

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 component of physical fitness. 1
- a) Strength
 - b) Flexibility
 - c) Speed
 - d) Memory
- Q.9. What are the activities that require strength endurance? 1
- a) Running
 - b) Cycling
 - c) Combative sports
 - d) All of these.
- Q.10. Warming-up is necessary for 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
12. Which of these is **not** one of the correct ways to manage problems faced 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
- 1 year
 - 2 months
 - 2 week
 - 4 days
- Q.14. The word personality is derived from the Latin word _____. 1
- Persona
 - Endomorphic
 - Perjona
 - Person
- Q.15. Which one is **not** a importance of Biomechanics? 1
- Improvement in Performance
 - Improvement in Sports Techniques
 - Improvement in Sports Equipment's
 - Improvement in Study
- Q.16. Sit and Reach test is performed to measure..... 1
- Upper body strength
 - Lower body strength
 - Lower back strength
 - Lower body flexibility
- Q.17. Olympics for physical handicapped categories? 1
- Winter Olympics
 - Paralympics
 - Summer Olympics
 - Deaf Olympics
- Q.18. Which is the following is a medical condition which causes lifestyle diseases? 1
- Diabetes
 - Hypertension
 - Obesity
 - 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