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CLASS 12

Physical Education

Sample Paper 2 - 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. 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

2. 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

3. Select the term described below. A participant advances through a round without playing a scheduled opponent. **1**
(A) Knockout tournament (B) Macronutrient (C) Projectile motion (D) Bye

4. Select the term described below. Competition occurs within one institution. **1**
(A) Macronutrient (B) Projectile motion (C) Knockout tournament (D) Intramural competition

5. Select the term described below. Teams from different institutions compete. **1**
(A) Extramural competition (B) Knockout tournament (C) Projectile motion (D) Macronutrient

6. Select the term described below. Nutrients and energy are supplied in appropriate amounts and variety. 1
(A) Projectile motion (B) Knockout tournament (C) Balanced diet (D) Macronutrient

7. Select the term described below. A nutrient is required in comparatively large amounts. 1
(A) Macronutrient (B) Knockout tournament (C) Projectile motion (D) Balanced diet

8. Select the term described below. A nutrient is required in comparatively small amounts for essential functions. 1
(A) Projectile motion (B) Knockout tournament (C) Balanced diet (D) Micronutrient

9. Select the term described below. Participation is organised with accessibility and meaningful involvement in view. 1
(A) Projectile motion (B) Knockout tournament (C) Balanced diet (D) Inclusive sport

10. Select the term described below. The resultant weight acts through a conceptual point. 1
(A) Knockout tournament (B) Projectile motion (C) Centre of gravity (D) Balanced diet

11. Select the term described below. A force opposes relative motion or its tendency at contacting surfaces. 1
(A) Friction (B) Knockout tournament (C) Balanced diet (D) Projectile motion

12. Select the term described below. Motion combines horizontal and vertical components under the relevant ideal assumptions. 1
(A) Projectile motion (B) Balanced diet (C) Knockout tournament (D) Friction

13. Select the term described below. Muscle force develops without appreciable joint movement. 1
(A) Isometric exercise (B) Knockout tournament (C) Friction (D) Balanced diet

14. Select the term described below. A suitable apparatus controls movement at constant angular speed. 1
(A) Isokinetic exercise (B) Knockout tournament (C) Balanced diet (D) Friction

15. Select the term described below. Work periods alternate with planned recovery periods. 1
(A) Balanced diet (B) Knockout tournament (C) Friction (D) Interval training

16. Select the term described below. The activity's satisfaction or personal meaning drives participation. 1
(A) Knockout tournament (B) Balanced diet (C) Friction (D) Intrinsic motivation

17. 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

18. 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

Section B - Short responses

19. Define Knockout tournament and illustrate it with a relevant example. 2

20. Define League tournament and illustrate it with a relevant example. 2

21. Define Bye and illustrate it with a relevant example. 2

22. Define Intramural competition and illustrate it with a relevant example. 2

23. Define Extramural competition and illustrate it with a relevant example. 2

Section C - Short responses

24. Define Balanced diet and illustrate it with a relevant example. **3**

25. Define Macronutrient and illustrate it with a relevant example. **3**

26. Define Micronutrient and illustrate it with a relevant example. **3**

27. Define Inclusive sport and illustrate it with a relevant example. **3**

28. Define Centre of gravity and illustrate it with a relevant example. **3**

Section D - Case and application questions

29. Consider the following case: A single-elimination competition determines one winner.

(a) Name the concept demonstrated in the case. **1**

(b) Explain how the details of the case support your choice. **1**

(c) Explain Intramural competition with another appropriate example. **2**

30. Consider the following case: A single round robin lets each team meet every other team once.

(a) Name the concept demonstrated in the case. **1**

(b) Explain how the details of the case support your choice. **1**

(c) Explain Extramural competition with another appropriate example. **2**

31. Consider the following case: An uneven knockout draw grants some first-round advances.

(a) Name the concept demonstrated in the case. **1**

(b) Explain how the details of the case support your choice. **1**

(c) Explain Balanced diet with another appropriate example. **2**

Section E - Extended responses

32. A single-elimination tournament has 9 teams and no third-place match. Calculate the number of matches, first-round byes and maximum number of rounds. Explain the calculations. **5**

33. Distinguish macronutrients and micronutrients. Explain the roles of carbohydrates, proteins and fats in a balanced sports diet. **5**

34. Explain Newton's three laws using suitable sporting examples. State why identifying external forces matters when analysing an athlete's motion. **5**

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