

**PRACTICE PAPER (2020-21)**  
**SUBJECT: PHYSICAL EDUCATION (048)**  
**CLASS: XII**

**Time: 3 Hrs.**

**Maximum Marks: 70**

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**General Instruction:**

1. The Question paper contains 30 questions, and all are compulsory.
  2. Question No. 1 to 12 carrying of 01 marks each and are Multiple Choice Questions.
  3. Question No. 13-16 carrying 02 marks and shall not exceed 40-60 words.
  4. Question No. 17-26 carrying 03 marks and shall not exceed 80-100 words.
  5. Question No. 27-30 carrying 05 marks and shall not exceed 150-200 words.
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**Choose the correct option:**

**Marks**

- |  |   |
|--|---|
| 1. Which of the training method develops endurance?<br>(A) Isometric Method<br>(B) Isotonic Method<br>(C) Fartlek Method<br>(D) Pace Run Method                    | 1 |
| 2. The Endomorphic, Mesomorphic and Ectomorphic is given by.....<br>(A) Big-5 (B) Plato (C) Jung (D) Sheldon   | 1 |
| 3. The decrease in angle at elbow joint is known as.....<br>(A) Extension (B) Flexion (C) Abduction (D) Adduction  | 1 |
| 4. In what situation first aid is given?<br>(A) Chronic Injury (B) Sudden Injury<br>(C) Old Wounds (D) After two Days of Injury                                    | 1 |
| 5. Agility is measured by.....<br>(A) 50 M Dash Run (B) Shuttle Run<br>(C) Push Ups (D) Chin Ups   | 1 |
| 6. Sideways curvature of the spine is known as.....<br>(A) Round Shoulder (B) Kyphosis<br>(C) Scoliosis (D) Lordosis   | 1 |
| 7. Disorder is not caused by.....<br>(A) Heredity (B) Bad Environment<br>(C) Balanced Diet (D) Accident  | 1 |
| 8. Newton's 1 <sup>st</sup> law of motion is known as .....<br>(A) Law of Acceleration<br>(B) Law of Inertia<br>(C) Law of Action Reaction<br>(D) All of the Above | 1 |

**P.T.O.**

9. If pancreas does not produce enough insulin it may cause..... 1  
 (A) Asthma (B) Obesity  
 (C) Hypertension (D) Diabetes

10. .... is known as Complete diet. 1  
 (A) Fish (B) Potato (C) Milk (D) Apple

11. Given below are the two statements labelled Assertion (A) and Reason (R). 1  
**Assertion (A):** Planning should be the first step for organising a tournament.  
**Reason (R):** A tournament can be conducted without planning.

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.

12. Match List – I with List – II and select the correct answer. 1  
**List – I** **List – II**

- (i) Speed (1) 600 Meter Run
- (ii) Agility (2) 50 Meter Dash
- (iii) Strength (3) Shuttle Run
- (iv) Endurance (4) Push-ups

	(i)	(ii)	(iii)	(iv)
(A)	1	3	4	2
(B)	2	3	4	1
(C)	1	4	3	2
(D)	2	4	3	1

13. Identify the below given pictures and write the names 2



(i).....



(ii).....



(iii).....



(iv).....

14. Identify the human movement and write their names. 2



(i).....



(ii).....

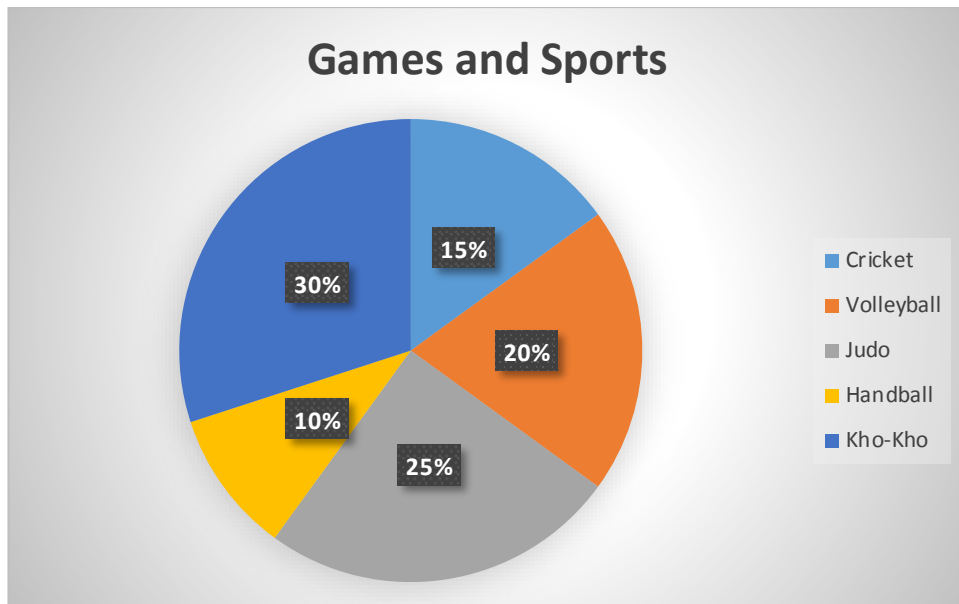


(iii).....



(iv).....

15. What is aggressions? Define its types. 2  
 OR  
 Define motivation and its types. 2
16. Write down the pitfalls of dieting. 2
17. Below given is the data of students participating in games of a school. 3



If total numbers of students participating in cricket is 30 so how many students participating in kho-kho?

18. Write down the procedure of Vajrasana. 3
19. What do you mean by Oppositional Defiant Disorder (ODD)? 3
20. What is Endurance? Explain its types. 3  
 OR  
 What is Flexibility? Explain its types. 3
21. Explain the newton's laws of motion. 3
22. Enlist the components of balanced diet and its functions. 3
23. What is personality? Write about Sheldon's different dimensions of personality? 3
24. Write a detail note on Harvard step test. 3  
 OR  
 Describe the senior citizen fitness test. 3
25. Explain the effects of exercise on muscular system. 3  
 OR  
 Explain the effects of exercises on cardio-respiratory system. 3
26. Write a short note on disability etiquettes. 3

27. Explain the soft tissue injuries and its types. 5  
OR  
Explain the hard tissue injuries and its types. 5
28. Explain the speed, its methods of improving speed. 5
29. Explain the sports participation of women in India. 5
30. Draw a fixture of 21 teams participating in the knockout tournament. 5