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CLASS 12

Physical Education

Sample Paper 4 - 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 Inclusive sport? **1**

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

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

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

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

2. Which statement correctly describes Interval training? **1**

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

(B) Competition occurs within one institution.

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

(D) Work periods alternate with planned recovery periods.

3. Which statement correctly describes Extramural competition? **1**

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

(B) Teams from different institutions compete.

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

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

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

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

(B) Muscle force develops without appreciable joint movement.

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

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

5. Which concept is illustrated in this example? Footwear provides grip while a player changes direction. **1**

(A) Inclusive sport

(B) Interval training

(C) Friction

(D) Bye

6. Which concept is illustrated in this example? A single-elimination competition determines one winner. **1**

(A) Knockout tournament

(B) League tournament

(C) Interval training

(D) Isokinetic exercise

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

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

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

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

(D) Muscle force develops without appreciable joint movement.

8. Which concept is illustrated in this example? A lower body position can influence stability in a sporting stance. **1**

(A) League tournament

(B) Centre of gravity

(C) Micronutrient

(D) Extramural competition

9. Which statement correctly describes League tournament? 1

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

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

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

(D) Work periods alternate with planned recovery periods.

10. Which concept is illustrated in this example? Vitamins and minerals support many body processes. 1

(A) Intramural competition

(B) Isokinetic exercise

(C) Balanced diet

(D) Micronutrient

11. Which statement correctly describes Macronutrient? 1

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

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

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

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

12. Which concept is illustrated in this example? School houses compete against one another. 1

(A) Friction

(B) Macronutrient

(C) Bye

(D) Intramural competition

13. Which statement correctly describes Bye? 1

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

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

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

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

14. Which concept is illustrated in this example? A released ball follows a curved path under gravity. **1**

(A) Friction

(B) Knockout tournament

(C) Inclusive sport

(D) Projectile motion

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

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

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

(C) Competition occurs within one institution.

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

16. Which statement correctly describes Isokinetic exercise? **1**

(A) Muscle force develops without appreciable joint movement.

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

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

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

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

(A) Muscle force develops without appreciable joint movement.

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

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

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

18. Which concept is illustrated in this example? A runner repeats efforts separated by controlled recovery. **1**

(A) Macronutrient

(B) Intramural competition

(C) Interval training

(D) League tournament

Section B - Short responses

19. State the meaning of Intrinsic motivation. Identify a relevant feature in this situation: An athlete trains because skill development is rewarding. **2**

20. State the meaning of Projectile motion. Identify a relevant feature in this situation: A released ball follows a curved path under gravity. **2**

21. Compare Bye and League tournament. Give the meaning and an appropriate application of each. **2**

22. Compare Inclusive sport and Interval training. Give the meaning and an appropriate application of each. **2**

23. State the meaning of Friction. Identify a relevant feature in this situation: Footwear provides grip while a player changes direction. **2**

Section C - Short responses

24. State the meaning of Macronutrient. Identify a relevant feature in this situation: Carbohydrates, proteins and fats are major dietary components. **3**

25. State the meaning of Centre of gravity. Identify a relevant feature in this situation: A lower body position can influence stability in a sporting stance. **3**

26. Compare Micronutrient and Macronutrient. Give the meaning and an appropriate application of each. **3**

27. Compare Balanced diet and Micronutrient. Give the meaning and an appropriate application of each. **3**

28. State the meaning of Extramural competition. Identify a relevant feature in this situation: One school participates in an inter-school tournament. **3**

Section D - Case and application questions

29. 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

30. Consider this situation: An athlete holds a controlled static position.

(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 Interval training, giving an appropriate feature of each. 2

31. 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 Interval training, giving an appropriate feature of each. 2

Section E - Extended responses

32. (a) Explain League tournament and analyse this application: A single round robin lets each team meet every other team once. 5
(b) Explain Bye and show how this second application fits it: An uneven knockout draw grants some first-round advances.

33. (a) Explain Bye and analyse this application: An uneven knockout draw grants some first-round advances. **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.

34. (a) Explain Centre of gravity and analyse this application: A lower body position can influence stability in a sporting stance. **5**
(b) Explain Projectile motion and show how this second application fits it: A released ball follows a curved path under gravity.

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