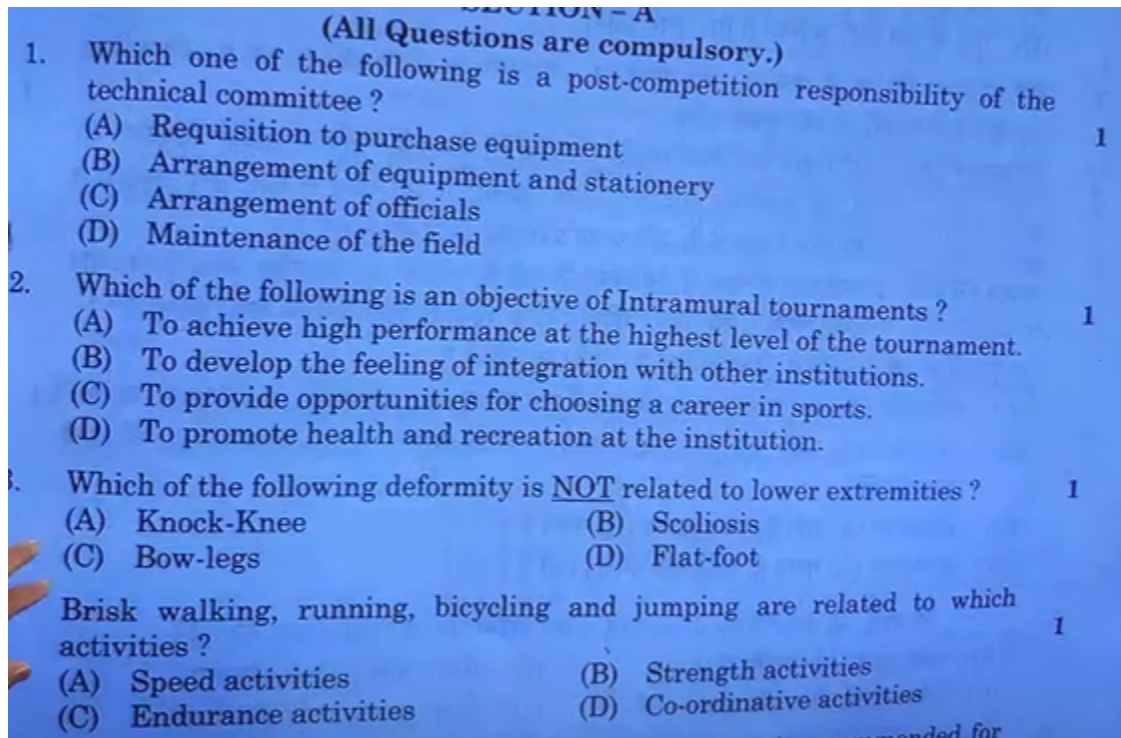


CBSE Class 12 Physical Education Answer Key

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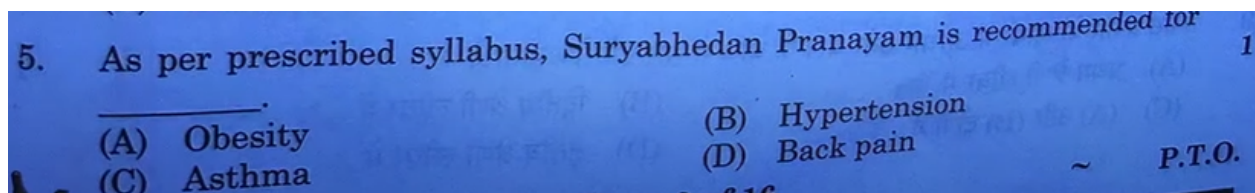


Q.1 Ans: Option D (Maintenance of the field)

Q.2 Ans: Option D (To promote health and recreation at the institution)

Q.3 Ans: Option B (Scoliosis)

Q.4 Ans: Option A (Speed Activities)




Q.5 Ans: Option C (Asthma)

7. Given below are two statements, one of which is labelled as Assertion (A) and other is labelled as Reason (R). Read both the statements carefully : 1
- Assertion (A) :** The International Paralympic Committee (IPC), has developed a classification process which can contribute "to sporting excellence for all athletes and sports in the Paralympic Movement, and provide equitable competition.
- Reason (R) :** The classification process serves two roles. The first is to determine who is eligible and the second is to grouping the sports people for the purpose of competitions.
- In the context of the above two statements, which one of the following is correct ?
- (A) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
 - (B) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
 - (C) Assertion (A) is true, but Reason (R) is false.
 - (D) Assertion (A) is false, but Reason (R) is true.

