

SAMPLE QUESTION PAPER-1 (TERM 1) 2021-22

SUBJECT : PHYSICAL EDUCATION

CLASS : XII

Time : 90 Min

Marks :35

General instructions:

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 24 questions among which 20 questions have to be attempted.
3. Section B consists of 24 questions among which 20 questions have to be attempted.
4. Section C consists of 12 questions among which 10 questions have to be attempted.

SECTION A: KNOWLEDGE & UNDERSTANDING

- 1 The other name of League Tournament is—
(a) Round robin Tournament (b) Knock out Tournament
(c) Combination Tournament (d) Challenge Tournament
- 2 Marasmus is caused by deficiency of
(a) Protein (b) Carbohydrate
(c) Fat (d) Vitamin -B
- 3 In the childhood, children's behavior is mostly influenced by
(a) Friends (b) School
(c) Peer group (d) Family
- 4 Arm Curl test is for
(a) To measure lower body strength
(b) To measure upper body flexibility

- (c) To measure cardio-vascular endurance
(d) To measure upper body strength
- 5 Bending of Elbow when our hand is going toward our chest is
(a) Flexion (b) Extension
(c) Adduction (d) Abduction
- 6 What is the formula to determine number of matches in a league fixture for even number of teams?
(a) $N + \frac{1}{2}$ (b) $N - \frac{1}{2}$
(c) $N(N-1)/2$ (d) $N(N+1)/2$
- 7 The vitamin necessary for coagulation of blood is
(a) Vitamin B (b) Vitamin C
(c) Vitamin E (d) Vitamin K
- 8 Which one of the fibres' percentage depends upon biological or heredity factors?
(a) Fast twitch fibres (b) Slow twitch fibres
(c) Both types of fibres (d) None of them
- 9 It is added to foods, to prevent any undesirable chemical changes and increase their shelf life:
(a) Water (b) Roughage
(c) Preservative (d) Sweeteners
- 10 Which of the following is assessed by 600 m Run/walk test
(a) Speed (b) Agility
(c) Strength (d) Aerobic capacity
- 11 How many byes will be given if 21 teams are participating in a Knock-out tournament?
(a) 9 (b) 10
(c) 11 (d) 12

- 12 Essential amino acids are best described as those amino acids that are:
- (a) Naturally occurring substances that function in fighting infection;
 - (b) Require for protein synthesis but most cannot be made by the body;
 - (c) Important components of carbohydrates, fats and proteins metabolism;
 - (d) High-energy nutrients that promote growth and development.
- 13 AAHPERD youths fitness is used for measuring
- (a) Motor fitness
 - (b) General motor ability
 - (c) Motor educability
 - (d) All the above
- 14 What is the opposite movement of flexion?
- (a) Flexion
 - (b) Extension
 - (c) Adduction
 - (d) Abduction
- 15 Biomechanics can play a crucial role in
- (a) Injury Prevention
 - (b) Performance Enhancement
 - (c) Physical Movement
 - (d) Both A and B
- 16 How many teams will be placed in the 4th quarter if 27 teams are participating in a knock-out tournament?
- (a) 6
 - (b) 7
 - (c) 8
 - (d) 9
- 17 The main source of protein are:
- (a) Fish, meat and eggs
 - (b) Green vegetables
 - (c) Wheat and rice
 - (d) Sunlight and water

- 18 Harward Step Test measures :
- (a) Muscular efficiency of the knee muscles
 - (b) Cardio-respiratory efficiency
 - (c) Cardio-pulmonary index
 - (d) Respiratory pulmonary index
- 19 Newton's 2nd law of motion is also known as
- (a) Law of Inertia
 - (b) Law of action reaction
 - (c) Law of velocity
 - (d) Law of acceleration
- 20 Exercise to develop motor skill like jumping, hopping throwing and catching is prescribed for child in
- (a) Infanthood
 - (b) Adolescence
 - (c) Early childhood
 - (d) All of these
- 21 What is the aim of planning?
- (a) To increase the creativity
 - (b) To reduce the chances of mistakes
 - (c) To improve the performance
 - (d) All of the above
- 22 Which is not the Importance of Biomechanics.
- (a) Improvement of sports Equipment's
 - (b) To understand the structure of Movement & effect of forces on the Movement
 - (c) To understand Physiology of human body
 - (d) Improvement of Technique
- 23 To develop gross motor skills like head control and setting are prescribed for
- (a) Infants
 - (b) Adults
 - (c) Adolescence
 - (d) Female sportsperson

- 24 For every action, there is an equal and opposite reaction the formally stated Newton's
- (a) First law
 - (b) Second law
 - (c) Third law
 - (d) None of above

SECTION B:

APPLICATION + HOTS & ASSERTION REASONING

- 25 How many matches will be played if there are 25 teams for the knockout fixture?
- (a) 21
 - (b) 22
 - (c) 23
 - (d) 24
- 26 Match the items of List-I with that of List -II and select the correct option using the codes given below:

List-I	List-II
1. Calcium	i) Two or more double bonds
2. Iron	ii) Formation of hemoglobin
3. Fiber	iii) Roughage
4. Unsaturated Fat	iv) Formation of teeth and bones

Codes:

	1	2	3	4
(a)	ii)	iv)	i)	iii)
(b)	i)	ii)	iii)	iv)
(c)	iii)	iv)	i)	ii)
(d)	v)	ii)	iii)	i)

27 Name the component which is measured by this test?



- (a) Legs strength (b) Explosive Legs strength
(c) Strength endurance of legs (d) Distance

28 Which of the following is not a factor have influencing motor development of a child

- (a) Sensory integration
(b) Muscle tone confidence
(c) Confidence
(d) Endurance

29 Match the items of List-I with that of List -II and select the correct option using the codes given below:

List-I	List-II
1. Vitamin K	i) Phylloquinone
2. Vitamin B2	ii) Riboflavin
3. Vitamin B3	iii) Biotin
4. Vitamin B7	iv) Niacin

Codes:

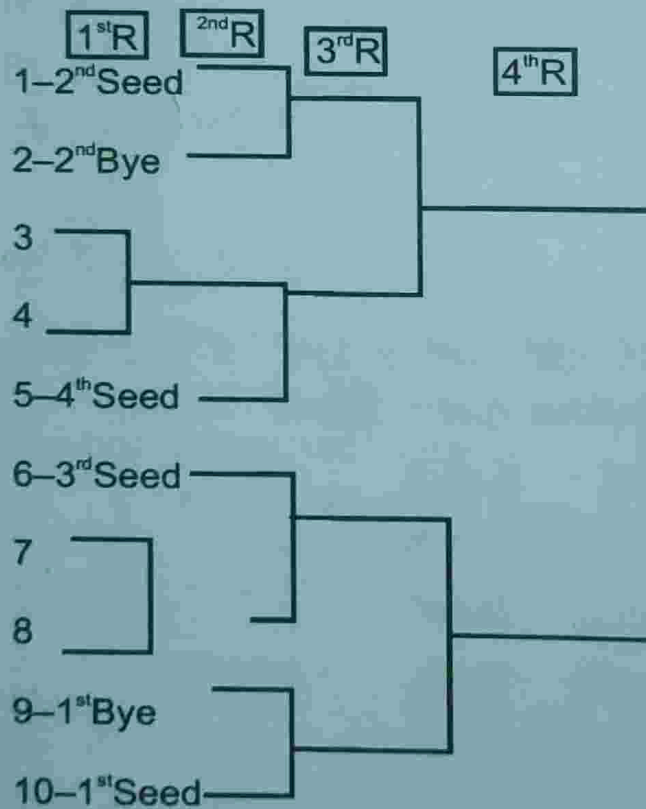
- | | 1 | 2 | 3 | 4 |
|-----|-----|------|------|------|
| (a) | ii) | i) | iv) | iii) |
| (b) | i) | ii) | iv) | iii) |
| (c) | i) | ii) | iii) | iv) |
| (d) | iv) | iii) | ii) | i) |

30 Which Newton's law will apply while taking off in long jump?



- (a) First (b) Second
 (c) Third (d) Both first and second

Q



On the basis of the above data(10 teams), answer the following questions:

- 31 What is the number of Non-Seeded Teams in the Tournament?
 (a) 04 (b) 09
 (c) 06 (d) 07

- 32 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 _____
- (a) Bye
 - (b) League tournament
 - (c) Seeding method
 - (d) Knock out tournament
- 33 Which of the following is not a Seeded Team?
- (a) Team 02
 - (b) Team 05
 - (c) Team 01
 - (d) Team 10
- 34 Given below are two statements labelled Assertion (A) and Reason(R).

