

Directorate of Education, GNCT of Delhi

Mid Term Examination Practice Paper

Session - 2025-26

Class XII

Physical Education(Code : 048)

Time allowed: 3 Hour

M.M: 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. All questions are compulsory.
- 3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- 4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- 5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

(SECTION-A)

Q.1 The three basic components of lever are_____.

- | | |
|-------------------------------------|------------------------------|
| (a) Load, force and Mass | (b) Mass, Load and fulcrum |
| (c) fulcrum, Resistance and Efforts | (d) Mass, Force and Velocity |

Q.2 Which asana is used for cure diabetes.

- | | |
|------------------|-----------------|
| (a) Bhujangasana | (b) Shavasana |
| (c) Trikonasana | (d) Parvatasana |

Q.3 The body building nutrient is_____.

- | | |
|-------------------|-------------|
| (a) Carbohydrates | (b) Fats |
| (c) Water | (d) Protein |

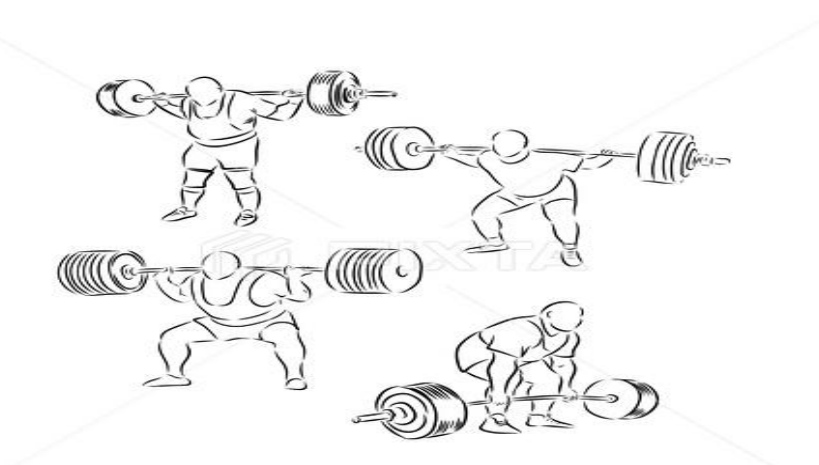
Q.4 Which is a posture deformity of sideward curvature of backbone?

- (a) Flat foot
- (b) Round Shoulder
- (c) Stress
- (d) Scoliosis

Q.5 Extramural Tournaments are organized _____.

- (a) Within the boundary wall of institute
- (b) Intra-school level
- (c) Inside Institute
- (d) Outside the boundary wall of institute

Q.6 Identify the sports training, Method.



- (a) Isometric training Method
- (b) Isotonic training Method
- (c) Isokinetic Method
- (d) Static Strength Method

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Which of the following is not an example of “Isotonic Strength”?

- (a) Pushing a wall
- (b) Pull up
- (c) Push up
- (d) Lifting Weights continuously

Q.7 Which is one of the results of physical activities in children with special needs?

- (a) Improvement in confidence
- (b) Increase in stress
- (c) Increase in depression
- (d) Bad leg-eye coordination

Q.8 A woman measures his Body Mass Index is 30, he belongs Which category?

- (a) Under Weight
- (c) Obesity

- (b) Normal Weight
- (d) Over Weight

Q.9 Eunice Kennedy is associated with_____.

- (a) Special Olympic Games
- (c) Paralympic Games

- (b) Asian Games
- (d) Deaflympic Games

Q.10 Why spikes are used by an athlete during run?

- (a) to increase friction
- (c) to increase flexibility

- (b) to Decrease speed
- (d) to increase endurance

Q.11 Given below are the two Statement labelled assertion (A) and Reason (R)

Assertion: Aerobic Exercises are the example of Rhythmic Co-ordination Abilities.

Reason: Eye -Muscle Co-ordination is essential for Effectively Activities.

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

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

Q.12 Match List– I with List– II and select the correct answer from the code given below:

List I	List II
I Official Committee	1 To provide medical assistance
II Finance committee	2 To provide boarding and lodging facility
III Transport committee	3 for smooth conduct of tournament
IV First aid committee	4 To provide monetary assistance

Code

	I	II	III	IV
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a	3	4	2	1
b	4	1	2	3
c	2	3	4	1
d	1	2	3	4

Q.13 Choose the odd one:

- (a) Openness (b) Extrovert
(c) Ambivert (d) Introvert

Q.14 Flat Feet is a postural deformity related with-----.

- (a) Shoulder (b) Legs
(c) Hand (d) Back Bone

Q.15 Identify the Newton's Law of Motion from the picture?



- (a) Law of Reaction (b) Law of Equilibrium
(c) Law of inertia (d) Law of Acceleration

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Newton's second law of Motion is _____.

- (a) Speed = Distance x Time (b) Force = Mass x Acceleration
(c) Force = Mass x momentum (d) Acceleration = Mass x Volume

Q.16 The Motto "Citius, Altius, Fortius: Communiter" belongs to _____.

