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CLASS 12

Physical Education

Sample Paper 3 - 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 statement correctly describes Extramural competition? **1**

(A) Teams from different institutions compete.

(B) Competition occurs within one institution.

(C) The resultant weight acts through a conceptual point.

(D) Teams play a prescribed set of opponents and standings determine results.

2. Which statement correctly describes Isometric exercise? **1**

(A) Muscle force develops without appreciable joint movement.

(B) Nutrients and energy are supplied in appropriate amounts and variety.

(C) A suitable apparatus controls movement at constant angular speed.

(D) A nutrient is required in comparatively small amounts for essential functions.

3. Identify the term described by this statement: Motion combines horizontal and vertical components under the relevant ideal assumptions. **1**

(A) Isometric exercise

(B) Intrinsic motivation

(C) Projectile motion

(D) Inclusive sport

4. Which statement correctly describes Balanced diet? **1**

(A) Teams from different institutions compete.

(B) Nutrients and energy are supplied in appropriate amounts and variety.

(C) Motion combines horizontal and vertical components under the relevant ideal assumptions.

(D) Muscle force develops without appreciable joint movement.

5. Identify the term described by this statement: Competition occurs within one institution. **1**

(A) League tournament

(B) Intrinsic motivation

(C) Intramural competition

(D) Isometric exercise

6. Which statement correctly describes Knockout tournament? **1**

(A) A defeat eliminates a team from the main contest.

(B) A participant advances through a round without playing a scheduled opponent.

(C) Work periods alternate with planned recovery periods.

(D) A force opposes relative motion or its tendency at contacting surfaces.

7. Which statement correctly describes Micronutrient? **1**

(A) A nutrient is required in comparatively large amounts.

(B) Motion combines horizontal and vertical components under the relevant ideal assumptions.

(C) Participation is organised with accessibility and meaningful involvement in view.

(D) A nutrient is required in comparatively small amounts for essential functions.

8. Identify the term described by this statement: A participant advances through a round without playing a scheduled opponent. **1**

(A) Extramural competition

(B) Bye

(C) Projectile motion

(D) Intramural competition

9. Which statement correctly describes Inclusive sport? **1**

(A) Participation is organised with accessibility and meaningful involvement in view.

(B) Teams from different institutions compete.

(C) A suitable apparatus controls movement at constant angular speed.

(D) Work periods alternate with planned recovery periods.

10. Which statement correctly describes Intrinsic motivation? **1**

(A) A nutrient is required in comparatively large amounts.

(B) A defeat eliminates a team from the main contest.

(C) Nutrients and energy are supplied in appropriate amounts and variety.

(D) The activity's satisfaction or personal meaning drives participation.

11. Which statement correctly describes Centre of gravity? **1**

(A) Work periods alternate with planned recovery periods.

(B) The resultant weight acts through a conceptual point.

(C) Teams play a prescribed set of opponents and standings determine results.

(D) Motion combines horizontal and vertical components under the relevant ideal assumptions.

12. Which statement correctly describes Macronutrient? **1**

(A) The resultant weight acts through a conceptual point.

(B) Competition occurs within one institution.

(C) A nutrient is required in comparatively large amounts.

(D) The activity's satisfaction or personal meaning drives participation.

13. Which statement correctly describes League tournament? **1**

(A) Participation is organised with accessibility and meaningful involvement in view.

(B) Teams play a prescribed set of opponents and standings determine results.

(C) Motion combines horizontal and vertical components under the relevant ideal assumptions.

(D) Work periods alternate with planned recovery periods.

14. Which statement correctly describes Isokinetic exercise? 1

(A) Work periods alternate with planned recovery periods.

(B) A suitable apparatus controls movement at constant angular speed.

(C) The activity's satisfaction or personal meaning drives participation.

(D) The resultant weight acts through a conceptual point.

15. Which statement correctly describes Friction? 1

(A) Participation is organised with accessibility and meaningful involvement in view.

(B) Competition occurs within one institution.

(C) A force opposes relative motion or its tendency at contacting surfaces.

(D) A defeat eliminates a team from the main contest.

16. Which statement correctly describes Interval training? 1

(A) Motion combines horizontal and vertical components under the relevant ideal assumptions.

(B) A defeat eliminates a team from the main contest.

(C) Work periods alternate with planned recovery periods.

(D) A nutrient is required in comparatively large amounts.

17. Which statement correctly describes Projectile motion? 1

(A) A force opposes relative motion or its tendency at contacting surfaces.

(B) Muscle force develops without appreciable joint movement.

(C) The activity's satisfaction or personal meaning drives participation.

(D) Motion combines horizontal and vertical components under the relevant ideal assumptions.

18. Which statement correctly describes Bye? 1

(A) Teams from different institutions compete.

(B) A nutrient is required in comparatively large amounts.

(C) A participant advances through a round without playing a scheduled opponent.

(D) A force opposes relative motion or its tendency at contacting surfaces.

Section B - Short responses

19. Explain how the following example illustrates Micronutrient: Vitamins and minerals support many body processes. **2**

20. Compare Balanced diet and Macronutrient. Give the meaning and an appropriate application of each. **2**

21. Explain how the following example illustrates Isometric exercise: An athlete holds a controlled static position. **2**

22. Explain how the following example illustrates Extramural competition: One school participates in an inter-school tournament. **2**

23. Explain how the following example illustrates League tournament: A single round robin lets each team meet every other team once. **2**

Section C - Short responses

24. Explain how the following example illustrates Macronutrient: Carbohydrates, proteins and fats are major dietary components. **3**

25. Explain how the following example illustrates Inclusive sport: Equipment and communication are adapted to support fair participation. **3**

26. Explain how the following example illustrates Intrinsic motivation: An athlete trains because skill development is rewarding. **3**

27. Explain how the following example illustrates Interval training: A runner repeats efforts separated by controlled recovery. **3**

28. Compare Centre of gravity and Friction. Give the meaning and an appropriate application of each. **3**

Section D - Case and application questions

29. Consider this situation: Footwear provides grip while a player changes direction.

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

(b) Explain the connection between the situation and that concept. **1**

(c) Distinguish that concept from Centre of gravity, giving an appropriate feature of each. **2**

30. Consider this situation: Specialised resistance equipment regulates joint movement speed.

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

(b) Explain the connection between the situation and that concept. **1**

(c) Distinguish that concept from Isometric exercise, giving an appropriate feature of each. **2**

31. Consider this situation: School houses compete against one another.

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

(b) Explain the connection between the situation and that concept. **1**

(c) Distinguish that concept from Intrinsic motivation, giving an appropriate feature of each. **2**

Section E - Extended responses

32. (a) Explain Knockout tournament and analyse this application: A single-elimination competition determines one winner. **5**
(b) Explain League tournament and show how this second application fits it: A single round robin lets each team meet every other team once.

33. (a) Explain Isokinetic exercise and analyse this application: Specialised resistance equipment regulates joint movement speed. **5**
(b) Explain Isometric exercise and show how this second application fits it: An athlete holds a controlled static position.

34. (a) Explain Intrinsic motivation and analyse this application: An athlete trains because skill development is rewarding. **5**
(b) Explain Intramural competition and show how this second application fits it: School houses compete against one another.

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