



# Sample Paper

## Physical Education

### Section - A

#### (KNOWLEDGE AND UNDERSTANDING)

1. What is Bye?
  - (a) It's a method of drawing fixture.
  - (b) Point system for team games.
  - (c) Advantage given to a team to not play in initial round.
  - (d) Placing of teams according to previous performance.
2. Which of the following food helps in sustaining prolonged routine of exercise?
  - (a) Fats
  - (b) Proteins
  - (c) Vitamins
  - (d) Carbohydrates
3. On average, how long does the statutory assessment process take?
  - (a) Up to 26 weeks
  - (b) Up to 12 weeks
  - (c) Up to 8 weeks
  - (d) Up to 52 weeks
4. Acceleration of an object will increase as the net force increases depending upon its:
  - (a) Density
  - (b) Mass
  - (c) Shape
  - (d) Volume
5. Which of the following treatments can be used to improve the processes underpinning motor skills?
  - (a) Sensory integration therapy
  - (b) Mathematic remediation programming
  - (c) Exposure and operant conditioning
  - (d) None of them
6. Vitamin E deficiency causes:
  - (a) Anaemia
  - (b) Weakness in heart and muscle
  - (c) Both (a) and (b)
  - (d) None of them
7. In normal walking at a person's preferred speed, the ratio of the durations of the stance and swing phases is roughly:
  - (a) 1-1
  - (b) 2-3
  - (c) 2-1
  - (d) 3-2
8. Partial curl up is to test.
  - (a) agility and speed
  - (b) leg strength and endurance
  - (c) abdominal strength and endurance
  - (d) upper body strength and endurance
9. Which of these are not gross motor skills?
  - (a) Throwing a ball
  - (b) Jumping
  - (c) Balancing on one foot
  - (d) Standing
10. A tournament where every team plays with every other team once and the number of matches is determined with the help of  $N(N-1)$  is called as:
  - (a) Single league tournament
  - (b) Double league tournament
  - (c) Knock-out tournament
  - (d) None of them
11. Vitamin E contributes to the production of \_\_\_\_\_, making our \_\_\_\_\_ system strong.
  - (a) Strength, digestive
  - (b) Antibodies, immunity
  - (c) Both (a) and (b)
  - (d) Hormones, muscular
12. Ramesh has to prepare formats of registration forms and batches for the participants. Which committee is Ramesh planning about?
  - (a) Accommodation
  - (b) Registration
  - (c) Finance
  - (d) Logistics

13. \_\_\_\_\_ Vitamin is a group of 8 water soluble vitamin which are important for cellular metabolism.  
 (a) E (b) B Complex (c) C (d) D
14. Which of the following players is associated with badminton?  
 (a) Sania Mizra (b) Saina Nehwal (c) Karanam (d) P.T.Usha
15. Which among the following is the next most important duty after planning  
 (a) Feedback (b) Organizing  
 (c) Managing (d) Planning
16. Rikli Jones test is conducted on:  
 (a) Children (b) Adults (c) Adolescent (d) Senior Citizens
17. Which method should he follow to improve the jump?  
 (a) Flexibility (b) Explosive power (c) Push-ups (d) Shuttle run
18. Which is the last function during an event organisation?  
 (a) Organizing (b) Planning (c) Managing (d) Feedback
19. Which of the following represents the smooth running of the event?  
 (a) Managing (b) Feedback (c) Organizing (d) Planning
20. Name the objective of planning shown in the figure given below:



- (a) Reduced mistakes (b) Planning  
 (c) Decision making (d) None of them
21. Schedules fixed for the matches to be played their time, place, date and court, etc. known as:  
 (a) bye (b) fixture  
 (c) advantage (d) seeding
22. Allotment of bye is on basis of:  
 (a) performance (b) random draws  
 (c) first come first serve (d) pre-decided sequence
23. Select the correct development during infancy state.  
 (a) Moral values (b) Various senses  
 (c) Fine motor skills (d) Writing skills
24. The age of infancy is:  
 (a) 0 to 1 (b) 0 to 2 (c) 0 to 3 (d) 0 to 4

## Section - B

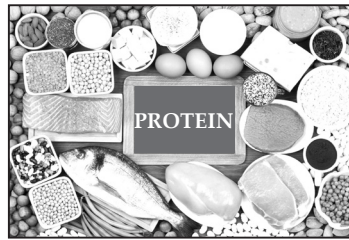
### (APPLICATION + HOTS)

25. Which type of tournament is shown by the picture given?



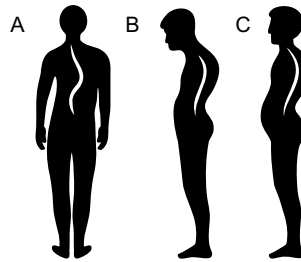
- (a) League tournament (b) Knock out tournament  
 (c) Round robin tournament (d) None of these

