BRAIN INTERNATIONAL SCHOOL
SESSION 2026-27
PRACTICE PAPER-1
CLASS XII
SUBJECT-PHYSICAL EDUCATION(048)

General Instructions:

1. The question paper consists of 34 questions divided into 5 Sections (A, B, C, D, and E).
2. Section A: Q. No. 1 to 18 are Multiple Choice Type questions carrying 1 mark each.
3. Section B: Q. No. 19 to 24 are Very Short Answer Type-I questions carrying 2 marks each (30-50 words).
4. Section C: Q. No. 25 to 30 are Short Answer Type questions carrying 3 marks each (80-100 words).
5. Section D: Q. No. 31 to 33 are Case Study based questions carrying 4 marks each.
6. Section E: Q. No. 34 to 37 are Long Answer Type questions carrying 5 marks each (150-200 words).

SECTION A (18 Marks - 1 Mark Each)

Q1. Which committee is responsible for welcoming chief guests and dignitaries during a tournament?

(a) Publicity Committee
(b) Reception Committee
(c) Transport Committee
(d) Ground and Equipment Committee

Q2. A knockout tournament is also known as:

(a) Elimination tournament
(b) Round Robin tournament
(c) League tournament
(d) Combination tournament

Q3. Menarche refers to:

(a) Stopping of the menstrual cycle
(b) First menstrual cycle
(c) Irregular menstrual cycle
(d) Painful menstruation

Q4. Which of the following asana is specifically recommended for curing Asthma?

(a) Tadasana
(b) Bhujangasana
(c) Vajrasana
(d) Shavasana

Q5. Disability caused due to injury to the brain before, during, or shortly after birth is called:

(a) Down Syndrome
(b) Cerebral Palsy
(c) Autism
(d) ADHD

Q6. Which macro nutrient is primarily responsible for tissue building and repair?

(a) Carbohydrates
(b) Fats
(c) Proteins
(d) Vitamins

Q7. Formula to calculate Body Mass Index (BMI) is:

(a) Weight (kg) × Height $(m)^2$
(b) Weight (kg) / Height $(m)^2$
(c) Height (m) / Weight (kg)
(d) Height $(m)^2$ / Weight (kg)

Q8. The Harvard Step Test is used to measure:

(a) Speed endurance
(b) Cardiovascular fitness
(c) Explosive strength
(d) Flexibility

Q9. Which law of motion states that 'Action and reaction are equal and opposite'?

(a) First Law of Motion
(b) Second Law of Motion
(c) Third Law of Motion
(d) Law of Inertia

Q10. Friction force acts in a direction:

(a) Parallel to the contact surface
(b) Perpendicular to the contact surface
(c) Away from the contact point in air
(d) Opposite to the direction of motion

Q11. According to Carl Jung's classification, people who are shy, self-centered, and reserved are called:

(a) Extroverts
(b) Introverts
(c) Ambiverts
(d) Psychotics

Q12. The tendency to attack or harm an opponent with the intent to cause physical or psychological harm, adhering to rules, is known as:

(a) Hostile Aggression

(b) Instrumental Aggression
(c) Assertiveness
(d) Channelized Aggression

Q13. A micro cycle in sports training generally lasts for:

(a) 1 to 3 days
(b) 3 to 10 days
(c) 3 to 6 months
(d) 1 year

Q14. Which method is best suited for developing maximum strength?

(a) Continuous Method
(b) Weight Training / Isometric Exercise
(c) Fartlek Training
(d) Interval Training

Q15. Assertion (A): Vitamins and minerals are called protective components of diet.
Reason (R): They protect the body from diseases and help in metabolic regulation.

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

Q16. Assertion (A): Projectile motion is influenced by the angle of projection.
Reason (R): A projectile released at 45 degrees generally achieves maximum horizontal range.

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

Q17. Which of the following is a soft tissue injury?

(a) Greenstick fracture
(b) Dislocation
(c) Sprain
(d) Comminuted fracture

Q18. In the Rikli and Jones Senior Citizen Fitness Test, the Chair Sit and Reach Test measures:

(a) Upper body flexibility
(b) Lower body flexibility
(c) Aerobic endurance
(d) Lower body strength

SECTION B (12 Marks - 2 Marks Each)

Q19. State any two objectives of organizing intramural tournaments.

Q20. What is meant by food intolerance? Give an example.

