Five)

25. What do you understand of Female Athlete Triad ? List any four symptoms.
26. Compare two methods of speed development.
27. Explain the stair case method of a league tournament of 17 teams.
28. What do you understand by BMI ? How is it calculated ?
29. Explain the rules of competition for Paralympic Games.
30. Enlist the benefits and contraindications of Ardha Matsyendrasana.

Section - D

31. On the basis of the picture given below, answer the following questions.



- (i) Deficiency of causes Pellagra.
- (a) Vitamin B1 (b) Vitamin B2 (c) Vitamin B3 (d) Vitamin B5
- (ii) The given sources are rich in
- (a) Vitamin B3 (b) Vitamin B2 (c) Vitamin C (d) Vitamin B5
- (iii) Vitamin B5 is also known as
- (a) Riboflavin (b) Pantothenic Acid (c) Niacin (d) Thiamine
- (iv) Deficiency of causes Beri-Beri.
- (a) Vitamin B1 (b) Vitamin B2 (c) Vitamin B3 (d) Vitamin B5

32. On the basis of the picture given below, answer the following questions.



(i) The ratio between inhalation and exhalation is

- (a) 1:2 (b) 1:1 (c) 2:1 (d) 3:2

(ii) Identify the yoga asana.

- (a) Bhujangasana (b) Anuloma Viloma (c) Trikonasana (d) Kapalbhati

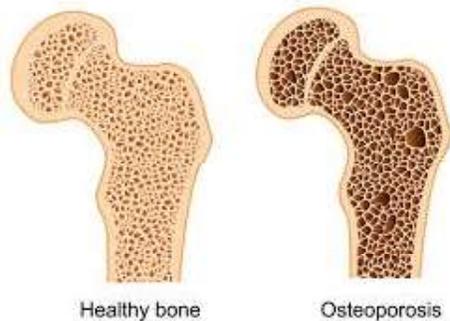
(iii) What is another term used for the same asana?

- (a) Nadishodhana Pranayama (b) Surya Namaskar
(c) Bhastrika (d) Ujjayi Pranayama

(iv) What is the purpose of this asana?

- (a) Strengthens muscles
(b) Balances the left and right hemisphere, improves focus, and promotes clear thinking
(c) Improves digestion
(d) Enhances flexibility

33. On the basis of the picture given below, answer the following questions.



(i) Women should take supplements and eat food rich in proteins and

- (a) Vitamin C, iron (b) Vitamin D, calcium
(c) Vitamin B, potassium (d) Vitamin A, phosphorus

(ii) It is part of a syndrome with related conditions of amenorrhea and eating disorders. Name the syndrome

- (a) Polycystic Ovary Syndrome (PCOS) (b) Female Athlete Triad
(c) Osteoporosis Syndrome (d) Anorexia Nervosa

(iii) Identify the disease and what are its causes?

- (a) Osteomalacia; caused by vitamin C deficiency
(b) Osteoporosis; caused by lack of minerals and low estrogen levels
(c) Rickets; caused by calcium and vitamin D deficiency
(d) Scurvy; caused by lack of vitamin C

(iv) Imbalance of which hormone may also cause bone loss?

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

Section - E (Any Three)

34. Amit noticed that his grandfather is facing difficulty in putting on overhead garments. He decided to conduct a Back Scratch Test for senior citizens. What is the purpose of this test? Explain its procedure.
35. Aerobic capacity is influenced by Oxygen O_2 , its intake, transport, uptake, and energy reserves" Justify.
36. Explain the method of deciding the winner in a league tournament.
37. Briefly explain the Newton's First and Second Law of Motion