Assertion (A) : In physical education and sports, use of test and measurement is important.

Reason (R) : Measurement is a process by which the level of performance, fitness, ability, knowledge, personality and skills are measured with the help of various standard tests.

In the context of above two statements, 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 the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

- 35 Match the items of List-I with that of List -II and select the correct option using the codes given below:

List-I	List-II
1. Saturated fats	i) Solid at room temperature.
2. Proteins	ii) Amino acids
3. Mono saturated Fats	iii) It lowers the low density lipo proteins (LDL)
4. Unsaturated Fat	iv) Liquid at room temperature

Codes:

- | | | | | |
|-----|------|------|------|------|
| | 1 | 2 | 3 | 4 |
| (a) | iii) | ii) | iv) | i) |
| (b) | i) | ii) | iii) | iv) |
| (c) | i) | iv) | ii) | iii) |
| (d) | v) | iii) | i) | ii) |
- 36 Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R):
- Assertion (A):** Sports person performance can be improved by improving his/her technique.
- Reason (R):** The coaches may used their knowledge of biomechanics to rectify the errors made by the sports person in order to improve the execution of a skill.
- In the context of the above two statements, which of the following statement 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 the correct explanation of (A).
- (c) (A) is true and (R) is false.
- (d) (A) is false and (R) is true

37 Match the list 1 with list 2 and choose the correct code given below :

List-1'	List-2
(A) Flexion	(1) Increase the angle
(B) Extension	(2) Away from the midline of the body
(C) Abduction	(3) Towards the midline of the body
(D) Adduction	(4) Decrease the angle

	(1)	(2)	(3)	(4)
(a)	4	1	3	2
(b)	2	3	1	4
(c)	4	1	2	3
(d)	1	4	3	2

38 Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R).

Assertion (A) : A balanced diet may be defined as that diet which contains all the nutrients in the correct amount as required by the body.

Reason (R) : A diet which consists of all the essential food elements e.g. proteins, carbohydrates, vitamins, fats, minerals & water in correct proportion is essential for growth & maintenance of the body. In the context of above two statements, 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 and (R) is not the correct explanation of (A).
- (c) (A) is true and (R) is false.
- (d) (A) is false and (R) is true.

- 39 Match List-I with List-II and select the correct answer from the code given below:

List- I	List- II
(i) Movement that takes place between joints	1. Law of inertia
(ii) Movement between two long bones	2. Newton's 2nd law of motion
(iii) Objects resist to change in their position	3. Angular movement
(iv) Law of acceleration	4. Gliding movement

- (1) (2) (3) (4)
- (a) 2 3 4 1
- (b) 1 2 3 4
- (c) 3 4 1 2
- (d) 1 4 3 2

- 40 Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason(R).

Assertion (A) : Lordosis is treatable by doing the bhujangasana and Tadasana

Reason (R) : These asanas strengthens the muscle and help in maintaining the balance of the body

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true and but R is not a correct explanation of A
- (c) A is true but R is false
- (d) A is false, but R is true

41 Board of control for cricket in India (BCCI) member wants to conduct a cricket tournament on knock-out basis because number of teams are more and time is less to conduct the matches. They also decided to give byes and seeding according to the rule. On the basis of given information answer the following questions.

Which of the following procedures is not used for drawing up fixtures for a knockout tournament?

- (a) Seeding
- (b) Bye
- (c) Staircase
- (d) Special seeding

42 Match the items of List-I with that of List -II and select the correct option using the codes given below:

List-I

List-II

- | | | |
|---------------------|---|----------------------|
| (a) Rikli and Jones | - | (i) One mile |
| (b) Rock Port | - | (ii) Motor fitness |
| (c) AAHPERD | - | (iii) Senior Citizen |
| (d) Harvard | - | (iv) Step Ups |

Code:

- | | 1 | 2 | 3 | 4 |
|-----|-----|-----|-----|----|
| (a) | ii | iv | iii | i |
| (b) | iii | i | ii | iv |
| (c) | iii | ii | i | iv |
| (d) | ii | iii | i | iv |

43 What will be the fitness index score of a girl if the test duration was 300sec and the pulse count(1min-1.5min) was 84.

- (a) 61.2
- (b) 62.4
- (c) 65.8
- (d) 64.9

- 44 Partial curl up test is done to check the efficiency of which part of the body?
- (a) To check the strength of the shoulders
 - (b) To check strength of lower part of body
 - (c) To check the elasticity of waist
 - (d) To check the abdominal strength and endurance
- 45 Which exercise should be done to cure this deformity?



- (a) Walk on toe
 - (b) Stair arch raises
 - (c) Tennis/golf ball rolls
 - (d) All of Above
- 46 Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason(R).
- Assertion:** The aim of Standing Long Jump is to measure the upper body strength.
- Reason:** The aim of Partial Curl Ups is to measure the abdominal strength.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
 - (c) (A) is true but (R) is false.
 - (d) (A) is false but (R) is true.

- 47 Lordosis deformity found in
- (a) Upper back (b) Hip region
(c) Lumber region (d) None of the above
- 48 Match the items of List-I with that of List -II and select the correct option using the codes given below:

List-I		List-II	
1. Vitamin A		i) Marasmus and Kwashiorkor	
2. Proteins		ii) Xerophthalmia	
3. Vitamin D		iii) Infertility	
4. Vitamin E		iv) Osteoporosis	

Codes:

	1	2	3	4
(a)	ii)	i)	iv)	iii)
(b)	i)	ii)	iii)	iv)
(c)	ii)	iv)	i)	iii)
(d)	iv)	iii)	ii)	i)

SECTION C: CASE STUDIES

- 49 Amit, a student of class XII, has recently joined a gym near his house to get a toned and muscular body. He consults his gym trainer regarding his diet and is advised to increase the intake of protein in his diet.

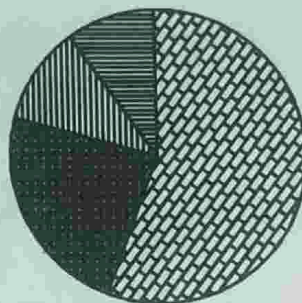
Proteins are also known as _____





- (a) Nitrogenous food (b) Body building food
(c) Fatty food (d) Both a) & b)
- 50 Your school has received an invitation for participation in a Badminton competition being organized by XYZ School. There is an entry fee for the competition due to which very few students have shown their willingness to participate.

Which type of fixture is preferred if there are less number of teams?

- (a) Knock out
- (b) League
- (c) Round robin
- (d) Both b) & c)

51 Below given is the BMI data of a school's health check-up



-1st Qtr	- 2nd Qtr	□ 3rd Qtr	-4th Qtr
			
18.5-24.9	<18.5	25-29.9	30-34.9

In which category does the major student population fall into?

- (a) Obese
- (b) Normal weight
- (c) Underweight
- (d) Overweight

Q.52



Both the tests shown in the picture are conducted to check fitness.

- (a) Muscular
- (b) Skeletal
- (c) Cardiovascular
- (d) Respiratory

53 The teachers as well as coaches always make their best efforts to improve the performance of their students in various competitive games and sports. They can help to improve the performance of students if they have adequate knowledge of biomechanics.

The more force one exerts on the downward bounce, the higher the ball bounces into the air. Which law is this statement being referred to?

- (a) Newton's 1st law
- (b) Newton's 2nd law
- (c) Newton's 3rd law
- (d) Law of gravitation

54 ABC School is one of the reputed schools in their location for the number of sports facilities it provides to its stakeholders. Keeping that in consideration CBSE Sports cell has given them the responsibility of conducting CBSE Football cluster. 53 teams have sent their entry for participation in the tournament.

Total number of byes in the fixture will be

- (a) 16
- (b) 32
- (c) 64
- (d) 11

55 It is very true to say that every sports person does at least one of the four types of body movements at a time when he engages in a game. On the basis of the situation given, answer the following questions:

When the sports person squats which of the following movements will she/he be performing?

- (a) Side flexion
- (b) Adduction
- (c) Internal rotation
- (d) Extension

56 Newton's laws of motion have a lot of importance in sports because many sports related activities are based on these rules. During the physical education class the students were explained about the Newton's laws of motion as well as the practical application of these laws in various sports.

What is the name of Newton's First law?