Q21. Write down the formula for calculating physical fitness index using the Harvard Step Test.

Q22. Define friction and mention its two types in sports.

Q23. What do you understand by 'Goal Setting' as a psychological attribute?

Q24. Enlist any four advantages of circuit training.

SECTION C (18 Marks - 3 Marks Each)

Q25. Draw a knockout fixture for 11 teams participating in a district-level basketball tournament, showing all necessary steps.

Q26. Explain the procedure, benefits, and contraindications of Gomukhasana as a preventive measure for back pain or diabetes.

Q27. Discuss the various types of disabilities according to the classification system used in adaptive sports.

Q28. Explain Newton's Second Law of Motion (Law of Acceleration) with suitable sporting examples.

Q29. Differentiate between macro and micro nutrients, giving two examples of each.

Q30. What are the physiological factors determining endurance? Explain briefly.

SECTION D (12 Marks - 4 Marks Each)

Q31. Case Study 1:

During a school track meet, Rohan noticed that a few runners experienced acute muscle pulls in their hamstrings, while another student suffered a minor contusion after a fall. The medical staff applied immediate first aid protocols.

Q31 (a). Classify sports injuries broadly based on body tissues involved. (1 Mark)

Q31 (b). Differentiate between a strain and a sprain. (2 Marks)

Q31 (c). What does the acronym PRICE stand for in injury management? (1 Mark)

Q32. Case Study 2:

The physical education teacher administered the SAI Khelo India Fitness Test to high school students to assess their physical capacities, including speed, endurance, and flexibility.

Q32 (a). Which test item is used to assess speed in the 9–18 years age group? (1 Mark)

Q32 (b). State the purpose of the Partial Curl-Up test. (1 Mark)

Q32 (c). Name two test items included in the Rikli & Jones test for senior citizens. (2 Marks)

Q33. Case Study 3:

Personality traits greatly dictate how athletes perform under pressure. Coaches often evaluate traits using inventories like the 'Big Five' theory.

Q33 (a). Name the five traits included in the Big Five Personality Theory. (2 Marks)

Q33 (b). Define intrinsic motivation with an example. (2 Marks)

SECTION E (20 Marks - 5 Marks Each)

Q34. Elaborate on the various committees and their responsibilities formed during the pre-tournament phase of a major sports event.

Q35. What is equilibrium? Explain the principles of stability and their application in sports performance.

Q36. Define personality. Discuss Carl Jung's classification of personality in detail.

Q37. What do you mean by sports training? Explain the various training cycles (Micro, Meso, and Macro) used to structure training programs.

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SESSION 2026-27
PRACTICE PAPER-2
CLASS XII
SUBJECT-PHYSICAL EDUCATION(048)

General Instructions:

1. The question paper consists of 34 questions divided into 5 Sections (A, B, C, D, and E).
2. Section A: Q. No. 1 to 18 are Multiple Choice Type questions carrying 1 mark each.
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SECTION A (18 Marks - 1 Mark Each)

Q1. League tournament is also known as:

(a) Knockout tournament
(b) Round Robin tournament
(c) Challenge tournament
(d) Combination tournament

Q2. The number of byes in a knockout tournament with 13 teams is:

(a) 3
(b) 2
(c) 5
(d) 1

Q3. The absence of menstruation for three or more months in female athletes is known as:

(a) Dysmenorrhea
(b) Amenorrhea
(c) Menarche
(d) Menorrhagia

Q4. Which asana helps in improving concentration and is effective for curing hypertension?

(a) Shavasana
(b) Tadasana
(c) Vajrasana
(d) Ardha Matsyendrasana

Q5. A developmental disorder characterized by difficulties in social interaction, verbal and nonverbal communication, and repetitive behaviors is:

(a) ADHD
(b) Autism Spectrum Disorder (ASD)
(c) Cerebral Palsy
(d) Down Syndrome

Q6. Non-nutritive components of diet include:

(a) Proteins and fats
(b) Carbohydrates and water
(c) Food additives, preservatives, and plant compounds
(d) Minerals and vitamins

Q7. A BMI of 27.5 kg/m^2 falls under which category?

(a) Normal weight
(b) Underweight
(c) Overweight
(d) Obesity Class I

Q8. The Arm Curl Test in the Senior Citizen battery measures:

(a) Upper body strength
(b) Upper body flexibility
(c) Aerobic endurance
(d) Agility

Q9. Newton's First Law of Motion is also known as:

(a) Law of Acceleration
(b) Law of Inertia
(c) Law of Reaction
(d) Law of Momentum

Q10. Which type of lever is most common in the human body, where the fulcrum is between the load and effort?

