

## CBSE Class 12 Physical Education Answer Key 2026 PDF

1. Which of the following is the next step after planning the sport event?  
➤ Organising
2. \_\_\_\_ is an event to showcase children and youth's ability and prowess on the sports field?  
➤ Sports Day
3. Corrective exercise should be done under a \_\_\_\_ advice and supervision.  
➤ Physical Education Teachers or Coaches
4. Which of the following asanas are practised to correct "Kyphosis"?  
➤ Dhanurasana, Bhujangasana, Halasana
5. Gagan wants to prevent himself from asthma and hypertension. Identify the asanas to prevent him from these lifestyle diseases?  
➤ Vakrasana, Chakrasana
6. (Question 6 not yet available in answer key) – TBU
7. Which competition was organised by Guttmann at the 1948 London Olympics for disabled persons?  
➤ Wheelchair Competition
8. The Oath: "Let me win. But if I cannot win, let me be brave in the attempt" is related to which of the following games?  
➤ Special Olympics
9. Match food groups with their functions:  
➤ Protein → Repair body cells  
➤ Carbohydrates → Main source of energy  
➤ Fats → Helps in transporting fat-soluble vitamins  
➤ Roughage → Negligible source of energy
10. Which statement is correct regarding Basal Metabolic Rate?  
➤ It is the number of calories needed to maintain body function at rest.
11. What is the long-term effect of exercise on the respiratory system?  
➤ The rate of exchange of gas increases.

12. Assertion-Reason (Dynamic equilibrium & cyclist example):  
➤ Both Assertion and Reason are true, and Reason correctly explains the Assertion.
13. Match examples of friction with types:  
➤ Pushing a chair → Static friction  
➤ Sea waves → Fluid friction  
➤ Moving heavy objects → Sliding friction  
➤ Skating → Rolling friction
14. Which statement is correct regarding the lever's fulcrum? It is the point at which the lever rotates.
15. Assertion-Reason (Personality affecting athletes): Both Assertion and Reason are true and Reason is the correct explanation.
16. Shweta is stressed preparing for NEET. Why should she exercise? For mental relaxation.
17. Which is NOT correct regarding the training cycle in sports? The macrocycle has the minimum duration of training.
18. Which type of endurance is classified according to the nature of the activity? Specific endurance.

## Long-Answer / Case-Based Questions

### 31. Fixture & League Tournament:

- Match between teams 4 and 3 → **Round 4**
- Total rounds → **7**
- Team 2 gets a bye in → **Round 3**
- Total matches → **21**

### 32. Injury Case Scenario:

- Rohan suffered → **Strain**
- Sachin had → **Contusion**

- Abrasion → **Rubbing away of upper layer of epidermis**
- Soft bone fracture → **Greenstick fracture**

### **33. Inclusive Physical Education Case:**

- Type of challenges Akriti is facing → **Hearing and speech impaired**
- Why she feels isolated → **Others hesitate to interact with her**
- Key principle of inclusive physical education → **Adaptation**
- How to make activities inclusive → **Provide training in a comfortable and emotionally secure environment.**