

BRAIN INTERNATIONAL SCHOOL
PRACTICE PAPER-1 (2025-26)
CLASS: XII
SUBJECT: PHYSICAL EDUCATION (048)

Time Allowed: 3hrs.

Max. Marks: 70

GENERAL INSTRUCTIONS:

- 1. The question paper consists of 5 sections and 34 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 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.*
- 4. Sections C consist of Question 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available.*
- 5. Sections D consist of Question 29-31 carrying 4 marks each and are case studies. There is internal choice available.*
- 6. Section E consists of Question 32-34 carrying 5 marks each and are short answer types and should not exceed 200-300 words. There is internal choice available.*

SECTION A

- 1.** It is a function of guiding, inspiring and instructing people to accomplish organizational goals.
a) Planning b) Organizing c) Directing d) Controlling
- 2.** FIFA World cup is world largest event in term of viewership in the world. In Football World Cup a particular type of combination fixtures are drawn. In primary round there are eight groups from A to H, each group consists of four teams. Every team in the group has to play with the other three teams in the group. Top two teams from each group qualify for pre-quarterfinals based on the points table and then the knockout round starts till the finals.
Which type of combination tournament fixture is used for FIFA Football World Cup?
a) Knockout cum League c) League cum league
b) League cum knockout d) Knock out cum knockout
- 3.** Minimum duration of activity should be _____ per week at vigorous intensity in adults above 65 years of age.
a. 75 minutes b. 150 minutes c. 300 minutes d. 450 minutes

4. Which yogasana from the following would you suggest to an individual having Lordosis?

- a. Chakrasana
- b. Shalabhasana
- c. Bhujangasana
- d. Paschimottanasana

5. The asana shown below is useful for the prevention and treatment of which lifestyle disease?



- a. Diabetes
- b. Asthma
- c. Hypertension
- d. All of these

6. Match List – I with List – II and select the correct answers from the codes given below:

List – I		List – II	
1	Katichakrasana	i.	Crocodile pose
2	Shalabhasana	ii.	Raised legs pose in supine position
3	Uttanpadasana	iii.	Sideward bending pose
4	Makrasana	iv.	Locust pose

Codes				
	i	ii	iii	iv
a.	2	3	4	1
b.	4	3	2	1
c.	2	4	1	3
d.	3	4	2	1

7. Rule used by Special Olympics to achieve the intentions of fairness is referred as :

- a. Maximum Effort Rule
- b. Minimum Effort Rule
- c. Honest Effort Rule
- d. Single best Effort Rule

8. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion (A) – Thick and strong muscles are very helpful in endurance activities.

Reason (R) - Glycogen is generally stored in muscles and liver. Regular exercise helps the body to increase the storage of glycogen which may give continuous energy for 90 to 120 minutes.

In the context of the two statements given above, which one of the following is correct?

- 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 a correct explanation of (A)
- c) (A) is true, but (R) is false.
- d) (R) is true, but (A) is false.

9. Body needs vitamins and minerals because

- a. They provide energy to the body.
- b. They repair the worn out tissues.
- c. They help to carry out metabolic reactions.
- d. They insulate the body's organs

10. Which one of the statement is NOT true for pre exercise or pre event meal

- a. Meals should be taken about 2-4 hours before exercise.
- b. Any newer food or foods with known allergies or known to cause gastrointestinal upsets should be avoided.
- c. A meal comprising high-carbohydrate, moderate protein and low fibre and low-fat foods providing 500-1000 kcal should be consumed.
- d. Dinner on the previous night of the competition should be avoided.

