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CLASS 12

Physical Education

Sample Paper 1 - Questions

34 questions | 70 marks | 2026-27

Time: 3 hours. Answer all questions and subparts unless a choice is stated. Marks are shown on the right. Write answers on separate sheets. Independently prepared practice paper.

Section A - Objective questions

1. Which concept best explains the following situation? An athlete trains because skill development is rewarding. **1**
(A) Balanced diet (B) Friction (C) Knockout tournament (D) Intrinsic motivation

2. Which concept best explains the following situation? A runner repeats efforts separated by controlled recovery. **1**
(A) Friction (B) Balanced diet (C) Interval training (D) Knockout tournament

3. Which concept best explains the following situation? Specialised resistance equipment regulates joint movement speed. **1**
(A) Balanced diet (B) Friction (C) Isokinetic exercise (D) Knockout tournament

4. Which concept best explains the following situation? An athlete holds a controlled static position. **1**
(A) Friction (B) Balanced diet (C) Knockout tournament (D) Isometric exercise

5. Which concept best explains the following situation? A released ball follows a curved path under gravity. **1**
(A) Balanced diet (B) Knockout tournament (C) Friction (D) Projectile motion

6. Which concept best explains the following situation? Footwear provides grip while a player changes direction. **1**
(A) Knockout tournament (B) Balanced diet (C) Friction (D) Projectile motion

7. Which concept best explains the following situation? A lower body position can influence stability in a sporting stance. **1**
(A) Balanced diet (B) Projectile motion (C) Knockout tournament (D) Centre of gravity

8. Which concept best explains the following situation? Equipment and communication are adapted to support fair participation. **1**
(A) Inclusive sport (B) Projectile motion (C) Knockout tournament (D) Balanced diet

9. Which concept best explains the following situation? Vitamins and minerals support many body processes. **1**
(A) Knockout tournament (B) Micronutrient (C) Projectile motion (D) Balanced diet

10. Which concept best explains the following situation? Carbohydrates, proteins and fats are major dietary components. **1**
(A) Balanced diet (B) Knockout tournament (C) Macronutrient (D) Projectile motion

11. Which concept best explains the following situation? A sports diet considers energy, repair, micronutrients and hydration. **1**
(A) Knockout tournament (B) Macronutrient (C) Balanced diet (D) Projectile motion

12. Which concept best explains the following situation? One school participates in an inter-school tournament. **1**
(A) Extramural competition (B) Knockout tournament (C) Macronutrient (D) Projectile motion

13. Which concept best explains the following situation? School houses compete against one another. **1**
(A) Macronutrient (B) Knockout tournament (C) Projectile motion (D) Intramural competition

14. Which concept best explains the following situation? An uneven knockout draw grants some first-round advances. 1
(A) Bye (B) Projectile motion (C) Macronutrient (D) Knockout tournament

15. Which concept best explains the following situation? A single round robin lets each team meet every other team once. 1
(A) Macronutrient (B) Knockout tournament (C) Projectile motion (D) League tournament

16. Which concept best explains the following situation? A single-elimination competition determines one winner. 1
(A) League tournament (B) Knockout tournament (C) Macronutrient (D) Projectile motion

17. Select the term described below. A defeat eliminates a team from the main contest. 1
(A) Macronutrient (B) Projectile motion (C) Knockout tournament (D) League tournament

18. Select the term described below. Teams play a prescribed set of opponents and standings determine results. 1
(A) Projectile motion (B) League tournament (C) Knockout tournament (D) Macronutrient

Section B - Short responses

19. Identify and explain the concept illustrated here: An athlete trains because skill development is rewarding. Give a further suitable illustration. 2

20. Identify and explain the concept illustrated here: A runner repeats efforts separated by controlled recovery. Give a further suitable illustration. 2

21. Identify and explain the concept illustrated here: Specialised resistance equipment regulates joint movement speed. Give a further suitable illustration. 2

22. Identify and explain the concept illustrated here: An athlete holds a controlled static position. Give a further suitable illustration. 2

23. Identify and explain the concept illustrated here: A released ball follows a curved path under gravity. Give a further suitable illustration. 2

Section C - Short responses

24. Identify and explain the concept illustrated here: Footwear provides grip while a player changes direction. Give a further suitable illustration. 3

25. Identify and explain the concept illustrated here: A lower body position can influence stability in a sporting stance. Give a further suitable illustration. 3

26. Identify and explain the concept illustrated here: Equipment and communication are adapted to support fair participation. Give a further suitable illustration. 3

27. Identify and explain the concept illustrated here: Vitamins and minerals support many body processes. Give a further suitable illustration. 3

28. Identify and explain the concept illustrated here: Carbohydrates, proteins and fats are major dietary components. Give a further suitable illustration. 3

Section D - Case and application questions

29. Consider the application below: An athlete trains because skill development is rewarding.

    (a) Name the relevant concept. 1

    (b) Explain why it applies. 1

    (c) Explain Knockout tournament with a suitable example. 2

30. Consider the application below: A runner repeats efforts separated by controlled recovery.

(a) Name the relevant concept. 1

(b) Explain why it applies. 1

(c) Explain Intrinsic motivation with a suitable example. 2

31. Consider the application below: Specialised resistance equipment regulates joint movement speed.

(a) Name the relevant concept. 1

(b) Explain why it applies. 1

(c) Explain Interval training with a suitable example. 2

Section E - Extended responses

32. (a) Analyse Intrinsic motivation with reference to this application: An athlete trains because skill development is rewarding. 5
(b) Explain League tournament with a different relevant example. Develop the reasoning behind both parts.

33. (a) Analyse Inclusive sport with reference to this application: Equipment and communication are adapted to support fair participation. 5
(b) Explain Friction with a different relevant example. Develop the reasoning behind both parts.

34. (a) Analyse Balanced diet with reference to this application: A sports diet considers energy, repair, micronutrients and hydration. 5
(b) Explain Micronutrient with a different relevant example. Develop the reasoning behind both parts.

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