

SATISH CHANDRA MEMORIAL SCHOOL

SESSION: 2025-2026

PERIODIC TEST - I

CLASS: XII

SUBJECT: PHYSICAL EDUCATION (048)

Time Allowed: 1Hr 30 min.

Full Marks: 40

GENERAL INSTRUCTIONS:

1. The question paper consists of 3 sections and 25 Questions.
2. Section A consists of question 1-20 carrying 1 mark each and is multiple choice questions.
All questions are compulsory.
3. Sections B consist of questions 21- 22 carrying 5 marks each and are very short answer types. All the questions are compulsory.
4. Section C consists of Question 23- 25 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 2.

SECTION - A

1. What do you mean by Planning? (20 x 1)=20
(a) Deciding in advance what is to be done. (b) Motivating towards training.
(c) Thinking about past. (d) Organising tournament.

2. Match the following and select the correct answer from the code given below:

List- I		List-II	
i.	Menarche	A.	Eating disorder
ii.	Female athlete triad	B.	Three female problems
iii.	Osteoporosis	C.	Decreased bone material density
iv.	Anorexia Nervosa	D.	First menstrual bleeding

Code:

- (a) i - D, ii - C, iii - A, iv - B. (b) i - D, ii - B, iii - C, iv - A
(c) i - A, ii - B, iii - C, iv - D. (d) i - D, ii - C, iii - B, iv - A

3. Which of these is not of the methods used for fixtures in Round Robin tournaments?

- (a) Cyclic method
- (b) Tabular method
- (c) Bagnall wild method
- (d) Staircase method

4. What is the main feature of the special Seeding?

- (a) Many byes are used.
- (b) Strong team directly participate in the quarter final or semi final.
- (c) Strong team directly participate in the final.
- (d) None of the above.

5. Which formula is used to find out the number of matches in a single league tournament?

- (a) $N - 1$
- (b) $N(N-1)$
- (c) $N(N-1)/2$
- (d) $N \times N + N$

6. The _____ committee is responsible for welcoming guests, players and officials during the sports events.

- (a) Boarding & Lodging Committee.
- (b) Committee for Officials.
- (c) Reception Committee.
- (d) Transport Committee.

7. Which one of the following asana is helpful in increasing height of children?

- (a) Bhujangasana
- (b) Pawanmuktasana
- (c) Shalabhasana
- (d) Tadaasana

8. Match the following and select the correct answer from the code given below:

A		B	
i	Technical committee	A	Run for fun
ii	Specific sports programmes	B	To improve the standard of sports
iii	Round Robin tournament	C	Resolve Dispute
iv	Extramural	D	League

Code:

- (a) i - D, ii - C, iii - A, iv - B.
- (b) i - D, ii - B, iii - C, iv - A
- (c) i - C, ii - A, iii - D, iv - B.
- (d) i - D, ii - C, iii - B, iv - A

9. The total number of matches in knockout tournament of 8 teams are _____.

- (a) 64 (b) 7
(c) 16 (d) 28

10. Identify the following postural deformity :-



- (a) Kyphosis (b) Scoliosis
(c) Lordosis (d) Round Shoulder

11. Which one of the following functions work as a roadmap in attaining the organization goals?

- (a) Organising. (b) Controlling
(c) Planning. (d) Staffing

12. Which one of the following is an eating disorder?

- (a) Amenorrhea. (b) Bulimia Nervosa
(c) Osteoporosis. (d) Anorexia Nervosa.

13. To prepare a score sheet for record is..... responsibility

- (a) Pre tournament. (b) Post tournament
(c) During tournament. (d) Both 'a' and 'b'

14. Kyphosis is also known as _____.

- (a) Hallow back (b) Hunch back
(c) Curve back (d) Both a and b.

15. How many byes will be given if 21 teams are participating in a knockout tournament?

- (a) 13. (b) 11
(c) 15. (d) 22.

16. Which of the following postural deformities is opposite to bow legs position?

- (a) Flat foot. (b) Kyphosis.
(c) Knock- knees. (d) Lordosis.

17. Asthma is caused by:

- (a) Allergy. (b) Smoke

(c) Genetic. (d) All the above.

18. There are..... basic functions of sports management.

- (a) Three. (b) Five
(c) Seven (d) Four

19. Which Asana means crocodile pose in English?

- (a) Vakarasana (b) Bhujangasana
(c) Ushtrasan (d) Makarasana.

20. How many types of spinal deformities are there?

- (a) Five. (b) Two
(c) Three. (d) Six.

SECTION - B

21. Below given is the Tournament fixture procedure of a CBSE Volley ball National competition_

1-2								
1-3	2-3							
1-4	2-4	3-4						
1-5	2-5	3-5	4-5					
1-6	2-6	3-6	4-6	5-6				
1-7	2-7	3-7	4-7	5-7	6-7			
1-8	2-8	3-8	4-8	5-8	6-8	7-8		
1-9	2-9	3-9	4-9	5-9	6-9	7-9	8-9	

(5x1)= 5

On the basis of the above data, answer the following questions:

- A. What is the name of the above mentioned fixture?
B. In League tournaments the winner is decided by _____.
C. Tabular method is used for fixtures in a _____ tournament.
D. How many methods are there in league tournament?
E. Discuss the advantages of League tournament.

22. Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various types of postural deformities can be identified in individuals.



(5x1)= 5

- A. From the above given picture, the deformities seen on the left most is caused due to deficiency of _____ .
- B. Walking on the inner edge of the feet can be a remedy for _____ .
- C. The person in the middle is suffering with _____ .
- D. Horse-riding is the best exercise for clearing _____ deformity.
- E. What is the another name of knock- knees.

SECTION - C

23. What do you mean by Diabetes? Discuss the procedure and benifits of Bhujangasana and Chakrasana.
(1+2+2)= 5
24. What do you mean by Extramural competition? Draw a fixture of 9 teams on the basis of league tournament using Tabular method.
(1+4)= 5
25. Describe the causes, and remedies of Flatfoot and Lordosis.
(2.5+2.5)=5