11. What is the formula for computing BMR for female?

- a. $[10 \times \text{weight (kg.)}] + [6.25 \times \text{height(cm)}] - (5 \times \text{age}) + 5$
- b. $[10 \times \text{body weight (kg.)}] + [6.25 \times \text{height(cm)}] - (5 \times \text{age}) - 161$
- c. $\frac{\text{Weight (Kg)}}{\text{Height (m)} \times \text{Height (m)}}$
- d. $\frac{\text{Waist circumference (cm)}}{\text{Hip circumference (cm)}}$

12. VO₂ max. is related to which system of the body?

- a. Muscular System
- b. Respiratory system
- c. Cardiovascular system
- d. Excretory system

13. Straight push ups is an example of which class of lever?

- a. First class lever
- b. Second class lever
- c. Third class lever
- d. Fourth class lever

14. The force produced when the surfaces of two objects comes to contract of each other & tends to move but there is no relative motion between them is known as

- a. Static friction
- b. Sliding friction
- c. Rolling friction
- d. Fluid friction

15. Which of the following is a legitimate behavior?

- a. Hostile aggression
- b. Instrumental aggression
- c. Assertiveness
- d. Proactive aggression

16. One of the popular PETTLEP model is practice for _____ .

- a. Developing Self-Esteem
- b. Mental Imagery
- c. Promoting Self talk
- d. Goal setting

17. Under which kind of strength would you put shotput?

- a. Maximum strength
- b. Explosive strength
- c. Strength endurance
- d. Elastic strength

18. Match List – I with List – II and select the correct answers from the codes given below:

List – I		List – II	
1	Meso cycle	i.	3 to 10 days
2	Macro cycle	ii.	3 to 6 weeks
3	Transitional periods	iii.	3 to 12 months
4	Micro cycle	iv.	Rest and recovery days

Codes				
	i	ii	iii	iv
a.	2	3	4	1
b.	4	3	2	1
c.	2	4	1	3
d.	3	4	1	2

SECTION B

19. Write the important functions of carbohydrates. (2)

Or

Explain the procedure of Plate Tapping test. (2)

20. Enlist any four changes occur in human body due to ageing. (0.5 X 4 = 2)
21. Give a brief introduction of any four skin injuries. (0.5 X 4 = 2)
22. Differentiate between Intrinsic and Extrinsic motivation. (1 + 1 = 2)
23. Identify the importance of talent identification in sports and games? (2)

SECTION C

24. Draw a fixture of 10 teams on single league basis according to tabular method. (3)
25. Give a brief introduction of deaflympics. (3)
26. Name any three Fat soluble vitamins and write its functions and sources. (1+1+1=3)
27. Describe the long term effects of exercises on muscular system. (0.5 X 6 = 3)

Or

- Write a note on 'Menarche'. (3)
28. Mention the strategies to enhance exercise adherence. (0.5 X 6 = 3)

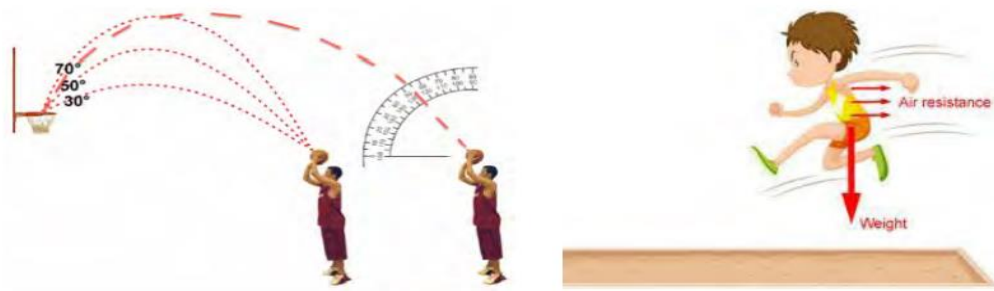
SECTION D

29. Rajeev is secretary of a housing society. He observed that people in his society are not fit. They are not engaged in any kind of sports, exercise and physical activities. So he decided to organized community sports program in order to spread awareness about the health among his society members.

