

O.P.JINDAL SCHOOL , SAVITRI NAGAR

PRE – BOARD – I (2025-26)

Class: 12th

Subject: PHYSICAL EDUCATION

MM: 70

Time: 3 HOURS

(SET - A)

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.
- 6) Section E consists of Question 34-37 carrying 5 marks each and is short answer types and should not exceed 200-300 words. Attempt any 3.

(SECTION -A)

Q1. How many total matches will be played in a knock out fixture of 19 teams?

- (a) 18
- (b) 17
- (c) 20
- (d) 16

Q2. The main function of sports event management is?

- (a) Planning
- (b) Controlling
- (c) Staffing
- (d) All of these

Q3. Match the following:

List I	List II
I Knee knock	1 Increase exaggeration of backword curve
II Kynposis	2 Wide gap between the knees when standing with feet together
III Lordosis	3 Knees touch each other in normal standing position
IV Bow Leg	4 Inward curvature of the spine

- (a) I-3, II-1, III-4, IV-2
- (b) I-1, II-3, III-4, IV-2
- (c) I-4, II-2, III-1, IV-3
- (d) I-2, II-3, III-4, IV-1

Q4. Which of the following are fat soluble vitamins?

- (a) Vitamin D & K
- (b) Vitamin B & C
- (c) Vitamin A & E
- (d) Both option A & C

Q5. Which of the following is a physiological factor determining flexibility?

- (a) Bone density
- (b) Joint structure
- (c) Cardiac output
- (d) Tidal Volume

Q6. Which asana is helpful in increasing height?

- (a) Sukhasana
- (b) Tadasana
- (c) Bhujangasana
- (d) Vajrasana

Q7. If a ball is hit and it is stopped by gravitational force, this is an example of which law of Motion.

- (a) Law of Inertia
- (b) Law of acceleration
- (c) Law of action and reaction
- (d) Both a & b

Q8. Given below are the two statements labeled Assertion (A) and Reason (R).

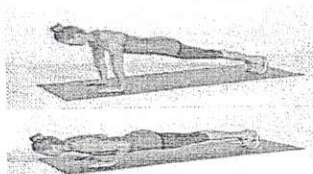
Assertion: Aggression is part of human behavior and is necessary for an individual to live and struggle for higher achievements

Reason: Aggression is inevitable and inseparable in sport activities 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

Q9. This exercise increases our body?

- (a) Strength
- (b) flexibility
- (c) speed
- (d) Endurance



Q10. Which asana improves efficiency of kidney?

- (a) Sukhasana
- (b) Tadasana
- (c) Bhujangasana
- (d) Mndukasana

Q11. Which of the following is assessed by conducting Flamingo test on students ?

- (a) Ability of stand erect
- (b) Endurance
- (c) Dynamic balance
- (d) Long static Balance

Q12. Which of the Following is not a spinal curvature deformity?

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

Q13. Female athletics triad is a syndrome Characterized by ?

- (a) Osteoporosis
- (b) Amenorrhoea
- (c) Eating disorder
- (d) All of these

Q14. Match the following:

Column I	Column II
I. Garudasana	1. Round shoulder
II. Gomukhasana.	2. Lordosis
III. Chakrasana.	3. Bow legs
IV. Naukasana.	4. Knock knee

- (a) I-3, II-4, III-1, IV-2
- (b) I-1, II-3, III-4, IV-2
- (c) I-4, II-2, III-1, IV-3
- (d) I-2, II-3, III-4, IV-1

Q15. Watching others play and enjoy which in turn motivates the Child with special need to Participate is a part of which kind of strategy?

- (a) Mental
- (b) Physical
- (c) Psychological
- (d) Social

Q16. Mechanical analysis of javelin throw will be under? Match the following:

- (a) Biology
- (b) Biomechanics
- (c) Physiology
- (d) Anatomy

Q17. Six minutes walk test is conducted on senior citizen to measure their.

- (a) Speed
- (b) Flexibility
- (c) Endurance
- (d) General Motor fitness

Q18. Match the following:

- I. Chair stand test 1. Lower Body strength
- II. Arm curl test 2. Aerobic Endurance
- III. Back scratch test 3. Upper body strength
- IV. Six minute walk test 4. Upper body flexibility

- (a) I-1, II-3, III-4, IV-2
- (b) I-2, II-3, III-1, IV-4
- (c) I-1, II-3, III-2, IV-4
- (d) I-2, II-3, III-4, IV-1

(SECTION B)

Q19. Write short note of vital capacity.

Q20. List types of fractures.

Q21. What is the role of yoga in preventing life style diseases?

Q22. State the different type of postural deformities? Any four ?

Q23. What is BMI? Calculate BMI of a child whose weight is 75 Kg. and height 1.70 meter?

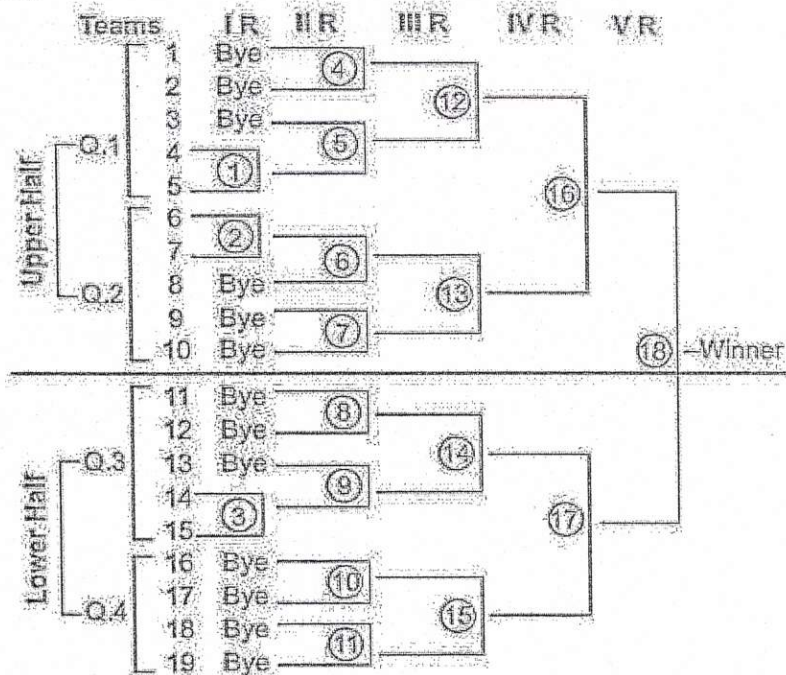
Q24. What is the pranayama?

(SECTION C)

- Q25. What is the league tournament? Mention any three disadvantages of league tournament.
- Q26. With the help of suitable sports example explain the application of Newton's third law in sports.
- Q27. Write the procedure of six minutes test.
- Q28. What is the aim of Special Olympics?
- Q29. Classify sports injuries. Explain any three causes of sports injuries.
- Q30. Differentiate between endomorphs, Ectomorphs and mesomorphs.

(SECTION D)

Q 31.



On the basis of above given fixture answer the following questions:

- Total number of matches in 2nd round are _____
- What is the formula for calculating the total number of matches?
- The fourth round in this case can also be called as _____
- What is the formula for calculating the number of byes?

Q 32 . Write a note on Special Olympic.

Q33. Define endurance and discuss any two methods of developing endurance.

(SECTION E)

Q.34. What do you understand by Aggression in sports? Explain any 2 type of Aggression by giving suitable example from sports?

Q.35. What is Obesity? What are the causes of obesity?

Q.36. Define endurance, type and method of improving endurance

Q.37. What is Projectile? Give some example of projectile motion.