26. List the role of the following nutrients in the human body



- (a) Instant source of energy (b) Muscle repair  
(c) Insulate the body (d) None of them

27. Which of the following is an example of Lordosis?



- (a) A (b) B  
(c) C (d) None of these

28. First step in sports management is :

- (a) planning (b) organising  
(c) execution (d) coordination

29. A \_\_\_\_\_ diet contains all the essential food constituents necessary for growth and maintenance of our body.

- (a) strict (b) balanced  
(c) prescribed (d) consistent

30. Fine motor development is involved in:

- (a) sitting (b) walking  
(c) standing (d) catching a ball

31. Match the following:

S. No.	LIST-I	LIST-II
1.	Abrasion	A. Joint Injuries
2.	Green stick fractures	B. Soft tissue injuries
3.	Shoulder Dislocation	C. Cause of sport injuries
4.	Lack of fitness	D. Bone injuries

Choose the correct option from the following:

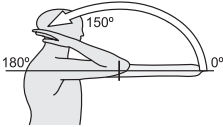
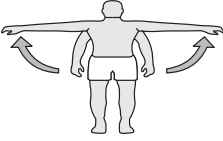
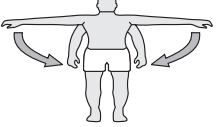
- (a) 1-D, 2-A, 3-C, 4-B (b) 1-B, 2-A, 3-C, 4-D  
(c) 1-B, 2-D, 3-A, 4-C (d) 1-A, 2-D, 3-B, 4-C.

32. Match the following:

S. No.	LIST-I	LIST-II
1.	Technical committee	A. to provide shifting facility
2.	Finance committee	B. to resolve dispute
3.	Transport committee	C. to deals with money and expenditure
4.	First and committee	D. to provide medical facility

- (a) 1-B, 2-C, 3-A, 4-D (b) 1-C, 2-B, 3-A, 4-D  
(c) 1-B, 2-C, 3-D, 4-A (d) 1-D, 2-C, 3-A, 4-B.

33. Match the movements:

S. No.	LIST-I	LIST-II
1.		A. Adduction
2.		B. Flexion
3.		C. Abduction



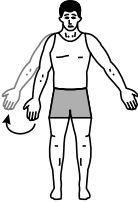
(a) 1-A, 2-B, 3-C

(b) 1-B, 2-C, 3-A

(c) 1-C, 2-A, 3-B

(d) 1-A, 2-C, 3-B

34. Match the movements:

S. No.	LIST-I	LIST-II
1.		A. Flexion
2.		B. Extension
3.		C. Abduction

(a) 1-A, 2-B, 3-C

(b) 1-C, 2-A, 3-B

(c) 1-B, 2-A, 3-C

(d) 1-A, 2-C, 3-B

35. Motor fitness test is a set of \_\_\_\_\_ tests.

(a) six

(b) seven

(c) eight

(d) nine

36. The study of human body and various forces acting on it is:

(a) biology

(b) biomechanics

(c) physiology

(d) anatomy

37. Which of the following is not a cause of flat foot deformity?

(a) Body heaviness

(b) Standing for a long time

(c) Lack of vitamin D and calcium

(d) Faulty posture

38. **Assertion (A):** Physical Education is an elective discipline.

**Reason (R):** Physical Education borrows principles from other allied fields.

(a) Both (A) and (R) are true, but (R) is not the correct explanation of (A)

(b) (A) is true, but (R) is false

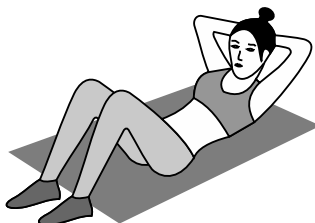
(c) Both (A) and (R) are true and (R) is the correct explanation of (A)

(d) (A) is false, but (R) is true

39. **Assertion (A):** The antibodies are created by the proteins in our body.  
**Reason (R):** Proteins are very important for the maintenance of our health.

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

40. Identify the following test:



- (a) Harvard step test  
 (b) Sit and reach  
 (c) Partial curl up  
 (d) Chair stand test

41. Modified push ups are designed for:

- (a) volleyball player (b) boys (c) cricket player (d) girls

42. Match the following:

S. No.	LIST-I	LIST-II
1.	600 m run/walk	A. Flexibility
2.	Sit and reach	B. Upper muscular strength
3.	Push ups (boys)	C. Agility
4.	4 × 10 m shuttle run	D. Aerobic capacity

- (a) 1-C, 2-B, 3-D, 4-A (b) 1-D, 2-A, 3-B, 4-C  
 (c) 1-B, 2-C, 3-D, 4-A (d) 1-B, 2-A, 3-C, 4-D.

