

HP Board Class 12 2026 Physical Education Question Paper

Time Allowed :3 Hours	Maximum Marks :70	Total Questions :36
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type questions.
3. All questions in Section A are compulsory.
4. Section B includes short answer, and long answer type questions.
5. Answers must be written legibly within the word limit.
6. Use of unfair means or electronic devices is prohibited.
7. Follow the correct format and instructions for each section.

Section - A

1. The name of Himachal Pradesh State Award for coaches for exemplary service in sport is

- (A) Him Gaurav Award
- (B) Guru Vashisth Award
- (C) Bhim Award
- (D) None of these.

2. Which of the following is considered a manmade disaster?

- (A) Volcano
- (B) Cyclones
- (C) Fire
- (D) Earthquake

3. Causes of sports injuries are

- (A) Without proper warming up
- (B) Fatigue
- (C) Uneven ground

(D) All of these

4. “RICE” is a _____ process used in sports.

- (A) First Aid
 - (B) Cooling down
 - (C) Warming up
 - (D) Conditioning
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5. _____ became the first athlete of independent India to bag two medals in a single edition of the Olympics.

- (A) Aman Sehrawat
 - (B) Manu Bhaker
 - (C) Vinesh Phogat
 - (D) Swapnil Kusale
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6. How many times can a team hit the ball before sending it over the net in a Volleyball game?

- (A) 3
 - (B) 2
 - (C) 5
 - (D) Unlimited
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7. Which of the following activities is considered a form of anaerobic exercise?

- (A) Jogging
 - (B) Swimming
 - (C) Weightlifting
 - (D) Cycling
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8. Which of the following is a key characteristic of Fartlek Training?

- (A) Steady pace throughout the session
- (B) Alternating fast and slow running over natural terrain

- (C) High resistance exercises with low repetitions
 - (D) Focus on flexibility and range of motion
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9. The Meaning of Wellness is:

- (A) Physical and mental weakness
 - (B) Always remaining sick
 - (C) Physical, mental, emotional and social well-being
 - (D) None of the above
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10. In which country first Ancient Olympic Game was held?

- (A) Rome
 - (B) America
 - (C) India
 - (D) Greece
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11. Who said “Sociology may be defined as a body of scientific knowledge about human relationships”?

- (A) Max Webber
 - (B) Ward
 - (C) J. F. Cuber
 - (D) Auguste Compte
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12. Triple Jump known as

- (A) Hop
 - (B) Step
 - (C) Jump
 - (D) All of these
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Section - B

13. What is Circuit training method? What is the importance of circuit training in games and sports?

14. Explain in brief the importance of socialization in Physical Education and sports.

15. Explain any two Sports awards in detail.

16. Describe in brief about Living Environment.

17. Explain any two Sports awards in detail.

18. Describe the rules and skill of your favourite Sport/Game.

19. Describe the various factors affecting Physical Fitness and Wellness in detail.

20. What are the Sports injuries? Explain any one injury in detail.

21. Write preventive measure of accidents occurring in school.

22. Describe in brief the physical benefits of participation in games and sports.

23. What is dislocation? Write its symptom and treatment.

24. Mention the process of "cooling down" in short.

25. Write a short note on Spain.

26. Explain the factors affecting physical fitness and wellness.

27. Write down the Educational function of a family.

28. What do you understand by fracture?

29. Write meaning and definition of environment.

30. Write treatment and prevention of sprain.

31. Why cooling down is essential for players after competition?

32. Give a very short note on Flood or Landslide.

33. What do you mean by Physical wellness?

34. Why is human participation necessary in games and sports?

35. Write a short note on Parshuram Award.

36. Write the three benefits of Warming-up in sports.