- (a) Law of inertia (b) Law of motion
(c) Law of reaction (d) Law of acceleration

57 Saroj went to an old age home on the occasion of his birthday. At that time all the inmates in the home were assembled in one place. When he enquired, they replied that they have a physical fitness test.

The weight of dumbbells in Arm Curl test for men is

- (a) 5 Pounds (b) 4 Pounds
(c) 8 Pounds (d) 10 Pounds

Q. Manish is, Physical Education teacher at XYZ School observed that sanjay is a student of class VI has outward curve of vertebral column at Thoracic region. He suggested some exercises to rectify this problem.

58 What is this deformity known as?

- (a) Scoliosis (b) Kyphosis
(c) Lordosis (d) Flat foot

59 Kyphosis is commonly known as

- (a) Hollow back (b) Hunch back
(c) Sideways bending (d) Lordosis

60 Kyphosis is a deformity related to

- (a) Foot (b) Vertebral column
(c) Shoulder (d) Legs

SAMPLE QUESTION PAPER-2 (TERM 1) 2021-22

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SECTION A: KNOWLEDGE & UNDERSTANDING

1. How many types of the tournament are there?
(a) 8 (b) 9
(c) 4 (d) 3
2. What is the calorific value of Fat:
(a) 9 (b) 8
(c) 7 (d) 6
3. Starting a throwing event in athletics is an example of which law of motion.
(a) First law of motion
(b) Second law of motion
(c) Third law of motion
(d) First and third law of motion

- 4 **Vital capacity is the sum (or total) of.....**
- (a) Tidal air + Complimentary air
 - (b) Complimentary air + Supplementary air
 - (c) Tidal air+ Complimentary air+ Supplementary air
 - (d) Tidal air+ Complimentary air+ Supplementary air+ Residual air
- 5 **Protein is mainly found in :**
- (a) For vegetarian soya bean and for non vegetarian fish, meat
 - (b) Green vegetable
 - (c) Only product made by milk
 - (d) All of the above
- 6 **If 12 teams are participating in a knockout tournament then what will be the number of Byes :**
- (a) 2
 - (b) 4
 - (c) 6
 - (d) 8
- 7 **Which one of the following pairs is not correctly matched?**
- (a) Shuttle run _____ Agility
 - (b) Standing long jump _____ Explosive strength
 - (c) Back Scratch Test _____Strength
 - (d) Chair Sit and Reach Test _____Lower body flexibility
- 8 **Lack of which of the following nutrients can lead to a disease called Osteoporosis?**
- (a) Calcium
 - (b) Protein
 - (c) Vitamins
 - (d) Sulphur phosphate and iron
- 9 **Biomechanics helps in one of the following?**
- (a) In improving technique
 - (b) In improving designs of sports equipment
 - (c) In improving teaching and learning
 - (d) All the above

- 10 Which vitamin is useful in blood clotting?**
- (a) Vitamin A (b) Vitamin B
(c) Vitamin E (d) Vitamin K
- 11 What is Bye?**
- (a) This is the method of preparing fixture
(b) Team game points method
(c) Ranking teams according to past performance
(d) Advantage given to a team who is not supposed to play in first round
- 12 What are the causes of "flat foot".**
- (a) Weak muscles of the foot
(b) Improper shoes/carrying heavy weight
(c) Healthy muscles of the body
(d) Both (a) & (b)
- 13 One mile test of Rockport was developed by whom?**
- (a) Harold (b) Newton
(c) Kline (d) Maxwell
- 14 In which Olympics P.T. Usha secured 4th place in 400 m hurdle race?**
- (a) 1980 Olympics
(b) 1984 Olympics
(c) 2016 Olympics
(d) None of the above
- 15 Sit and Reach test measures**
- (a) Speed (b) Strength
(c) Agility (d) Flexibility

16 Formula for calculation of no. of Matches of Round robin system (Single league):

- (a) $N(N + 1)$ (b) $N(N-1)/2$
(c) $N(N/1)/2$ (d) $N(N \times 1)/2$

17 The term biomechanics was adopted in

- (a) Early 1970s (b) Late 1970s
(c) 1970 (d) Early 1980s

18 What is age between 13-19 called?

- (a) Childhood (b) Puberty
(c) Adulthood (d) Adolescence

19 In Lordosis the curve is

- (a) In ward
(b) Out ward
(c) Lateral side
(d) Medial side curve

20 Newton's third law of motion is also called.

- (a) Law of action and reaction
(b) Law conservation of energy
(c) Law of Motion stability
(d) None of the above

21 What are the objectives of the Tournament?

- (a) To Provide Recreation
(b) To help in overall development
(c) To provide an opportunity to learn a variety of games & skills.
(d) All the above

22 _____ affecting motor development is also known as hereditary factors.

- (a) Nutritional factor
- (b) Endurance factor
- (c) Genetic factors
- (d) Environmental factor

23 Identify the sources of carbohydrates:

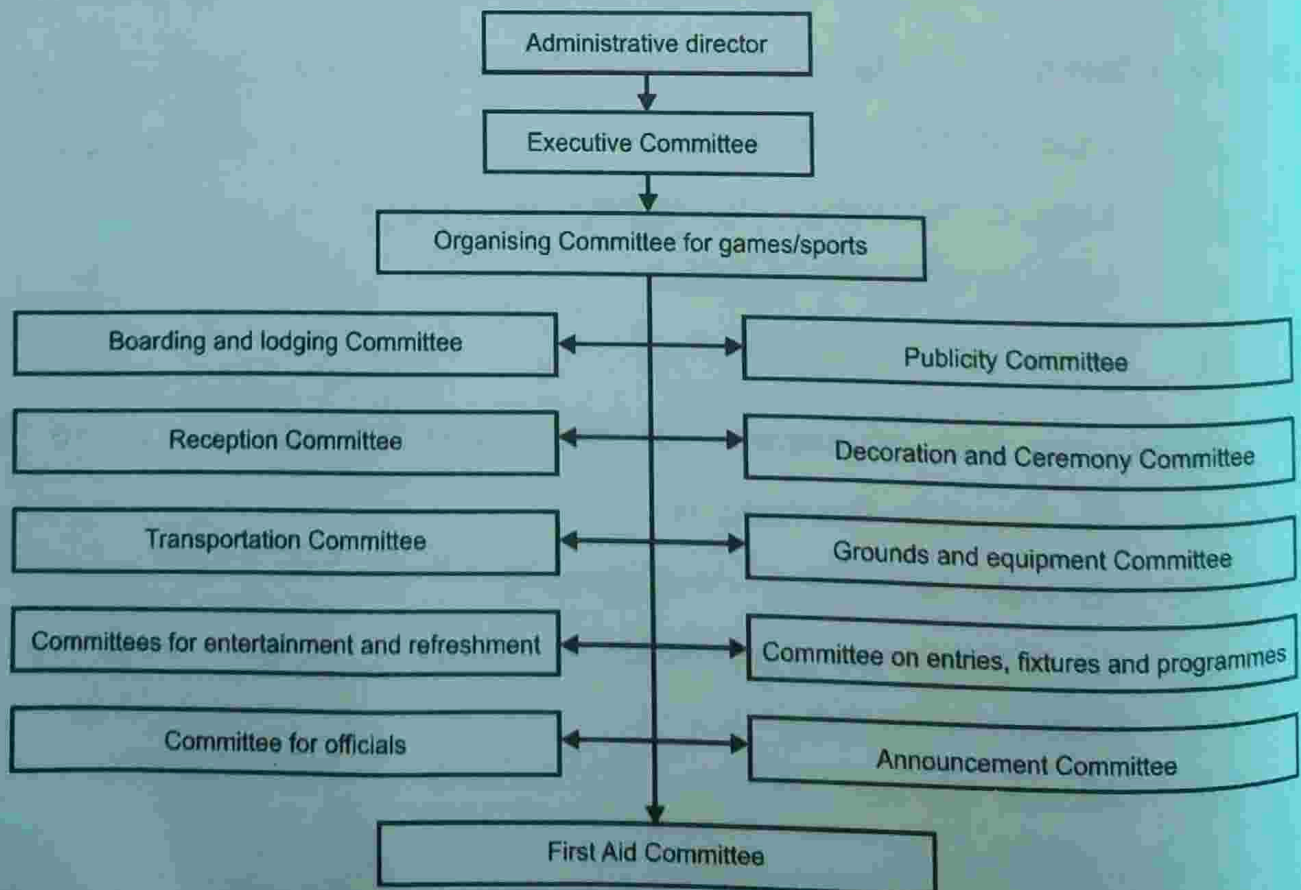
- (a) Green vegetable fruits
- (b) All types of grains -rice, jawar, etc.
- (c) Milk, paneer, butter
- (d) None of these

24 When the angle between two bones is reduced it is called

- (a) Flexion
- (b) Extension
- (c) Abduction
- (d) Adduction

SECTION B:

APPLICATION + HOTS & ASSERTION REASONING



While organizing sports events for the Annual Sports Day, Arjun and Ravi being the captain and vice-captain of sports, formed various committees as shown below answer (Q.no. 25 to 30)

25 The members of this committee are responsible for welcoming guests and spectators

- (a) Decoration committee
- (b) Reception committee
- (b) Publicity committee
- (d) Transportation committee

26 Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason(R).