43. Match the movements and select the correct answer from the codes given below:

S. No.	LIST-I	LIST-II
1.	Extension	A. lifting the upper limb horizontally to form a right angle with the side of the body.
2.	Abduction	B. returning the upper limb from horizontal position to the side of the body.
3.	Adduction	C. bending the lower limb at the knee.
4.	Flexion	D. straightening the lower limb at knee.

- (a) 1-D, 2-C, 3-A, 4-B (b) 1-C, 2-B, 3-A, 4-D  
 (c) 1-D, 2-A, 3-B, 4-C (d) 1-C, 2-A, 3-B, 4-D.

44. Which of the following methods helps best in maintaining a healthy body weight?

- (a) Leading an active lifestyle (b) Missing at least one meal every day  
 (c) Eating snacks frequently but no meals (d) Reducing calories drastically in food eaten

45. **Assertion (A):** Test protocol is the correct procedure for carrying out a test.

**Reason (R):** If a test is done incorrectly, it might affect the results.

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

46. The age group of middle childhood is \_\_\_\_\_ .

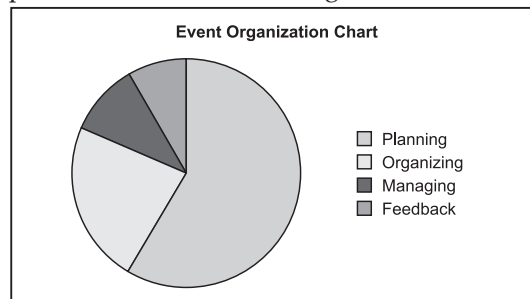
- (a) 6-10 years (b) 5-10 years  
 (c) 7-12 years (d) 9-13 years

47. What are the two types of motor development of muscles in the body?  
 (a) Gross and fine (b) Gross and net  
 (c) Coarse and fine (d) Gross and measured
48. Purpose of the test is measured through:  
 (a) reliability (b) validity  
 (c) objectivity (d) split half method

## Section - C

### (CASE STUDIES)

49. Given below is the graphical presentation of an event organization:



From the above diagram which of the following plays a major role in organizing an event?

- (a) Feedback (b) Organizing (c) Planning (d) Managing
50. Ramesh is part of an event organizing team. He is appointed in the planning committee. Ramesh has to finalize a venue for the event. Which of the following points he must take into consideration?  
 (a) Availability of the venue (b) Capacity of the venue  
 (c) Public access to the venue (d) All of the above
51. XYZ event company's organizer Riya has to look after the finances of the event. Which of the following committee will she have to consult?  
 (a) Finance and Budgeting (b) Accommodation  
 (c) Registration (d) Transportation
52. Sports Minister, Mr. Kiren Rijuju has launched many sports schemes in India. Among these, one of the best schemes is Khelo India. Mr. Kannan, father of Kartik approached the PE teacher and enquired about the fitness levels of the students. PE teacher replied that Khelo India consisted of physical fitness tests for school children and they were analysing students' fitness through these tests.  
 To measure Lower body flexibility fitness, which one of the following is best?  
 (a) Harvard Step test (b) Sit and reach test  
 (c) Barrow fitness test (d) General fitness test
53. Below given is the Details of Different types of vitamins required for our body



The vitamins, minerals, and water collectively called as \_\_\_\_\_ food.

