

CBSE Class 12th Physical Education Answer Key 2026

SECTION A

Question Number	Answers
1	D
2	C
3	D
4	D
5	A
6	C
7	C
8	A
9	D
10	D
11	D
12	B
13	C
14	C
15	A
16	B
17	D
18	C

SECTION B

Ans 19. Sports that require athletes to maintain a specific weight (like wrestling, boxing, gymnastics) increase pressure to stay within weight categories. This may lead athletes to adopt unhealthy eating habits such as dieting, starvation, or purging, which increases the risk of eating disorders.

Ans 20. Any four benefits of Nadi-Shodhan Pranayama:

- Improves concentration and mental clarity.
- Reduces stress and anxiety.
- Enhances lung capacity.
- Balances the nervous system.

Ans 21. Role of Physical Education teachers in promoting inclusion in sports:

- Encourage participation of CWSN (Children With Special Needs) in sports activities.
- Modify rules, equipment, and teaching methods according to individual needs.
- Create a positive and supportive environment.
- Promote equal opportunities for all students.

Ans 22. Procedure of any one strength test (SAI Khelo India Fitness Test):

Example: 90° Push-Up Test

- The student starts in a push-up position with hands under shoulders.
- On the command, the student lowers the body until elbows reach 90°.
- Then pushes back to the starting position.
- The number of correctly completed push-ups is counted.

Ans 23. (a) Newton's Third Law of Motion: For every action, there is an equal and opposite reaction. The swimmer pushes water backward, and water pushes the swimmer forward.

(b) Newton's Second Law of Motion: Acceleration depends on force and mass ($F = ma$). Since the tennis ball has less mass than a cricket ball, it gains greater acceleration with the same force.

Ans 24. Talent Selection: Choosing suitable players from a group based on physical, physiological, and psychological abilities.

Talent Transfer: Shifting an athlete from one sport to another where their abilities are more suitable.