(a) First Class Lever
(b) Second Class Lever
(c) Third Class Lever
(d) Zero Class Lever

Q11. According to the Big Five Personality Theory, 'Openness to experience' refers to:

(a) Being organized and dependable
(b) Being imaginative, curious, and open to new ideas
(c) Being outgoing and energetic
(d) Being compassionate and cooperative

Q12. Aggression that is impulsive, driven by anger, and has the primary goal of inflicting injury is called:

(a) Instrumental Aggression
(b) Hostile Aggression
(c) Assertive Behavior
(d) Channelized Aggression

Q13. The longest training cycle, spanning an entire year or multi-year preparation period, is called:

(a) Micro Cycle
(b) Meso Cycle
(c) Macro Cycle
(d) Weekly Cycle

Q14. Fartlek training is primarily used to develop:

(a) Maximum strength
(b) Flexibility
(c) Endurance
(d) Speed

Q15. Assertion (A): Dynamic friction is less than static friction.
Reason (R): Once an object starts moving, the interlocking irregularities of surfaces have less time to catch.

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

Q16. Assertion (A): Extrinsic motivation comes from within the individual.
Reason (R): Rewards, trophies, and praise are forms of extrinsic motivation.

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

Q17. A fracture where the bone breaks diagonally across the shaft is called a:

(a) Transverse fracture
(b) Oblique fracture
(c) Greenstick fracture
(d) Comminuted fracture

Q18. The 6-Minute Walk Test is designed to measure:

(a) Aerobic endurance in seniors
(b) Lower body strength
(c) Static balance

(d) Speed and coordination

SECTION B (12 Marks - 2 Marks Each)

Q19. Differentiate between Extramurals and Intramurals.

Q20. What are the pitfalls of severe dieting?

Q21. What is the purpose of the Flamingo Balance Test in the SAI Khelo India battery?

Q22. Define a projectile and give two examples from sports.

Q23. Explain the term 'Self-Talk' in sports psychology.

Q24. List any four methods used to develop flexibility.

SECTION C (18 Marks - 3 Marks Each)

Q25. Construct a league fixture for 6 teams using the Staircase method.

Q26. Explain the management protocol for soft tissue injuries (Contusion and Sprain).

Q27. Discuss the role of physical education teachers and counselors in inclusive education for children with special needs (CWSN).

Q28. Explain the classification of levers with examples from the human body and sports.

Q29. What is a balanced diet? Explain its core components in detail.

Q30. Discuss the long-term effects of regular exercise on the cardiovascular system.

SECTION D (12 Marks - 4 Marks Each)

Q31. Case Study 1:

Yoga has emerged as an effective holistic practice for managing lifestyle disorders such as obesity, diabetes, and back pain without heavy pharmaceutical intervention.

Q31 (a). Name two asanas beneficial for managing Type-2 Diabetes. (2 Marks)

Q31 (b). Mention the main contraindication of Bhujangasana. (1 Mark)

Q31 (c). State any one lifestyle change required alongside yoga to combat obesity. (1 Mark)

Q32. Case Study 2:

Biomechanical analysis of athletes helps in optimizing running speed, jump height, and throwing distances by studying forces, levers, and projection parameters.

Q32 (a). What factors affect projectile trajectory? (2 Marks)

Q32 (b). How does friction help a sprinter on the track? (2 Marks)

Q33. Case Study 3:

Motivation is the driving force that initiates, guides, and maintains goal-oriented behaviors in athletes during rigorous training phases.

Q33 (a). Differentiate between intrinsic and extrinsic motivation. (2 Marks)

Q33 (b). List two techniques used by coaches to enhance motivation among players. (2 Marks)

SECTION E (20 Marks - 5 Marks Each)

Q34. Explain the concept of tournament. Discuss the merits and demerits of a Knockout tournament structure.

Q35. What is physiological testing? Detail the components measured under the Rikli and Jones Senior Citizen Fitness Test.

Q36. Define strength. Explain the types of strength and any two methods used to develop strength in athletes.

Q37. What do you understand by the term 'Aggression in Sports'? Discuss its types and explain how psychological attributes like mental imagery improve sports performance.