Q. 7 Ans: Option B

6. Identify the asana : 1



- (A) Chakrasana
- (B) Dhanurasana
- (C) Halasana
- (D) Ushtrasana

(For Visually Impaired Candidates Only)

Which one of the following is the correct pose of Paschimottanasana ? 1

- (A) Forward bending in a standing position.
- (B) Forward bending in the sitting position.
- (C) Head raised in the prone position.
- (D) Head raised in the supine position.

Q.6 Ans: Option B

8. _____ are the colours, that represent the four regional confederations in the Deaflympic logo.
- (A) Red, blue, black and yellow (B) Blue, yellow, black and red
(C) Red, blue, yellow and green (D) Blue, black, red and yellow
9. What type of lever has the load resistance between the fulcrum and force?
- (A) First class lever (B) Second class lever
(C) Both (A) and (B) (D) Third class lever

Q 8. Ans: There are 4 colors: red, blue, yellow, and green.

Q 9. Ans: Class II lever

Q.10 The scientific name of Vitamin 'C' is _____.

Ans: L-ascorbic acid

12. In which test, score is recorded to the nearest centimetre between the initial and final score? 1

(A) Partial curl-up (B) Back stretch test
(C) Sit and reach test (D) Chair sit and reach test

13. Given below are types of fractures in List – I with their features in List – II: 1

List – I		List – II	
Types of Fractures		Features	
(a) Transverse	i.	Bone breaks diagonally	
(b) Oblique	ii.	Bone is crushed into number of pieces	
(c) Green stick	iii.	Straight break right across a bone.	
(d) Comminuted	iv.	Soft bone, in which bone bends	

Match the items of List – I with List – II and choose the correct option from the following:

	(a)	(b)	(c)	(d)
(A)	iii	iv	ii	i
(B)	iii	i	iv	ii
(C)	i	ii	iii	iv
(D)	ii	iii	iv	i

Q. 12 Ans: Option A (Partial curl-up)

Q. 13 Ans: Option B

“The golf ball remains at rest until it is struck by a golf club.” This statement indicates –

- | | |
|--------------------|-------------------------|
| (A) Law of Inertia | (B) Law of Acceleration |
| (C) Law of Gravity | (D) Law of Reaction |

Q. 14 Ans: Option A (Law of Inertia)

The concept of _____, generally refers to a person's evaluation of, or attitude towards, him or herself.

- | | |
|--------------------|------------------|
| (A) Mental-imagery | (B) Self-esteem |
| (C) Self-talk | (D) Goal-setting |

The Swedish word speed play is also known as _____.

- | | |
|-----------------------|---------------------|
| (A) Fartlek training | (B) Interval method |
| (C) Continuous method | (D) Pace method |

In which type of exercises movement can NOT be seen directly ?

- | | |
|----------------|-----------------|
| (A) Iso-tonic | (B) Iso-kinetic |
| (C) Iso-metric | (D) Plyometric |

The concept of _____, generally refers to a person's evaluation of, or attitude towards, him or herself.

Ans: Option B (Self-Esteem)

The Swedish word speed play is known as _____.

Ans: Option A (Fartlek Training)

In which type of exercises movement can **NOT** be seen directly?

Ans: Option C (Iso-metric)

(D) American method

(For Visually Impaired Candidates Only)

Tarun's physical education teacher gave him the responsibility of organizing a Kabaddi competition in school. Tarun along with his classmates formed several committees and prepared a knockout fixture of 17 teams for the Kabaddi tournament. He faced many challenges in organizing the match, but finally, he was successful.