- (a) Summer Olympic Games (b) Special Olympic Games
(c) Summer Asian Games (d) Paralympic Games

Q.17 Match List – I with List – II and select the correct answer from the code

List I	List II
I Upper Body Strength	1 Modified Push-Up Test
II Endurance	2 50mtrs Dash
III Lower Body Flexibility	3 600m run/walk test
IV Speed	4 Sit and Reach Test

CODE

	I	II	III	IV
a	1	4	2	3
b	4	1	2	3
c	2	3	4	1
d	1	3	4	2

Q.18 Rubbing away of the skin is known as_____.

- (a) Contusion
(c) Abrasion

- (b) Incision
(d) Fracture

(Section-B)

Q.19 Write the benefits of vakrasana. (1+1)

Q.20 Describe the types of Aggression in the sports. (1+1)

Q.21 Write a short note on Special Olympic Games. (1+1)

Q.22 Differentiate between Knock and League Tournament. (2)

Q.23 Why are fats necessary for health? (0.5x4)

Q.24 Define strength. Enlist its types. (1+0.5x2)

(Section-C)

Q.25 Explain Female Athlete Triad. (1x3)

Q.26 Write the strategies adopted in designing activities for Children with Special Needs. (1x3)

Q.27 Define Soft Tissues Injuries in sports? Discuss the preventive measures of Soft Tissues Injuries? (1+0.5x4)

Q.28 Explain Big five theory classification of Personality. (1x3)

Q.29 What is Harvard Step Test? Write its Purpose. (3)

Q.30 Explain equilibrium with sports examples. (1x3)

(Section-D)

Q.31 Correct Posture is a necessity of every human being. Correct posture means" the balancing of body in every physical movement". Various types of postural deformities can be identified in school going students during their regular medical checkup.

Answer the following Question on the basis of given data. (1x4)

1. Round shoulder is commonly known as:
 - a) Kyphosis
 - b) Lordosis
 - c) Scoliosis
 - d) Knock-knee
2. Walking on the inner edge of the feet can be a remedy for:
 - a) Knock-knee
 - b) Flat-foot
 - c) Bow legs
 - d) Round shoulder
3. Bow legs is a deformity related to:
 - a) Arms
 - b) Chest
 - c) Legs
 - d) Shoulders
4. Horse-riding is the best exercise for correcting _____ deformity:
 - a) Knock-knee
 - b) Flat-foot
 - c) Round shoulder
 - d) Lordosis

Q.32 Sunita is a Physical Education student of XIIth class. She gets a task of administering physical fitness test for senior citizens from her Physical Education Teacher. She completed the test and submitted her results.

In relation to the above giving data collection, answer the following questions.

(1x4)

1. Name the standard fitness test for senior citizens to measure Physical fitness:
 - a) Harvard Step Test
 - b) AAHPER Youth Fitness Test
 - c) Senior Citizen Fitness Test
 - d) Kraus-Weber Test
2. Chair Sit & Reach Test is used to check:
 - a) Strength
 - b) Flexibility
 - c) Aerobic Endurance
 - d) Agility
3. Which test would you suggest for your grandmother to measure aerobic endurance?
 - a) 6 Minute Walk Test
 - b) Chair Stand Test
 - c) Arm Curl Test
 - d) Sit & Reach Test
4. The weight of dumbbells in Arm Curl test for men is:
 - a) 5 pounds (2.3 kg)
 - b) 8 pounds (3.6 kg)
 - c) 10 pounds (4.5 kg)
 - d) 12 pounds (5.4 kg)

Q.33 Mr. Ramesh is a Physical Education Teacher. He selected school's Volley Ball players and designed a training program. During the training, he develops endurance, strength and skills among the players to play with maximum co-ordination and potential. He used various methods to enhance their performance.

Answers the following Questions on the basis of above mention data. (1x4)

1. Which type of training and exercises help in increasing the Maximum Strength?
 - a) Circuit Training
 - b) Weight Training
 - c) Interval Training
 - d) Fartlek Training
2. Isotonic exercise helps in enhancing:
 - a) Flexibility
 - b) Endurance

- c) Strength
 - d) Speed
3. Name the training method to develop Endurance:
- a) Interval Training
 - b) Weight Training
 - c) Plyometric Training
 - d) Circuit Training
4. Why is "Reaction Coordination Ability" important for Volleyball Players?
- a) To improve serving technique
 - b) To react quickly and adjust movements during play
 - c) To increase flexibility of joints
 - d) To enhance only muscular strength

(Section-E)

- Q.34 Define Strength? Describe any 2 methods to develop strength. (1+4)
- Q.35 Draw a Knock Out fixture for 11 teams with all steps. (1+4)
- Q.36 Define asthma. Write the procedure and contradiction of Kapalbhathi. (1+2+2)
- Q.37 Explain the essential components of balanced diet? (1x5)