

PHYSICAL EDUCATION (Subject Code 048)
Class XII (2026-27)
Marking Scheme

TIME ALLOWED: 3 HRS

MAX MARKS: 70

Q No.	<u>SECTION A</u>	Marks
Q1.	A. Technical	1
Q2.	C. Both A and R are true and R is the correct explanation of A	1
Q3.	A. A-(iii), B-(i), C-(iv), D-(ii)	1
Q4.	B. 55 %	1
Q5.	A. Vakrasana	1
Q6.	C. Matsendraasana	1
Q7.	A. Dr. Ludwig Guttman	1
Q8.	C. Calcium	1
Q9.	D. B, C	1
Q10.	D. Harvard	1
Q11.	B. Hypertrophy of muscles	1
Q12.	B. Sprain	1
Q13.	C. Reaction	1
Q14.	B. Effect of force on different movements done by human body	1
Q15.	D. Behavior	1
Q16.	B. (A) is true, but (R) is false.	1
Q17.	B. Intensity and volume	1
Q18.	A. Strength	1
	SECTION B	
Q19.	Osteoporosis is a bone disorder in which bone density decreases, causing bones to become weak and fragile. 1. Especially after menopause, due to reduced estrogen levels that accelerate bone loss. 2. Hormonal imbalance, calcium and vitamin D deficiency, 3. Lack of physical activity, aging 4. Poor nutrition, and smoking.	1+1=2
Q20.	Roughage: Indigestible part of food (dietary fibre) Importance (any one): • Roughage consists of water and improves intestinal function by adding bulk to food • It helps correct the disorder of large intestine. • It prevents constipation • Soluble roughage reduces blood sugar level • Insoluble roughage is a good stool softener	1+1=2
Q21.	1. Changes in senses with advancing age • Decline in vision and hearing • Reduced taste and smell	1+1=2

	Slower response to stimuli With advancing age, the efficiency of sensory organs gradually decreases. Vision becomes weaker due to reduced elasticity of the eye lens. Hearing ability declines, making it difficult to hear high-frequency sounds. Sense of taste and smell also reduces, affecting appetite. Reaction time becomes slower, which may affect balance, coordination, and overall physical performance	
Q22.	What is PRICE? P – Protection R – Rest I – Ice C – Compression E – Elevation	2
Q23.	- Over-dependence on rewards reduces self-interest - External pressure decreases internal enjoyment - Rewards shift focus from learning to winning prizes - Loss of self-satisfaction	2
Q24.	- Plank - Wall push - Static shoulder press - Holding dumbbells without movement - Isometric push-up hold	1+1=2
SECTION C		
Q25.	- League tournament is considered the best method to judge the strongest team because every team gets equal opportunities to play against all other teams. - It eliminates the factor of luck as no team is eliminated after a single loss. - This format provides fair competition and accurate ranking. - Teams can improve performance match by match. The winner is declared using British Method that is point system. Generally, a team gets 2 points for a win, 1 point for a draw, and 0 points for a loss. The team with maximum points is declared the winner.	2+1=3
Q26.	Scoliosis is a position in which the spine is tilted to either side of the body. It is a position of lateral curvature or sideways curvature of the spine. Causes: - Birth defect - Lifting of weight towards one side in routine - Arthritis, Paralysis or Rickets - Cerebral palsy and muscular dystrophy	1+2=3
Q27.	Meaning: Participation of all, including CWSN Need: Equality, social integration Implementation: - Modified rules - Adapted equipment - Inclusive programs	3