On the basis of above case, answer the following question: (1 X 4 = 4)

- i) Community sports are a society-based practice of connecting and engaging people with opportunities to participate in _____ and _____ activities.
- ii) Who can participate in community sports program?
- | | |
|--------------------|------------------------------------|
| a. School children | c. socially vulnerable populations |
| b. Adults | d. All of these |
- iii) Why Rajeev want to organize such community program in his society?
- iv) Which of the following community sports program can be organized 'to promote brotherhood'?
- | | |
|------------------|---------------------------|
| a. Run for fun | c. Fun for specific cause |
| b. Run for Unity | d. Health Run |

30. While explaining how to release basketball at a correct angle to successfully score points the basketball coach showed students this picture. Basketball players wanted to know more about projectiles therefore the coach explained to them the factors affecting flight of an object.



- i. An ideal angle of release for perfect projectile is _____ degrees. (1)
- ii. If the initial velocity is low the object will cover _____ distance. (1)
- iii. If the weight of the object is more the impact of gravity will be _____ (1)

OR

Increasing the height of release improves the _____ distance an object can be projected. (1)

- iv. The larger the surface area, the _____ air resistance will affect the object. (1)

31. School management needs to recognize the essential place of physical activity in the education of children with special needs. In order to develop lifelong habits for fitness and to provide them with many opportunities of socialization, schools need to understand that physical education is not a secondary subject but it is just as important as other skills.



- i. What are the two important roles of physical activities for the children with special needs? (1)
- ii. What should be the ideal environment of physical activities for the children with special needs? (1)
- iii. What types of equipment are required for the children with special needs? (1)
- iv. School management understands the value of physical education in order to develop _____ for fitness among the children with special needs. (1)

SECTION E

32. What are the common symptoms of diabetes? Describe the technique to do bhujangasana.

(2 + 3 = 5)

33, Name the test include in Rikli and Jones Senior Citizen Fitness test and explain the procedure of conducting any two tests.

(3 + 2 = 5)

34. Discuss any five factors (in detail) that affect projectile trajectory.

(1 X 5 = 5)

Or

What are the components of speed? Explain any one training methods of speed development.

(3 + 2 = 5)

X-----X-----X

BRAIN INTERNATIONAL SCHOOL
PRACTICE PAPER-2 (2025-26)
SUBJECT – PHYSICAL EDUCATION (048)

TIME: 3 HRS

CLASS XII

MAX MARKS: 70

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.
3. Section B consists of question 19-24 attempt any 5 question carrying 2 marks each and are very short answer types and should not exceed 60-90 words.
4. Section C consists of question 25-30 attempt any 5 question carrying 3 marks each and should not exceed 100-150 words.
5. Section D consists of question 31-33 carrying 4 marks each and should not exceed 150-200 words.
6. Section E consists of question 34-37 attempt any 3 question carrying 5 marks each and should not exceed 200-300 words.

SECTION A

1. Tabular method is used for fixtures in :
 - a. Knock-out tournament
 - b. Challenge tournament
 - c. League tournament
 - d. None of these
2. In which eating disorder a person binges and purges ?
 - a. Anorexia nervosa
 - b. Bulimia
 - c. Binge eating disorder
 - d. All the above
3. Frequent menstruation is known as:
 - a. Metrorrhagia
 - b. Oligomenorrhea
 - c. Polymenorrhea
 - d. Menorrhagia
4. What causes an asthma attack ?
 - a. Allergy
 - b. Smoke
 - c. Exercise
 - d. All of the above
5. Which is not an item of rikli and jones test ?

- a. 8 foot up & go
 - b. Sit & reach test
 - c. 6 minute walk test
 - d. Arms curl test
6. Bhujangasana is also known as:
- a. Dog posture
 - b. Child posture
 - c. Cobra posture
 - d. Reverse boat posture
7. 'Spirit in motion' is the motto of :
- a. Deaflympic
 - b. Special Olympic bhara
 - c. Paralympic
 - d. None of the above
8. When was the international Paralympic committee founded?
- a. In 1989
 - b. In 1988
 - c. In 1990
 - d. In 1992
9. 1 gram of fats provides:
- a. 3 kcal
 - b. 4 kcal
 - c. 5 kcal
 - d. 9 kcal
10. Fats and oils come under :
- a. Protective or regulatory foods
 - b. Energy giving foods
 - c. Bodybuilder group
 - d. Routine foods
11. Vitamin K is essential for-
- a. Normal coagulation of blood
 - b. Providing nourishment to body
 - c. Prevention of disease
 - d. Metabolism of the body
12. Riboflavin is the scientific name of which vitamin ?
- a. Vitamin B2
 - b. Vitamin C
 - c. Vitamin E
 - d. Vitamin D
13. Write the full form of BMR
- a. Basal metabolic rate
 - b. Base metabolic rate
 - c. Beginning metabolic rate