- (a) Body Building (b) Defensive (c) Energy Yielding (d) Facilitating

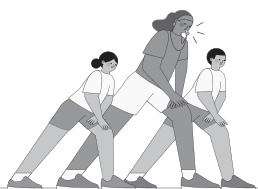
54. Padma, a student of class XII, used to read books in the school library. One day she was studying the history of women participation in Indian Sports and felt that more girls and women must be encouraged to actively participate in sports. She believed that impossible things can be achieved through participating in sports. In which year did women first participated in Olympics?  
 (a) 2000 (b) 1900 (c) 2012 (d) 1947
55. Rashmi is working on a project to collect data for assessing physical fitness amongst senior citizens at her residential complex. He plans to administer test for assessing upper body strength and upper body flexibility. Which of the following test should be conducted for assessing upper body flexibility?  
 (a) Chair stand test (b) Arm curl test  
 (c) Chair sit and reach test (d) Back scratch test
56. Mr. Sunder is a Physical Education teacher in a government school. Ramesh, a student is a long jumper but his landing is improper. So he could not win the event on sports day in the school. So Ramesh approached Mr. Sunder to seek his help to improve his performance. Mr. Sunder explained to Ramesh the proper technique to be followed so as to have the correct body posture while landing. Mr. Sunder also motivated Ramesh to constantly practise this technique to perfect it. After the one year of training, Ramesh won the gold medal in the Inter Zonal Athletic Meet. What was the problem faced by Ramesh?  
 (a) Improper landing in long jump event (b) Not winning any medal  
 (c) Improper performance (d) Incorrect body posture
57. Many children suffer from postural deformities. These can be corrected if recognised early and treated properly. Mahesh had a deformity in his spine which caused him to bend forward and his knees touched each other while he stood straight. What was the possible deformity Mahesh had?  
 (a) Kyphosis (b) Scoliosis  
 (c) Lordosis (d) Flat foot
58. Sanaya got admission in Class XII in a reputed school. School is taking all the children on a picnic to Ramoji Film City. Sanaya suffered from a severe stomach ache on her journey. Immediately the class teacher consulted a Doctor who diagnosed the problem and told her that Sanaya had difficulty digesting a particular food. This can lead to symptoms such as intestinal gas, abdominal pain or diarrhoea. It is sometimes confused with or mislabelled as a food allergy. Food intolerance can cause:  
 (a) Diarrhoea (b) Anaemia  
 (c) Fatigue (d) Loss of Appetite
59. Kumar of XI-A is a great athlete. After the lockdown he went to see his Physical Education Teacher. Mr. Murugan, the PE teacher is shocked to see kumar, because Kumar has gained lot of weight. He also observed may other students have also gained weight. The PE teacher decided to conduct an 'Inter House Tournament' in the campus. Kumar requested PE teacher to conduct the tournament on league basis. Kumar feels that league method is best one for Inter house tournament. Why?  
 (a) Less period required (b) Limited official  
 (c) True winner (d) Players would be less tired
60. Below given is the tournament fixture procedure of a CBSE Volleyball National Competition.

1-2					
1-3	2-3				
1-4	2-4	3-4			
1-5	2-5	3-5	4-5		
1-6	2-6	3-6	4-6	5-6	

The formula for calculating number of matches in Round robin tournament are where 'N' is number of team is \_\_\_\_\_ .

- (a)  $N(N-1)/2$  (b) N (c)  $(N-1)$  (d)  $(N+1)$





# Answers

## Sample Paper

### Section - A

#### (KNOWLEDGE AND UNDERSTANDING)

1. (c) Advantage given to a team to not play in initial round.
2. (a) Fats
3. (a) Up to 26 weeks
4. (b) Mass
5. (a) Sensory integration therapy
6. (b) Weakness in heart and muscle
7. (d) 3-2
8. (c) Abdominal strength and endurance
9. (d) Standing
10. (a) Single league tournament
11. (b) Antibodies, immunity
12. (b) Registration
13. (b) B Complex
14. (b) Saina Nehwal
15. (b) Organizing
16. (d) Senior Citizens
17. (b) Explosive power
18. (d) Feedback
19. (a) Managing
20. (a) Reduced mistakes
21. (b) fixture
22. (b) random draws
23. (c) Fine motor skills
24. (b) 0 to 2

### Section - B

#### (APPLICATION + HOTS)

25. (a) League tournament
26. (b) Muscle repair
27. (c) C
28. (a) planning
29. (b) balanced
30. (d) catching a ball
31. (c) 1-B, 2-D, 3-A, 4-C
32. (a) 1-B, 2-C, 3-A, 4-D
33. (b) 1-B, 2-C, 3-A



- 34. (c) 1-B, 2-A, 3-C
- 35. (c) eight
- 36. (b) biomechanics
- 37. (c) Lack of vitamin D and calcium
- 38. (c) Both (A) and (R) are true and (R) is the correct explanation of (A)
- 39. (a) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- 40. (c) Partial curl up
- 41. (d) girls
- 42. (b) 1-D, 2-A, 3-B, 4-C
- 43. (c) 1-D, 2-A, 3-B, 4-C
- 44. (a) Leading an active lifestyle
- 45. (a) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- 46. (c) 7-12 years
- 47. (a) Gross and fine
- 48. (b) validity

## Section - C

### (CASE STUDIES)

- |                               |   |
|-------------------------------|---|
| 49. (c) Planning              | 50. (d) All of the above                    |
| 51. (a) Finance and Budgeting | 52. (b) Sit and reach test                  |
| 53. (b) Defensive             | 54. (b) 1900                                |
| 55. (d) Back scratch test     | 56. (a) Improper landing in long jump event |
| 57. (a) Kyphosis              | 58. (a) Diarrhoea                           |
| 59. (c) True winner           | 60. (a) $N(N-1)/2$                          |