Q28.	Proteins: Body-building nutrients Functions (any two): • Growth and repair • Muscle development • Enzyme formation Daily requirement: ~1 g/kg body weight	1+2=3
Q29.	Advantages of Friction e.g. Gymnastics- To increase the frictional force between rod and hands. Weightlifting- The lifter needs more friction between their feet and the floor to prevent slipping while lifting heavy weights. Badminton- Badminton racket had a knot of clothing that increases the frictional force of the player's hand due to which the racket does not slip	3
Q30.	Self-esteem: Feeling of self-worth Enhancement: • Success in sports • Social interaction • Confidence building • Peer recognition	3
Q31.	1. Fixture Based Questions (i) (A) Single Knockout (ii) (B) N-1 (iii) (A) 42 (iv) (C) Elimination OR (C) 12 (VISUALLY IMPAIRED) (i) (C) Seeding (ii) (A) 6 (iii) (A) (NB+1)/2 (iv) (A) Knockout OR (C) Round Robin Tournament	1x4=4
Q32.	IPC: International Paralympic Committee Name reason: Started for paraplegic athletes Governing body: IPC Formed: 1989	1x4=4
Q33.	1. (b) Sprain – It involves overstretching or tearing of ligaments around a joint. 2. R.I.C.E. Method: R – Rest: Stop playing to prevent further damage. I – Ice: Apply ice packs to reduce swelling and pain.	1x4=4

	C – Compression: Use elastic bandage to limit swelling. E – Elevation: Keep the injured area above heart level to minimize swelling. 3. Difference: Sprain – Ligament injury (e.g., twisted ankle). Strain – Muscle or tendon injury (e.g., pulled hamstring). 4. Preventive Measures: Proper warm-up and stretching before play. Wearing appropriate footwear and protective gear. OR Possible Effects: Chronic pain, joint instability, ligament tear, or repeated injuries	
Q34.	Diabetes Mellitus is a chronic metabolic disorder in which the body is unable to regulate blood glucose (sugar) levels due to: • insufficient production of insulin, or • improper utilization of insulin by body. As a result, the level of glucose in the blood becomes abnormally high (hyperglycaemia). Type 1 Diabetes Type 2 Diabetes Diagram – 1 mark Benefits – any four • Controls diabetes • Improves digestion • Improves posture • Strengthens muscles • Reduces stress	2+1+2=5
Q35.	• Forward Roll • Backward Roll • Jumping Half Turn • Jumping Full Turn (a) Jumping Half Turn • In Jumping Half Turn, the subject jumps vertically upward from both feet. • While in the air, the performer turns the body 180 degrees (half rotation). • The performer lands on both feet, maintaining balance and control. • Arms may be used freely to assist rotation and balance. Purpose / importance: • Tests coordination, balance, and motor control • Indicates ability to learn and perform new motor skills	1+2+2=5

	(b) Jumping Full Turn • In Jumping Full Turn, the subject jumps upward from a standing position. • During the jump, the performer rotates the body 360 degrees (full turn) in the air. • The performer lands safely on both feet without losing balance. • Proper coordination of arms, legs, and trunk is required. Purpose / importance: • Measures advanced coordination, agility, and motor educability • Reflects the learner's capacity to acquire complex motor skills	
Q36.	The sports training cycle is a systematic and planned process of training, divided into different time phases, which aims at achieving peak performance of an athlete at the right time of competition. 1. Micro Cycle • The shortest unit of the training cycle. • Usually lasts for one week (5–7 days). • Includes daily training sessions, rest, and recovery. • Focuses on specific training objectives like strength, speed, or skill improvement. 2. Meso Cycle • The medium-term training phase. • Generally, lasts for 3 to 6 weeks. • Consists of several micro cycles combined together. • Aims at development of a particular fitness component, such as endurance or strength. 3. Macro Cycle • The longest phase of the training cycle. • Usually covers one full season or one year. • Includes pre-season, competitive season, and transition period. • Main aim is to achieve peak performance during major competitions.	1+4=5
Q37.	A projectile is an object which is thrown or projected into the air and, after leaving the hand or an implement, moves under the influence of gravity alone. Once released, no further force acts on it except gravity. Factors – Explain any three • Angle of projection • Velocity • Height of release • Gravity • Air resistance	2+3=5