

# Haryana Board Class 10 2026 Physical Education Question Paper

Time Allowed :3 Hours

Maximum Marks :80

Total questions :33

## 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. When is World Environment Day celebrated every year?**

- (A) 14 November
- (B) 05 June
- (C) 05 September
- (D) 29 August

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**2. Which of the following diseases occur due to deficiency of Vitamin 'C'?**

- (A) Goitre
- (B) Beri-Beri
- (C) Scurvy
- (D) Night blindness

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**3. When will the 2026 Asian Games be held?**

- (A) China
- (B) Japan
- (C) India
- (D) Thailand

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**4. What is the ratio of the length to the width of the national flag of India?**

- (A) 5:4
- (B) 4:3
- (C) 3:2
- (D) 2:3

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**5. Which disease is spread by house flies?**

- (A) Malaria
- (B) Small Pox
- (C) Cholera
- (D) Dengue

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**6. Which of the following bones is located in the knee joint?**

- (A) Sternum
- (B) Femur
- (C) Scapula
- (D) Patella

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**7. Assertion (A):** Manu Bhaker has won two medals in the same Olympics.

**Reason (R):** Manu Bhaker is related to Badminton.

- (A) Both statements (A) and (R) are correct but (R) is not the correct explanation of (A).
  - (B) Both statements (A) and (R) are correct and (R) is the correct explanation of (A).
  - (C) Statement (A) is correct but (R) is wrong.
  - (D) Statement (A) is wrong but (R) is correct.
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**8. Assertion (A):** Outdoor games are those games which require a large area or ground to play.

**Reason (R):** Only team sports are allowed for indoor games.

- (A) Statement (A) is correct but (R) is wrong.
  - (B) Statement (A) is wrong but (R) is correct.
  - (C) Both statements (A) and (R) are correct but (R) is not the correct explanation of (A).
  - (D) Both statements (A) and (R) are correct and (R) is the correct explanation of (A).
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**9. Assertion (A):** Arjuna Award is the highest sports award given in India.

**Reason (R):** Arjuna Award is given to outstanding women of India.

- (A) Statement (A) is correct but (R) is wrong.
  - (B) Statement (A) is wrong but (R) is correct.
  - (C) Both statements (A) and (R) are correct.
  - (D) Both statements (A) and (R) are wrong.
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### Section - B

**10. Explain in detail about the most prestigious award in Indian sports - Major Dhyan Chand Khel Ratna Award.**

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**11. What is malnutrition? Explain the causes of malnutrition.**

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**12. Mention three such competitions held in India which are conducted at the national level.**

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**13. Explain the barriers to women's participation in sports in India.**

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**14. What are infectious diseases? Explain the reasons for the spread of these diseases.**

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**15. What is the difference between arteries and veins? Explain any two differences.**

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**16. Explain in detail, what the colours of the national flag indicate?**

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**17. Mention any two problems that hinder national unity and their solutions.**

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**18. Differentiate between the three types of spinal deformity.**

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**19. What is a balanced diet? Mention its importance also.**

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**20. A male student performed the Harvard Step Test for 4 minutes. His pulse was recorded during the recovery periods as 58 beats in the first half-minute, 50 beats in the second, and 42 beats in the third. Using the Harvard Step Test formula, calculate his Fitness Index and state whether his score falls in the Excellent, Good, or Average category.**

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**21. Enlist any four types of fracture.**

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**22. Write a short note on Sports Psychology.**

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**23. A football player wants to improve his acceleration and quick reaction during a match. Suggest two suitable training methods and justify how each will help improve his performance.**

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**24. League tournament is a better way to judge the best team of the tournament. Comment.**

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**25. Discuss the exercise guidelines for different age groups.**

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**26. Explain strategies to make Physical Activities Accessible for CWSN.**

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**27. Discuss the importance of pre, during and post competition diet in detail.**

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**28. A gymnast maintains a handstand position on the balance beam, then performs a flip. Differentiate between the types of equilibrium shown and explain how they help in performance.**

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**29. Describe personality. Explain dimensions of personality.**

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**30. What do you mean by Asthma. Mention its symptoms. Explain the procedure, benefits and contraindications of an asana beneficial for the patient of arthritis.**

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**31. Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs)  
Explain the Procedure and Scoring of 50 MTS Run and Partial Curl Up.**

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**32. What do you understand by circuit training? How will a coach plan circuit training sessions with 6 stations to develop the fitness of his new trainees? Explain.**

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**33. What is a lever? Discuss the application of Lever in sports.**

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