Assertion (A): Motor development refers to the development of child's bone muscles and his or her ability to move around

Reason (R): Gross motor development involves the small muscles of body especially during the movement of the fingers and hands

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true and but R is not a correct explanation of A
- (c) A is true but R is false
- (d) A is false, but R is true

27 Announcement of venue, date and events is done by

-
- (a) Publicity committee
 - (b) Transportation committee
 - (c) Ground committee
 - (d) Committee for officials

28 Organising and conducting of sports events involve _____

- (a) Planning (b) Forming committees
(c) Both (a)&(b) (d) Only delegation

29 Complete responsibility for success of competition is taken by _____

- (a) Announcement committee (b) Administrative director
(c) First aid committee (d) committee for officials

30 To prepare a proper score sheet for record is _____ responsibility.

- (a) Pre tournament (b) During tournament
(c) Post tournament (d) All of the above

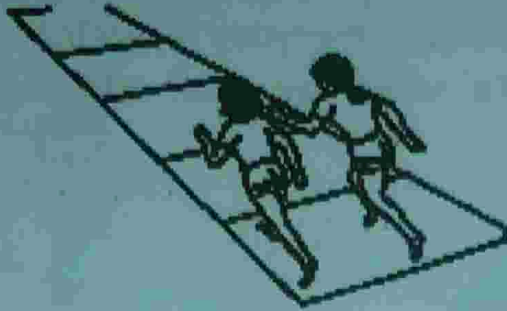
31 Carbohydrates contain elements of:

- (a) Hydrogen and Oxygen
(b) Carbon, Hydrogen & Oxygen
(c) Carbon and Oxygen
(d) Nitrogen, Carbon & Oxygen

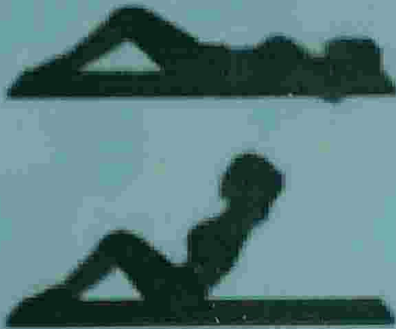
32 Identify the Odd one



3.



4.



(a) 4

(b) 3

(c) 2

(d) 1

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

Assertion (A) : Cardiovascular fitness is the ability of the liver to supply oxygen.

Reason (R) : This fitness is essential for us to perform aerobic activities.

In the context of above two statements, 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 the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

34 Coaches should make use of the method of _____ biomechanical analysis in their everyday practice to produce changes in the techniques used by their students.

- (a) Quantitative
- (b) Qualitative
- (c) Effective
- (d) None of these

35 What is the weight of dumbbell for women in arm curl of Rikli and Jones Test?

- (a) 5 Pounds
- (b) 6 Pounds
- (c) 8 Pounds
- (d) 10 Pounds

36 Match the following and choose the correct alternative given below:

List-I

- (A) Push ups
- (B) Modified push ups
- (C) Harvard step test
- (D) Sit and reach test

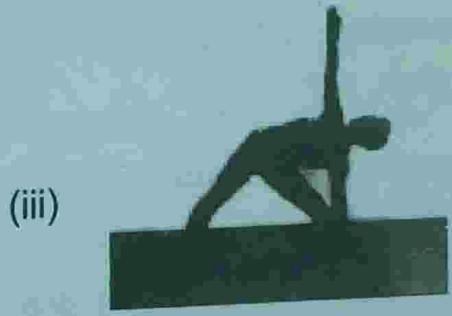
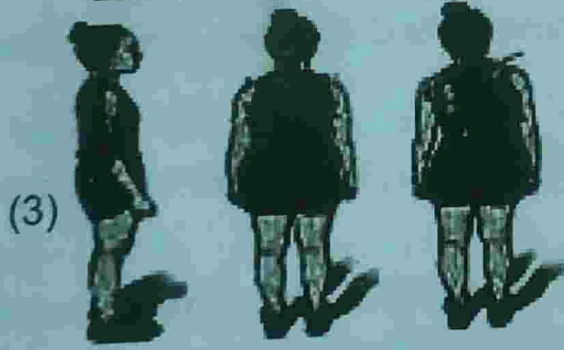
List-II

- I. For girls
- II. For boys
- III. Flexibility
- IV. Cardiovascular fitness

Codes:

- | | 1 | 2 | 3 | 4 |
|-----|------|-----|------|------|
| (a) | ii) | iv) | i) | iii) |
| (b) | i) | ii) | iii) | iv) |
| (c) | iii) | iv) | i) | ii) |
| (d) | iv) | ii) | iii) | i) |

37 Match the postural deformities with their remedial activity:



Codes:

	1	2	3	4
(a)	ii)	iv)	i)	iii)
(b)	i)	ii)	iii)	iv)
(c)	iii)	iv)	i)	ii)
(d)	iv)	ii)	iii)	i)

38 Find the correct sequence of AAHPER youth fitness test

- (a) Pull-ups for boys & flexed arm hang for girls
- (b) Flexed - let sit-ups
- (c) Shuttle run
- (d) Standing long jump
- (e) 50 yards dash
- (f) 600 yards run

Codes:

- (a) a), b), d), c), e), f)
- (b) f), c), d), e), a), b)
- (c) e), d), b) c), a), f)
- (d) a), b), c), d), e), f)

39 Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason(R).

Assertion (A): In Tokyo Olympics Neeraj Chopra won gold medal in shot put event.

Reason (R): Neeraj Chopra won first gold medal in Olympics in athletic events.

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true.
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true

39 Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason(R).

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- (b) Both (A) and (R) are true.
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.

40 BMI between 25.0–29.9 is:

- (a) Underweight
- (b) Normal
- (c) Overweight
- (d) Obese

41 Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason(R).

Assertion (A) : An obese person has BMI more than 30.

Reason (R) : BMI indicates the flexibility of a person. Find the correct answer from the following :

- (a) Both (A) and (R) are true, but (R) is not the correct explanation of(A).
- (b) Both (A) and (R) are true and (R) is the correct explanation of(A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

42 Understanding of proper sports and exercise movements will allow the participants to be more _____ for long-term development

- (a) Efficient
- (b) Technical sound
- (c) Prone to good habits
- (d) All of these.

43 The determinants of Max VO₂ are :

- I. Capillary network
- II. Arterio-venous O₂ difference
- III. Viscosity of the blood
- IV. Sino atrial pacemaker

Select the right combination.

- (a) I, II & IV
- (b) I, II, III & IV
- (c) I & II
- (d) II & IV

44 What is the pace of motor development of children who do not get proper nutritious food?

- (a) Fast
- (b) Medium
- (c) Slow
- (d) Very Fast

45 Which statement is not true about protein?

- (a) Protein forms new tissues
- (b) Protein regulates the balance of water and acids
- (c) Protein helps in production of hormones.
- (d) Protein makes antibodies.

46 Identify the picture



- (a) Kyphosis
- (b) Lordosis
- (c) Scoliosis
- (d) Round Shoulders

- 47 Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R).

Assertion (A): Newton's First Law of motion is also called the law of Inertia.

Reason (R): According to First Law of Motion, everything in the universe is lazy and needs some force to move, slow down, stop or change direction.