Answer the following questions based on the above case and your prior knowledge :

- How many matches will be played in this tournament ?
- _____ saves cost and time and makes each match intensive because of fear of elimination.
 - Knockout tournament
 - League tournament
 - Round robin tournament
 - Combination tournament
- Two team players got injured during the match, which committee will manage it ?
 - Logistics committee
 - Technical committee
 - Finance committee
 - Marketing committee
- Which formula was used to allot byes to the above teams in the lower half ?

OR

Which formula was used to allot byes to the above teams in the upper half ?

- Ans: 16
- Ans: Option A
- Ans: Option B
- Ans: Upper by lower bye formula

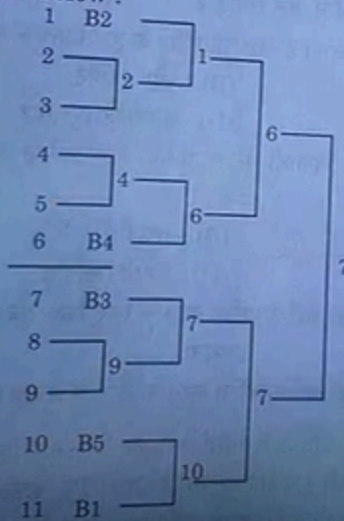


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SECTION - D

(Internal choices available)

31. Aarti prepared a fixture of 11 teams to conduct Kho-Kho tournament in her locality as shown below :



Based on the above given fixture, answer the following questions :

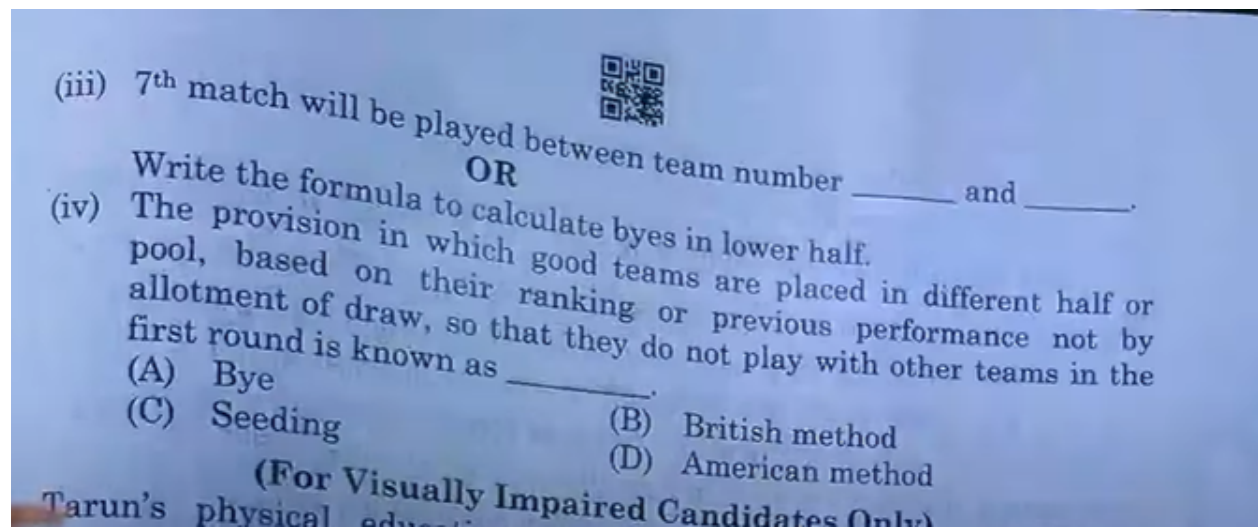
- (i) What is the number of Non-bye teams in this tournament ?

- (A) 06 (B) 07
(C) 08 (D) 09

- (ii) If the above fixture had been of 48 teams, then the number of byes would have been _____

Q. 31 Ans (i): Option A (06)

Q. 31 Ans (ii): 16



Q. 31 Ans (iii): 10 and 11

Q. 31 Ans (iv): Option C (Seeding)



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