- d. Basic metal rate
- 14. Name the test in which endurance is not measured ?
 - a. 600mt. run/walk
 - b. Harvard step test
 - c. 4x10 mt. shuttle run
 - d. 6 minutes walk test
- 15. 50 meter dash can be used to measure:
 - a. Flexibility
 - b. Speed
 - c. Agility
 - d. Upper body strength
- 16. Physical exercise done in the presence of oxygen is called:
 - a. Aerobic
 - b. Anaerobic
 - c. Isometric
 - d. Isokinetic
- 17. A soft tissue injury damages:
 - a. Ligaments and tendons
 - b. Bone
 - c. Cartilage and muscles
 - d. Carpals
- 18. Which is not a property of muscles ?
 - a. Contractility
 - b. Excitability
 - c. Extensibility
 - d. Durability

SECTION B

ANY 5

- 19. What do you mean by organising ?
- 20. Define sports physiology.
- 21. Differentiate between BMR and RMR.
- 22. What do you mean by nutrition.
- 23. What is hypertension ?
- 24. What is international paralympic committee.

SECTION C

ANY 5

- 25. Draw a fixture of 8 teams on league basis following the cyclic method.
- 26. Discuss the benefits and contraindications of katichakrasana.
- 27. Briefly discuss Paralympic games.

28. Enlist the form of vitamin B and explain any one of them in brief.
29. Describe the procedure of six minute walk test for senior citizens.
30. What is incision? Discuss its treatment in brief.

SECTION D

31. Read the following case studies carefully and answer.

Rajan and Himanshu are good friends. They walk to school together everyday while talking to each other. Rajan noticed that from the past few days Himanshu is not able to walk and carry his bag comfortably as he used to do earlier. There is a change in his body posture, he is inclined towards left side while walking. Rajan took Himanshu to the physical education teacher who identified scoliosis deformity in Himanshu and suggested remedial exercises to correct it.

- I. Which postural deformity makes Himanshu inclined towards his left while walking?
- II. What are the causes of scoliosis?
- III. What are the corrective measures for scoliosis?
- IV. What are the common symptoms of scoliosis?

32. Read the following case studies carefully and answer

While playing football in the school, Mehul had got his leg injured. As a result, he was experiencing extreme pain and difficulty in walking and swelling at the place of injury. His classmates took him to the medical room for the first aid.

- I. According to the symptoms, Mehul suffering from?
- II. Sprain is an injury to the?
- III. Which treatment should be given in such type of sports injury?
- IV. What is sports injury?

33. Read the following case studies carefully and answer.

Padmini wants to test the physical fitness, like strength endurance, flexibility and speed of students of class 9th of her school so that she can organise a program for the development of physical fitness of students according to their level.

- i. What are the components of physical fitness?

- a. Speed
- b. Flexibility
- c. Endurance
- d. All of these

- ii. By which test can Padmini measure the speed of students?

- a. 600 m run
- b. Shuttle run
- c. 50 Yards run
- d. None of these

- iii. Which component of physical fitness is measured by 600 m run test?

- a. Endurance
- b. Strength
- c. Speed
- d. Flexibility

- iv. Which component of physical fitness is measured by push-up test?

- a. Endurance
- b. Strength
- c. Speed

d. Flexibility

SECTION E

ANY 3

34. What do you understand by fracture? How can fractures be classified? Explain.
35. Elaborate any two tests for the assessment of students of 9 to 18 years given by khelo india fitness test in school.
36. What are the nutritive and non-nutritive components of diet? Explain.
37. What is obesity? Write in detail about any two asana for curing obesity.