In the context of above two statements, 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 and (R) is not the correct explanation of (A).
 - (c) (A) is true and (R) is false.
 - (d) (A) is false and (R) is true.
- 48 which of the following is not a type of movement related to physical activity

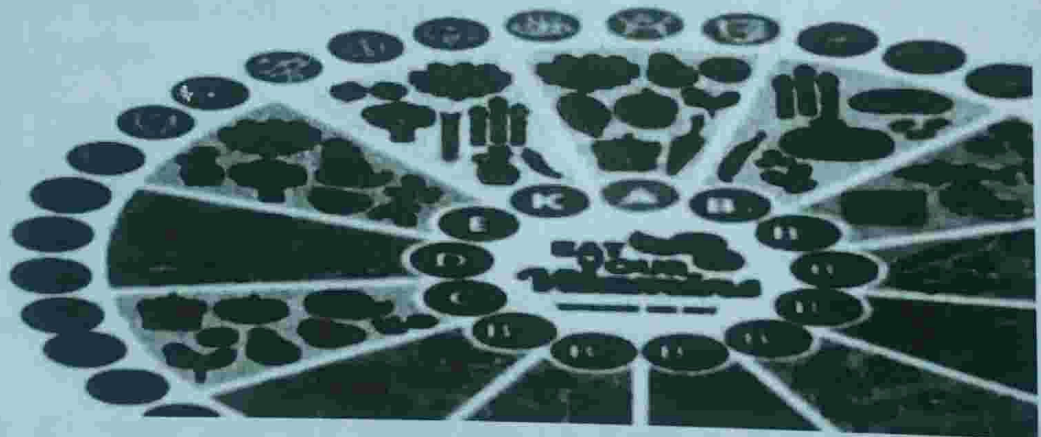
- (a) Extension
- (b) Abduction
- (c) Adduction
- (d) None of these

SECTION C: CASE STUDIES

Q.NO.49 TO 50

Kumar of XI A is a great athlete. After the lock down he went to see his Physical Education Teacher. Mr. Murugan, the PE teacher, is shocked to see Kumar, because Kumar has gained a lot of weight. He also observed many other students have also gained weight. The PE teacher decided to conduct an 'Inter House Tournament' on campus. Kumar requested PE Teacher to conduct the tournament on League basis.

- 49 Kumar feels that league method is best one for Inter house tournament. Why?
- (a) Less period required
 - (b) Limited official
 - (c) True Winner
 - (d) Players would be less tired
- 50 If 7 teams participate in a Double League Tournament such as in the IPL, how many matches will be conducted in the first phase of the league?
- (a) 42
 - (b) 45
 - (c) 54
 - (d) 58
- 51 Below given is the Details of Different types of vitamins required for our body



Vitamin E contributes to the production of _____, making our _____ system strong.

- (a) Strength, digestive
- (b) Antibodies, immunity
- (c) Both a & b
- (d) Hormones, muscular

- 52 Manish is a shot-putter. He has to participate in a national competition next week for which he is taking good care of his practice and diet. He has included all the essential nutrients in his diet. Based on this case, answer the following questions.

What do you think would be the most important component of Manish's diet?

- (a) Proteins (b) Minerals
(c) Vitamins (d) Carbohydrates
- 53 Sonali's grandmother was suffering from knee pain. She has taken her grandmother to the physiotherapist; the physiotherapist has suggested some exercise to the grandmother, after some days Sonali has decided to check the effect of exercise on lower body strength of her grandmother.

Grandmother will place her arms during performing the test.

- (a) Right arm placed on the chest.
(b) Left arm placed on the chest.
(c) Parallel arms placed on the chest.
(d) Cross arms placed on the chest.
- 54 In the game of cricket, the ball is hit by the batsman, the ball after impacting the bat crosses the boundary line. Choose one of the options given below and state what Newton is between the ball and the bat the rule is working.

- (a) First Law
(b) Second Law
(c) Third Law
(d) None of these

- 55 Mr.Uday is asking his friend that a sports person does at least one of the four types of body movement at a time when she/he engages in a game.

If a sports person flaps her/his arms to warm up, what sort of movement(s) is she/he performing?

- (a) Extension and Flexion
- (b) Extension and Adduction
- (c) Flexion and Abduction
- (d) Abduction and Adduction

56 Amit Sharma love to play cricket as he wants to make a career in cricket. During his cricket training he understood the various aspects of Biology related to the game which really improved his various playing techniques. Answer the following questions on the basis of the above statement:

In which of the following types of motion the angle between the joints decreases

- (a) Flexion
- (b) Contraction
- (c) Extension
- (d) Adduction

57 Kendriya vidyalaya sangathan wants to conduct test to check the general fitness test for their employees. What test is most suitable for them?

- (a) AAHPER Test
- (b) Barrow test
- (c) Rikli and Jones
- (c) 600m Run and walk

(58 to 60) Monika is, a student of class XII, used to read books in the school library. One day she was studying the history of women participation in Indian Sports and felt that more girls and women must be encouraged to actively participate in sports. She believed that impossible things can be achieved through participating in sports.

- 58 In which year did women first participate in Olympics?
- (a) 2000
 - (b) 1900
 - (c) 2012
 - (d) 1947
- 59 Which of the following players is associated with badminton?
- (a) Sania Mirza
 - (b) Saina Nehwal
 - (c) Hima Dass
 - (d) P.T.Usha
- 60 Scoliosis is a condition of
- (a) Menstrual Disorder
 - (b) Eating Disorder
 - (c) Psychological disorder
 - (d) None of these

SAMPLE QUESTION PAPER-3 (TERM 1) 2021-22

SUBJECT : PHYSICAL EDUCATION

CLASS : XII

Time : 90 Min

Marks : 35

General instructions:

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 24 questions among which 20 questions have to be attempted.
3. Section B consists of 24 questions among which 20 questions have to be attempted.
4. Section C consists of 12 questions among which 10 questions have to be attempted.

SECTION A: KNOWLEDGE & UNDERSTANDING

- 1 Which is not the objective of Planning.
(a) To reduce Pressure
(b) To have good control over activities
(c) To improve the personal relation among the staff
(d) To minimize the chances of mistake
- 2 1 gram of protein provide calories:
(a) 9.1 Kcl (b) 4.1 Kcl
(c) 5.1 Kcl (d) 2.3 Kcl
- 3 During a motor fitness test, 50 meter run is conducted to measure which of the following skills?
(a) Strength (b) Speed
(c) Flexibility (d) Endurance

- 4 The study of forces and their effects on biological systems is called-
- (a) Biochemistry
 - (b) Anatomy
 - (c) Biomechanics
 - (d) None of these
- 5 Sugar, Sweet, Bread are rich sources of-
- (a) Carbohydrates
 - (b) Fats
 - (c) Proteins
 - (d) Roughage
- 6 How many bye will be given for 37 teams on the knock out basis?
- (a) 33
 - (b) 27
 - (c) 29
 - (d) 31
- 7 4 x 10 mtrs shuttle run is to check:
- (a) Flexibility
 - (b) Strength
 - (c) Speed
 - (d) Agility
- 8 Which of the following is not a Macronutrient ?
- (a) Fats
 - (b) Carbohydrates
 - (c) Proteins
 - (d) Minerals
- 9 How many types of motor development?
- a) 2
 - b) 5
 - c) 3
 - d) 7
- 10 This vitamin is essential for good eyesight ?
- (a) Vitamin A
 - (b) Vitamin D
 - (c) Vitamin K
 - (d) Vitamin E

- 11 The Reception Committee for a tournament is responsible for.....**
- (a) Welcome the participants
 - (b) Arranging accommodation and meals for the participants
 - (c) Proper upkeep of the venues
 - (d) Welcome the Chief Guest and spectators at the opening and closing ceremonies
- 12 Formula for Fitness Index (short term) in Harvard Step Test is :**
- (a) $100 \times \text{Test duration in seconds} / 5.5 \times \text{Pulse count between 1 and 1.5 minutes}$
 - (b) $\text{Test duration in seconds} \times 100 / 2 \times \text{Sum of 3 Pulse counts after exercise}$
 - (c) $100 \times \text{Test duration in minutes} / 5.5 \times \text{Pulse count between 1 and 1.5 minutes}$
 - (d) $100 \times \text{Test duration in seconds} / 5.5 \times \text{Pulse count between 2 - 2.5 minutes after exercise}$
- 13 The term Rest and Motions are studied under:**
- (a) Biochemistry
 - (b) Biomechanics
 - (c) Anatomy
 - (d) All of the above
- 14 In which Olympic games, Saina Nehwal and M.C. Mary Kom secured one bronze medal each?**
- (a) 2008 Olympics
 - (b) 2012 Olympics
 - (c) 2016 Olympics
 - (d) None of the above
- 15 The purpose of push-ups is to measure the:**
- (a) Lower body strength
 - (b) Upper body strength
 - (c) Endurance insurance
 - (d) All the above

