

KENDRIYA VIDYALAYA SANGTHAN
LUCKNOW REGION
PHYSICAL EDUCATION (048)
PRE-BOARD-XII (2025-26)

TIME ALLOWED: 3 HOURS

MAX. MARKS: 70

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 37 Questions.**
- 2) Section-A consists of questions 1-18 carrying 1 mark each and are Multiple Choice Questions. All questions are compulsory.**
- 3) Section-B consists of questions 19-24 carrying 2 marks each and are Very Short Answer Type and their answer should not exceed 60-90 words. Attempt any 5.**
- 4) Section-C consists of questions 25-30 carrying 3 marks each and are Short Answer Type and their answer should not exceed 100-150 words. Attempt any 5.**
- 5) Section-D consists of questions 31-33 carrying 4 marks each and are Case Studies. There is an internal choice available.**
- 6) Section-E consists of questions 34-37 carrying 5 marks each and are Long Answer Type and their answer should not exceed 200-300 words. Attempt any 3.**

SECTION-A
(All questions are compulsory)

Q.1. If the menstruation cycle does not begin at puberty ,the condition is called 1
a) Primary amenorrhea
b) Secondary amenorrhea
c) Oligomenorrhea
d) Dysmenorrhea

Q.2. Which of the following career option is associated with Physical Education? 1
a) Sports Marketing
b) Sports Administration
c) Professional Sportsperson
d) All of these

Q.3. A School, college or academy can be a possible place of work for ... 1
a) Sports teachers/coaches
b) Sports administrations
c) Sports doctors / physicians
d) All of these

Q.4. The total number of matches in a knock out tournament of 34 teams is..... 1
a) 31
b) 32
c) 33
d) 35

Q.5. Which one of the following was the founder of the Special Olympic Games? 1
a) John F. Kennedy
b) Eunice Kennedy Shriver
c) Baron de Coubertin
d) Sir Dorabji Tata

Q.6. The body will remain in its state of rest or constant linear velocity unless it is acted upon by some external force . 1
a) Newton's first law
b) Newton's third law
c) Newton's second law
d) None of these

Q.7. What is wellness? 1
a) It is the state of being healthy and free of diseases.
b) It is the state of being healthy and happy.
c) It is the state of being healthy and muscular.
d) It is the state of being fit and content.

Q.8. Which of these is not a components of physical fitness. 1
a) Strength
b) Flexibility
c) Speed
d) Memory

Q.9. What are the activities that required strength endurance? 1
a) Running
b) Cycling
c) Combative sports
d) All of these.

Q.10. Warming-up is necessary for the preparing the body..... 1
a) Physically
b) Mentally
c) Emotionally.
d) Only (a) and (b)

Q.11. “A test is a tool to evaluate the skill, knowledge, capacities or aptitudes of an individual or a group.” Who gave this statement? 1
a) John F Kennedy
b) H M Barrow
c) Webster Dictionary
d) Jack Nelson

Q.12. Which of these is **not** one of the correct ways to manage problems faces by adolescents? 1
a) Encouraging them to get involved in physical activities.
b) Ordering them to resolve their issues.
c) Instructing parents and teachers on engaging constructively with them.
d) Discussing their concerns with them in a safe environment.

Q.13. What is the duration of macro cycle? 1
a) 1 year
b) 2 months
c) 2 week
d) 4 days

Q.14. The word personality is derived from the Latin word _____. 1
a) Persona
b) Endomorphic
c) Perjona
d) Person

Q.15. Which one is **not** a importance of Biomechanics? 1
a) Improvement in Performance
b) Improvement in Sports Techniques
c) Improvement in Sports Equipment's
d) Improvement in Study

Q.16. Sit and Reach test is performed to measure..... 1
a) Upper body strength
b) Lower body strength
c) Lower back strength
d) Lower body flexibility

Q.17. Olympics for physical handicapped categories? 1
a) Winter Olympics
b) Paralympics
c) Summer Olympics
d) Deaf Olympics

Q.18. Which is the following is a medical condition which causes lifestyle diseases? 1
a) Diabetes
b) Hypertension
c) Obesity
d) Asthma

SECTION-B (Attempt any 5 only)

Q.19. List any four immediate effects of exercise on Cardio-Vascular system. 2

Q.20. Explain law of inertia. 2

Q.21. Define strength and list its type. 2

Q.22. Define postural deformities list any four. 2

Q.23. Write four importance of yoga in human life. 2

Q.24. What is difference between disability and disorder ? 2

SECTION C(Attempt any 5 only)

Q.25. Draw a fixture of 11 teams on knock out basis.	3
Q.26. What do you mean by micro nutrients and explain in brief ?	3
Q.27. Explain procedure of modified push-ups for girls.	3
Q.28. What is motivation and discuss intrinsic and extrinsic motivation ?	3
Q.29. Explain the objectives of the planning.	3
Q.30. What is Khelo India program.	3

SECTION D(Internal choices available)

Q.31. Suggest any four physical exercises as corrective measures for Kyphosis and Lordosis.	4
Q.32. What is ODD , SPD, ADHD and ASD. List their symptoms any two ?	4
Q.33. In relation to the pictures, answer the following questions.	4



- What is the mission of the first organization?
- What is the Motto of the first organization?
- Until 1965 the games in the second picture were known as _____
- Second picture games are conducted after every _____ years.

SECTION E(Attempt any 3 only)

Q.34. Elucidate the reasons of low participation of women in Games & Sports.	5
Q.35. State the Newton's law of motion with suitable examples of its application in sports.	5
Q.36. Explain soft tissue injuries and their preventive measures in the sports.	5
Q.37. Discuss in details the importance of Sports Psychology.	5