First Hope

GET SOLUTIONS

Click here to visit our website

CLASS 12 PHYSICAL EDUCATION - PRACTICE QUESTIONS

For solutions, download the FirstHope app now.

Scan or click here

Click here to get solutions >

Available on Google Play

JOIN THE FIRSTHOPE COMMUNITY

Join our Telegram channel

Click here to join Telegram >

Scan or click here

@FirstHope_CBSE_Notes

Instagram

@firsthope.school

Click here to follow >

YouTube channel

@firsthope.school

Click here to watch >

FirstHope website

firsthope.co.in

Click here to visit our website >

CBSE / Class 12 / Physical Education

For solutions, download the FirstHope app now.

CLASS 12

Physical Education

Chapterwise Important Questions

10 sections | 40 original questions | 2026-27

Read each chapter, attempt the questions, and support explanations with working or textbook evidence.

Choose a chapter or topic

CBSE Physical Education	
Unit 1	Management of Sporting Events
Unit 2	Children and Women in Sports
Unit 3	Yoga as a Preventive Measure for Lifestyle Disease
Unit 4	Physical Education and Sports for Children with Special Needs
Unit 5	Sports and Nutrition
Unit 6	Test and Measurement in Sports
Unit 7	Physiology and Injuries in Sports
Unit 8	Biomechanics and Sports
Unit 9	Psychology and Sports
Unit 10	Training in Sports

First Hope

UNIT 1

Management of Sporting Events

CBSE Physical Education

1. Explain how planning, organising, staffing, directing and controlling apply to a school sports event.

2. Prepare a knockout fixture for eight teams and calculate the number of matches required.

3. Calculate the number of matches in a single round-robin tournament with six teams, showing the formula used.

4. Compare the responsibilities of the technical, finance and publicity committees before and during an event.

UNIT 2

Children and Women in Sports

CBSE Physical Education

1. Explain why activity planning should consider age, development and individual needs.

2. Distinguish a postural deformity from a temporary posture adopted during an activity.

3. Describe how social attitudes, access to facilities and suitable coaching can affect girls' participation in sport.

4. Explain the relationship among low energy availability, menstrual disturbance and low bone mineral density in the female athlete triad at a conceptual level.

UNIT 3

Yoga as a Preventive Measure for Lifestyle Disease

CBSE Physical Education

1. Explain how regular physical activity, relaxation and healthy habits can contribute to reducing lifestyle-related health risks.

2. Distinguish the possible preventive role of yoga from treatment of an established medical condition.

3. Using a condition covered in your prescribed syllabus, identify two associated asanas and state the precautions or contraindications discussed in the text.

4. Explain why an instructor should consider individual limitations and relevant professional guidance before adapting yoga practice for a learner with a health condition.

UNIT 4

Physical Education and Sports for Children with Special Needs

CBSE Physical Education

1. Compare the purposes of the Paralympics, Special Olympics and Deaflympics.

2. Explain the difference between classification and divisioning in the contexts studied in the syllabus.

3. A school plans an inclusive athletics day. Suggest changes to communication, equipment and event organisation that can improve access.

4. Describe how participation in suitable physical activity can support social interaction, confidence and physical development.

UNIT 5

Sports and Nutrition

CBSE Physical Education

1. Distinguish macronutrients from micronutrients, giving examples and functions.
2. Explain the roles of water and dietary fibre in a balanced diet.
3. Compare planning food intake before, during and after activity in terms of the general purpose of each stage.
4. A young athlete removes an entire food group after reading an online weight-loss claim. Identify the nutritional and information-evaluation concerns that should be discussed with a qualified professional.

UNIT 6

Test and Measurement in Sports

CBSE Physical Education

1. Explain why the SAI Khelo India fitness-test items vary with age group.
2. Identify the fitness components assessed by the chair-stand, arm-curl and chair sit-and-reach items in the Rikli and Jones test battery.
3. Describe the information recorded in the Harvard Step Test and explain why standardised administration matters.
4. Compare the purpose of a fitness test with that of the Johnson-Metheny test of motor educability.

UNIT 7

Physiology and Injuries in Sports

CBSE Physical Education

1. Explain how regular training can affect cardiovascular and respiratory responses to exercise.
2. Describe physiological factors that contribute to strength and endurance.
3. Distinguish a sprain, a strain and a fracture by the tissues involved.
4. Explain why recognition, appropriate initial response and assessment by a qualified professional are important after a suspected sports injury.

UNIT 8

Biomechanics and Sports

CBSE Physical Education

1. Explain how Newton's three laws can be illustrated through sporting actions.
2. Identify the fulcrum, effort and load in a lever, and compare the three classes of lever.
3. Describe how angle of projection, release height and initial speed influence a projectile's motion.
4. Explain how friction can both help and hinder performance, using two different sporting examples.

UNIT 9

Psychology and Sports

CBSE Physical Education

1. Distinguish intrinsic motivation from extrinsic motivation.
2. Compare instrumental aggression with hostile aggression in sport.

3. Explain how goal setting and positive self-talk can support performance preparation.

4. A player performs well in practice but loses concentration during competition. Discuss how arousal, attention and confidence may contribute, without assuming one cause explains every performance.

UNIT 10

Training in Sports

CBSE Physical Education

1. Compare continuous, interval and fartlek training in terms of the organisation of effort and recovery.

2. Distinguish isometric, isotonic and isokinetic exercise.

3. Explain how training methods for strength, endurance, speed and flexibility differ in their main objectives.

4. Describe the purposes of microcycles, mesocycles and macrocycles in planning a training programme.

First Hope

GET SOLUTIONS

Click here to visit our website

CLASS 12 PHYSICAL EDUCATION - PRACTICE QUESTIONS

For solutions, download the FirstHope app now.

Scan or click here

Click here to get solutions >

Available on Google Play

JOIN THE FIRSTHOPE COMMUNITY

Join our Telegram channel

Click here to join Telegram >

Scan or click here

@FirstHope_CBSE_Notes

Instagram

@firsthope.school

Click here to follow >

YouTube channel

@firsthope.school

Click here to watch >

FirstHope website

firsthope.co.in

Click here to visit our website >

CBSE / Class 12 / Physical Education

For solutions, download the FirstHope app now.