- 16 **The Boarding and Lodging Committee for a tournament arranges.....**
- (a) The making of the budget for boarding and lodging
 - (b) Meals, refreshment and stay of the Chief Guest
 - (c) Accommodation and meals for the participants
 - (d) Refreshments for the participants and officials
- 17 **Sunlight is source of-**
- (a) Vitamin A
 - (b) Vitamin B
 - (c) Vitamin C
 - (d) Vitamin D
- 18 **The opposite force applied when an object begins to move towards the surface of the other object but the actual movement has not yet started**
- (a) Static friction
 - (b) Sliding friction
 - (c) Rolling friction
 - (d) None of these
- 19 **Gross Motor development is related to—**
- (a) Small muscles
 - (b) Large muscles
 - (c) Spine muscles
 - (d) None of the above
- 20 **Extension is the movement in which:**
- (a) Body part moves away from the body
 - (b) The angle of joint decreases
 - (c) The angle of joint increases
 - (d) All of the above
- 21 **Which of the following procedures is not used for drawing up fixtures for a knockout tournament?**
- (a) Bye
 - (b) Staircase
 - (c) Special Seeding
 - (d) Seeding

22 An activity that is not an example of gross motor skills is:

- (a) Drawing
- (b) Standing
- (c) Throwing a ball
- (d) Jumping

23 The performance of an athlete depends on:

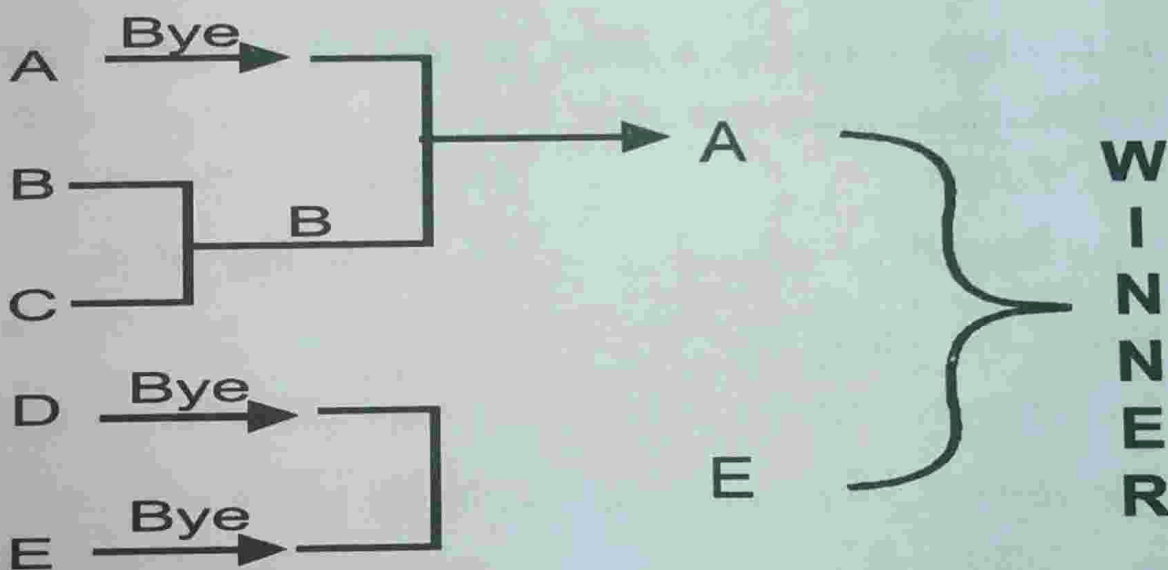
- (a) Technique
- (b) Latest equipment
- (c) Scientific training
- (d) All of these

24 Which of the following factors is/are responsible for motor development

- (a) Genetic factors
- (b) Environmental factors
- (c) Food and nutrition
- (d) All the above

SECTION B:

APPLICATION + HOTS & ASSERTION REASONING



Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends upon suitable fixture. Observe the above given fixture and answer the questions.

- 25 The method followed in drawing the fixture is _____
- (a) League (b) Knockout
(c) Ladder (d) Combination
- 26 Number of matches played can be calculated by the formula _____
- (a) N (b) N-1
(c) N+1 (d) N+2
- 27 The advantage of this tournament is _____
- (a) Economical (b) Less time
(c) Both (a) and (b) (d) None of the above
- 28 In this type of tournament, a team once defeated gets
- (a) Eliminated (b) Bye
(c) Another chance (d) Wild card entry
- 29 A privilege given to a team to play at a higher round is called _____
- (a) Fixture (b) Bye
(c) Reward (d) All of the above
- 30 Match the following:
- | | |
|----------------|--------------|
| 1. Vitamin B12 | a) Thiamin |
| 2. Vitamin B3 | b) Biotin |
| 3. Vitamin B7 | c) Cobalamin |
| 4. Vitamin B1 | d) Niacin |
- (a) 4 3 1 2 (b) 2 3 4 1
(c) 1 2 3 4 (d) 3 4 2 1
- 31 Which statement is not true about protein?
- (a) Protein forms new tissues
(b) Protein regulates the balance of water and acids

- (c) Protein helps in production of hormones.
- (d) Protein makes antibodies.

32 Given below are two statements, one is labelled as **Assertion (A)** and other is labelled as **Reason(R)**.

Assertion (A): UNICEF says that water is not included in macro nutrients but USDA includes it as part of macronutrients.

Reason (R): Water must be taken in large quantities therefore it can be considered a macronutrient.

- (a) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- (b) (A) is true, but (R) is false
- (c) Both (A) and (R) are true and (R) is the correct explanation of (A)
- (d) (A) is false, but (R) is true

33 Given below are the two statements labeled **Assertion (A)** and **Reason (R)**.

Assertion (A): Vitamins are compounds of carbon which are essential for the normal growth and working of the body.

Reason (R): Vitamins are required by our body in large quantities.

In the context of the above two statements, 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 the correct explanation of (A).
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.

34 Match List – I with List – II and select the correct answer from the code given below:

List I – Name


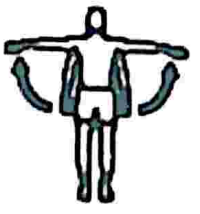


List II – Meaning

- | | | |
|------|------------------|------------------------------------|
| i. | Food Intolerance | 1. Less amount of food intake |
| ii. | Food myth | 2. Do not drink water during meals |
| iii. | Dieting | 3. Healthy weight |
| iv. | B.M.I | 4. Vomiting |

Select the correct set of options: Code

- | | i | ii | iii | iv |
|-----|---|----|-----|----|
| (a) | 1 | 2 | 3 | 4 |
| (b) | 2 | 4 | 1 | 3 |
| (c) | 3 | 4 | 1 | 2 |
| (d) | 4 | 2 | 1 | 3 |

35 Match the movements:

- | | | |
|------|---|--------------|
| i) |  | 1. Flexion |
| ii) |  | 2. Adduction |
| iii) |  | 3. Extension |
| iv) |  | 4. Abduction |

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

- 36 Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R).

Assertion (A) The genetic factors that a child receive from their parents are greatly responsible for motor development

Reason (R) Adolescence is the transitional period between childhood and adulthood

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true and but R is not a correct explanation of A
- (c) A is true but R is false
- (d) A is false, but R is true

- 37 Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R).

Assertion (A): In Tokyo Olympics Pusarla Venkata Sindhu won silver medal in badminton.

Reason (R): She is the first Indian woman, who won two medals in Olympics.

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true.
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.

- 38 Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R).

Assertion (A) : Biomechanics is the study of force and their effects on living system.

Reason (R) : In swimming the third law of motion is utilized.

In the context of the two statements, which of the following statements is correct.

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
 - (c) (A) is true and (R) is false.
 - (d) (A) is false and (R) is true.
- 39 In the Harvard test, at what time are the pulse rate counted for 30 seconds each after the exercise is completed
- (a) 1, 2 and 3 minutes
 - (b) 1, 1.5 and 2 minutes
 - (c) 1, 3 and 5 minutes
 - (d) None of the above

- 40 Given below are two statements, labelled as Assertion (A), and a Reason (R). Indicate your answer from the alternatives below:

Assertion (A): Push-ups helps in building muscular strength.

Reason (R): Push-ups are isokinetic muscular movements that provides strength to the joints.

In the context of above two statements, 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 the correct explanation of (A).

- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

41 Which of the following test is also known as aerobic fitness test

- (a) Modified push ups
- (b) 4 × 10 M shuttle Run
- (c) Rockport test
- (d) Harvard step test

42 Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R).

Assertion (A) Abduction means moving the body parts away from the midline of the body.

Reason (R) Adduction is the another name of the abduction.

In the context of the two statement, which of the following statements is correct.

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- (c) (A) is true and (R) is false.
- (d) (A) is false and (R) is true.

43 _____ is the ability of the heart and lungs to supply oxygen, rich blood to working muscle tissue and the ability of the muscle to use oxygen to produce energy for movement

- (a) Motor fitness
- (b) Cardiovascular fitness
- (c) Both a and b
- (d) None of these

44 Identify the type of deformity and choose its correct name.



- (a) Scoliosis (b) Kyphosis
(c) Lordosis (d) None of these

45 Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R).

Assertion (A) : The Newton's third law of motion describes what happen to body when it exerts a force on another body

Reason (R) : The newton's law of motion applied in the football

In the context of the two statement, which of the following statements is correct.

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
(c) (A) is true and (R) is false.
(d) (A) is false and (R) is true.

46 According to cooper (1968) value of 12min. run test is converted to Vo_{2max} by:

- (a) $Vo_2 \text{ Max.} = (22.351 \times \text{Distance (km)} - 11.288)$
(b) $Vo_2 \text{ Max.} = (22.531 \times \text{Distance (km)} - 11.882)$
(c) $Vo_2 \text{ Max.} = (11.882 \times \text{Distance (Meters)} - 22.531)$
(d) $Vo_2 \text{ Max.} = (11.288 \times \text{Distance (Meters)} - 22.135)$

47 Identify the type of deformity and remedial activity :



- (a) Scoliosis—Trikon Asana (b) Kyphosis-Bhujang Asana
(c) Lordosis - Halasana (d) None of these

48 Non slippery mat is essential for which sport?

- (a) Standing broad jump (b) Zig zag run
(c) Push-ups (d) Modified push-ups

SECTION C: CASE STUDIES

49 Posture plays a very significant role in our daily activities. Correct posture means the balancing of the body in an accurate and proper manner. Various types of postural deformities can be identified in individuals.



From the above given picture, the deformities seen on the left most is caused due to deficiency of which nutrient?

- (a) Iron (b) Calcium
(c) Vitamin D (d) Both (b) &(c)

- 50 ABC School is one of the reputed schools in their location for the number of sports facilities it provides to its stakeholders. Keeping that in consideration CBSE Sports cell has given them the responsibility of conducting CBSE Football cluster. 65 teams have sent their entry for participation in the tournament.

Due to the large number of teams willing to participate the school should conduct the competition by which fixture?

- (a) League (b) Knockout
(c) Staircase (d) Challenge
- 51 Harvard step test is also called the Aerobic Fitness Test. It was developed by Brouha and others in 1943. It is used to measure aerobic fitness by checking the recovery rate.

Few students were asked to conduct Harvard step test for their classmates and they were asked to note down the complete details of their aerobic capacity. For conducting tests they required a bench separate for boys 20 inches and girls 16 inches with one stop watch to note down the timing and their recovery rate.

Formula for Fitness Index (long term) in Harvard Step Test is :

- (a) $100 \times \text{Test duration in seconds} / 5.5 \times \text{Pulse count between 1 and 1.5 minutes}$
(b) $\text{Duration of exercise in seconds} \times 100 / 2 \times \text{Sum of pulse counts in recovery}$
(c) $100 \times \text{Test duration in minutes} / 5.5 \times \text{Pulse count between 1 and 1.5 minutes}$
(d) $\text{Duration of exercise in minutes} \times 100 / 2 \times \text{Sum of pulse counts in recovery}$

- 52 Rahul was a Class 12 student. He used to bring junk-food in his lunch-box daily. His teacher observed that he was becoming overweight, he was neither concentrating on his studies nor actively

participating in physical activities. In this matter, he had a talk with his parents and came to know that he refuses to eat roti, dal, fruits and vegetables. Due to this he is facing these problems. Based on the above passage, answer the following question:

Why should junk-food not be recommended ?

- (a) Because it is full of proteins
- (b) Because it is full of vitamins
- (c) Because it is full of minerals
- (d) Because it does not contain the required nutrients

- 53** The sports Minister has launched many sports schemes in India. One of the best schemes is Khelo India. The father of one of the students approached the physical education teacher and asked him about their fitness level. The physical education teacher replied that Khelo India consisted of physical fitness tests for school children and they were analyzing students' fitness through the test.

Which of the following tests is the best to measure Lower body flexibility?

- (a) Harvard Step Test
- (b) Sit and Reach Test
- (c) Barrow Fitness Test
- (d) General Fitness Test

- 54** ABC school is one of the reputed school in their location for the number of sports facilities it provides to its stakeholders. Keeping that in consideration CBSE sports cell has given them the responsibility of conducting CBSE football Cluster. 35 teams have sent their entry for participation in the tournament. How many teams will be there in 3rd quarter as per knock out basis.

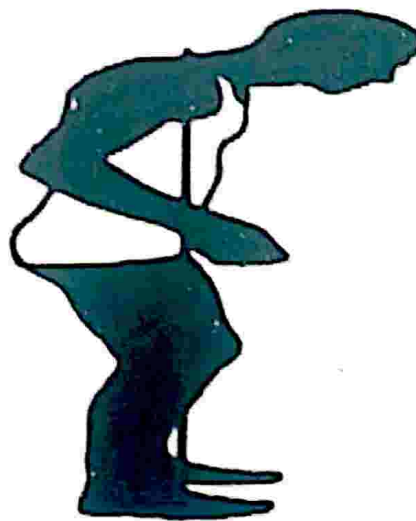
- (a) 6
- (b) 7
- (c) 8
- (d) 9

- 55 In biomechanics class, Gopi, the teacher, brings the students to the physics lab of his school. The students get confused. After the completion of the class, they realize the fact.

Why does the teacher bring the students to physics lab for biomechanics class?

- (a) It deals with physics principles. (b) Sliding friction
(c) Rolling friction (d) Static friction
- 56 Biomechanics is associated with
- (a) Mechanic (b) Physics
(c) Mechanic and Physics (d) Mechanic and Anatomy
- 57 Friction can be increased by which of the following?
- (a) Smooth surface (b) Dry surface
(c) Decrease the Weight (d) All of this

(58 to 60) Sheethal spent her weekend checking the health status of all the security guards of her huge gated community as a part of project work assigned by PE teachers. She found out that more than half of them have shown a significant deformity in the upper part of their vertebral column.



- 58 The term used to define this deformity is
- (a) Lordosis (b) Scoliosis
(c) Kyphosis (d) Both (a) &(b)
- 59 This deformity is mainly caused due to _
- (a) Carrying heavy loads (b) Lack of exercise
(c) Weak muscles (d) All of the above
- 60 The asana/s which helps in rectifying such conditions/is/are
- (a) Chakrasana (b) Dhanurasana
(c) Halasana (d) Both(a)&(b)

ANSWER KEY Sample Paper 1 (2021-22)

Subject: P.E.

Class: XII

(SECTION-A)

- | | | | |
|-----|-----|--|------|
| 1. | (a) | Round robin Tournament | 0.70 |
| 2. | (a) | Protein | 0.70 |
| 3. | (c) | Peer group | 0.70 |
| 4. | (d) | To measure upper body strength | 0.70 |
| 5. | (a) | Flexion | 0.70 |
| 6. | (c) | $N(N-1)/2$ | 0.70 |
| 7. | (d) | Vitamin K | 0.70 |
| 8. | (c) | Both types of fibres | 0.70 |
| 9. | (c) | Preservative | 0.70 |
| 10. | (d) | Aerobic capacity | 0.70 |
| 11. | (c) | 11 | 0.70 |
| 12. | (b) | Require for protein synthesis but most cannot be made by the body; | 0.70 |
| 13. | (a) | Motor fitness | 0.70 |
| 14. | (b) | Extension | 0.70 |
| 15. | (d) | Both A and B | 0.70 |
| 16. | (a) | 6 | 0.70 |
| 17. | (a) | Fish, meat and eggs | 0.70 |
| 18. | (b) | Cardio-respiratory efficiency | 0.70 |
| 19. | (d) | Law of acceleration | 0.70 |
| 20. | (c) | early childhood | 0.70 |
| 21. | (d) | All of the above | 0.70 |
| 22. | (c) | To understand Physiology of human body | 0.70 |
| 23. | (a) | Infants | 0.70 |
| 24. | (c) | Third law | 0.70 |
| 25. | (d) | 24 | 0.70 |
| 26. | (d) | iv) ii) iii) i) | 0.70 |
| 27. | (b) | Explosive Legs strength | 0.70 |
| 28. | (c) | confidence | 0.70 |
| 29. | (d) | iv) iii) ii) i) | 0.70 |

30. (c) Third 0.70
31. (d) (c) Six 06 0.70
32. (c) Seeding method 0.70
33. (a) Team 02 0.70
34. (a) Both (A) and (R) are true and (R) is
the correct explanation of (A). 0.70
35. (b) i) ii) iii) iv) 0.70
36. (a) Both (A) and (R) are true and (R)
is the correct explanation of (A). 0.70
37. (c) 4 1 2 3 0.70
38. (a) Both (A) and (R) are true and (R) is the correct
explanation of (A). 0.70
- 39 (c) 3 4 1 2 0.70
40. (d) A is false, but R is true 0.70
41. (c) Staircase 0.70
42. (b) iii i ii iv 0.70
43. (d) 64.9 0.70
44. (d) To check the abdominal strength and endurance 0.70
45. (d) All of Above 0.70
46. (d) (A) is false but (R) is true. 0.70
47. (c) Lumber region 0.70
48. (a) ii) i) iv) iii) 0.70
49. (d) Both a)&b) 0.70
50. (d) Both b) & c) 0.70
51. (b) Normal weight 0.70
52. (c) Cardiovascular 0.70
53. (c) Newton's 3rd law 0.70
54. (d) 11 0.70
55. (a) Side flexion 0.70
56. (a) Law of inertia 0.70
57. (c) 8 Pounds 0.70
58. (b) Kyphosis 0.70
59. (b) Hunch back 0.70
60. (b) Vertebral column 0.70

ANSWER KEY

SAMPLE PAPER 2 (2021-22)

SUBJECT: P.E. (048) CLASS: XII

(SECTION-A)

- | | | |
|-----|--|------|
| 1. | (c) 4 | 0.70 |
| 2. | (a) 9 | 0.70 |
| 3. | (a) First law of motion | 0.70 |
| 4. | (d) Tidal air+ Complimentary air+ Supplementary air+ Residual air | 0.70 |
| 5. | (a) For vegetarian soya bean and for non vegetarian meat | 0.70 |
| 6. | (b) 4 | 0.70 |
| 7. | (c) Back Scratch Test _____ Strength | 0.70 |
| 8. | (a) Calcium | 0.70 |
| 9. | (d) All the above | 0.70 |
| 10. | (d) Vitamin K | 0.70 |
| 11. | (d) Advantage given to a team who is not supposed to play in first round | 0.70 |
| 12. | (d) Both (a) & (b) | 0.70 |
| 13. | (c) Kline | 0.70 |
| 14. | (b) 1984 Olympics | 0.70 |
| 15. | (d) Flexibility | 0.70 |
| 16. | (b) $N(N-1)/2$ | 0.70 |

17. (a) Early 1970s 0.70
18. (c) Adulthood 0.70
19. (c) Lateral side 0.70
20. (a) Law of action and reaction 0.70
21. (d) All the above 0.70
22. (c) Genetic factors 0.70
23. (b) All types of grains -rice, jawar, etc. 0.70
24. (a) Flexion 0.70
25. (b) Reception committee 0.70
26. (c) A is true but R is false 0.70
27. (a) Publicity committee 0.70
28. (c) both (a)&(b) 0.70
29. (b) Administrative director 0.70
30. (c) Post tournament 0.70
31. (b) carbon, hydrogen & oxygen 0.70
32. (d) 1 0.70
33. (d) (A) is false, but (R) is true. 0.70
34. (b) Qualitative 0.70
35. (a) 5 Pounds 0.70
36. (a) A-II, B-I, C-IV, D-III 0.70
37. (b) i) ii) iii) iv) 0.70
38. (d) a), b), c), d), e), f) 0.70
39. (d) (A) is false but (R) is true. 0.70

XII

60

Physical Education

- | | |
|--|------|
| 40. (c) Overweight | 0.70 |
| 41. (c) (A) is true, but (R) is false. | 0.70 |
| 42. (d) All of these. | 0.70 |
| 43. (c) I & II | 0.70 |
| 44. (c) Slow | 0.70 |
| 45. (c) Protein helps in production of hormones. | 0.70 |
| 46. (a) Kyphosis | 0.70 |
| 47. (c) (A) is true and (R) false | 0.70 |
| 48. (d) None of these | 0.70 |
| 49. (c) True Winner | 0.70 |
| 50. (a) 42 | 0.70 |
| 51. (b) Antibodies, immunity | 0.70 |
| 52. (d) Carbohydrates | 0.70 |
| 53. (d) Cross arms placed on the chest. | 0.70 |
| 54. (c) Third Law | 0.70 |
| 55. (d) Abduction and Adduction | 0.70 |
| 56. (a) Flexion | 0.70 |
| 57. (b) Barrow test | 0.70 |
| 58. (b) 1900 | 0.70 |
| 59. (b) Saina Nehwal | 0.70 |
| 60. (d) None of these | 0.70 |

ANSWER KEY SAMPLE PAPER 3 (2021-22)

SUBJECT: P.E. (048)

CLASS: XII

(SECTION-A)

1. (c) To improve the personal relation among the staff 0.70
2. (b) 4.1 Kcl 0.70
3. (b) Speed 0.70
4. (c) Biomechanics 0.70
5. (a) Carbohydrates 0.70
6. (b) 27 0.70
7. (d) Agility 0.70
8. (d) Minerals 0.70
9. a) 2 0.70
10. (a) Vitamin A 0.70
11. (a) Welcome the participants 0.70
12. (a) $100 \times$ Test duration in seconds / $5.5 \times$ Pulse count between 1 and 1.5 minutes 0.70
13. (b) Biomechanics 0.70
14. (b) 2012 Olympics 0.70
15. (b) Upper body strength 0.70
16. (c) Accommodation and meals for the participants 0.70
17. (d) Vitamin D 0.70

- | | |
|--|------|
| 18. (a) Static friction | 0.70 |
| 19. (b) Large muscles | 0.70 |
| 20. (c) The angle of joint increases | 0.70 |
| 21. (b) Staircase | 0.70 |
| 22. (a) drawing | 0.70 |
| 23. (d) All of these | 0.70 |
| 24. (d) All the above | 0.70 |
| 25. (b) knockout | 0.70 |
| 26. (b) N-1 | 0.70 |
| 27. (c) both (a) and (b) | 0.70 |
| 28. (a) Eliminated | 0.70 |
| 29. (b) bye | 0.70 |
| 30. (d) 3 4 2 1 | 0.70 |
| 31. (c) Protein helps in production of hormones. | 0.70 |
| 32. (c) Both (A) and (R) are true and (R) is the correct explanation of (A) | 0.70 |
| 33. (c) (A) is true but (R) is false. | 0.70 |
| 34. (d) 4 2 1 3 | 0.70 |
| 35. d. 4 1 3 2 | 0.70 |
| 36. (b) Both A and R are true and but R is not a correct explanation of A | 0.70 |
| 37. (d) (A) is false but (R) is true. | 0.70 |
| 38. (b) Both (A) and (R) are true and (R) is not the correct explanation of (A). | 0.70 |

39. (a) 1, 2 and 3 minutes 0.70
40. (c) (A) is true, but (R) is false. 0.70
41. (c) Rockport test 0.70
42. (c) (A) is true and (R) is false. 0.70
43. (c) Both a and b 0.70
44. (c) Lordosis 0.70
45. (b) Both (A) and (R) are true and (R) is not the correct explanation of (A). 0.70
46. (a) $Vo_2 \text{ Max.} = (22.351 \times \text{Distance (km)} - 11.288)$ 0.70
47. (c) Lordosis - Halasana 0.70
48. (a) Standing broad jump 0.70
49. (d) Both (b) & (c) 0.70
50. (a) League 0.70
51. (b) Duration of exercise in seconds $\times 100/2 \times$ Sum of pulse counts in recovery 0.70
52. (d) Because it does not contain the required nutrients 0.70
53. (b) Sit and Reach Test 0.70
54. (d) 9 0.70
55. (a) It deals with physics principles. 0.70
56. (d) Mechanic and Anatomy 0.70
57. (b) Dry surface 0.70
58. (c) Kyphosis 0.70
59. (d) All of the above 0.70
60. (d) Both (a) & (b) 0.70