





# SARALA BIRLA GROUP OF SCHOOLS A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL

# MID-APRIL TEST 2025-26 PHYSICAL EDUCATION

Class: XII Date: 17.04.25 Admission no:					Time: 1hr Max Marks: 25 Roll no:		
1. 2. 3.	The question Section Should Section Se	ions are compulsory ins B consist of ques d not exceed 60-90 v ins C consist of Ques	tion 1-6 carrying 2 tions 7-11 carryin words. All questio tion 12-14 carryir	1 mark each and is multiplo g 2 marks each and are vei	y short answe	r types and	
			<u>Sect</u>	tion-A			
1.	a.	of this is not a funct Creating a manage Organizing	r	vent management? b. Selection of Staff d. Directing to members		(1)	
2.		committee looks af Administrative	ter things like cam b. <b>Technical</b>	nera, microphone, etc.? c. Security	d. Health	(1)	
3.	The to	The total number of matches in a knock-out tournament of 34 teams are: (1)					
	a.	31	b. 32	c. <b>33</b>	d. 35		
4.	The primary goal of intramural competition is:  a. To provide opportunity for mass participation of students  b. To participate in inter-school competition  c. To provide intra-school competition  d. All the above					(1)	
5.	Which one of the races is run "to promote a. Run for fun c. Run for unity			rotherhood"? b. Run for specific cause d. Health run		(1)	
6.	a.	urpose for conductin Talent identificatio Sports Training	•	n is for: b. Run for Publicity d. <b>Crowd Funding</b>		(1)	
			Sect	tion-B			

7. Enlist the steps of functions in managing sporting events.

Ans: Planning, staffing, controlling, organising and directing, are the major steps for organising sports event.

(2)

8. Discuss about the two committees that are formed for organizing a tournament smoothly.(2)

Ans: Transport Committee: This committee is responsible for providing the facilities regarding transportation of various teams If the venue of sports events.

**Reception Committee:** The members of this committee are responsible to welcome the Chief Guest and spectators at opening and closing ceremonies.

9. In which condition, League tournament are better than knock-out tournament? (2)

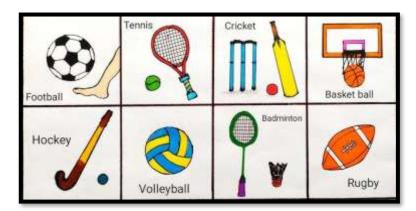
Ans: League tournament provides better opportunity to perform skills, technique but knock-out tournament given limited chance to perform. In knock-out tournament if a team loses once, it gets eliminated immediately.

10. Discuss any two objectives of extra murals.

(2)

Ans: Objectives Of Extramural: The objectives of extramural are as follows:

- A. To Improve Sports Standard Extramural activities promote sports standard as students play with others than the students of their institution.
- B. To Develop Confidence By playing with other institutions the level of confidence increases.
- 11. 'National Sports Day' is celebrated in the memory of the extraordinary player. Answer the following questions related to this day: (1+1)
  - a. Name that player who used to play one of the following games



Ans: Hockey

b. On which day the national sports day is celebrated?

Ans: 29th August every year

### 12. Write in detail about the tournament and its types.

 $(1\frac{1}{2}+1\frac{1}{2})$ 

Ans. Tournament is a competition held among various teams in a particular activity according to a fixed schedule where we have to decide a winner.

> There are various methods for organizing a tournament which depends upon various factors such as

- · The number of participating teams
- Facilities of ground
- · Equipment and number of officials available
- Days in which the tournament is to be completed
   Types of Tournaments
- · Knock out or Elimination Tournament
- League or Round Robin Tournament

Knock-out Tournament: It is a type of elimination tournament where the loser of each bracket is immediately eliminated from the tournament. In such tournaments, if the number of competitors or competing teams are not a multiple of 2 (i.e. 4, 8, 16,..) then some teams may be given a 'bye' and some teams are given 'seeding'.

There are some advantages & disadvantages of knock-out tournaments:

### 1. Advantages

Minimum number of officials are required in organizing tournaments.

Owing to lesser number of matches, it takes less time to complete the tournaments.

It helps in enhancing the standard of sports.

#### Disadvantages

Good teams can get eliminated because of their poor performance even in the first round.

There are maximum chances of weak teams to enter into the final round.

League or Round Robin Tournaments: A league tournament is a type of tournament in which each contestant meets all other contestants in turn. In this type of tournament, there has to be sufficient time to complete the tournament.

 League tournament: A league tournament is a type of tournament in which each contestant meets all other contestants in turn. In this type of tournament, there has to be sufficient time to complete the tournament

Single league: In a single league round robin schedule, each participant plays with every other participant once. Number of matches played is equal to N(N-1)/2, where N is the number of teams. Double league: If each participant plays with others twice, this is called a round robin double league tournament. Number of matches played is equal to N(N-1), where N is the number of teams.

What do you mean by knock-out tournament? Draw the fixtures of 27 teams on knock-out basis. Ans: In this type of tournament a team's once defected automatically gets eliminated. Only the winning teams continuing in the tournament. A team winning all the matches in the tournaments is finally declared as the winner team.

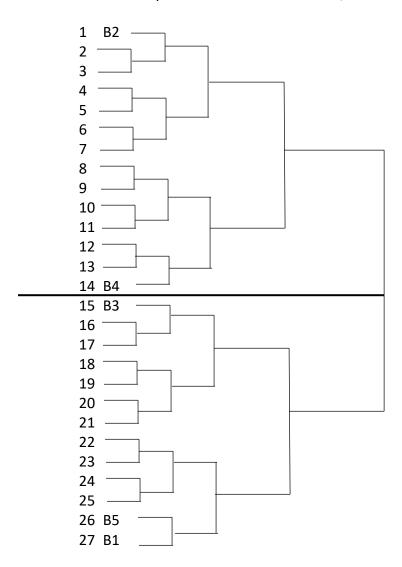
Draw the fixtures of 27 teams on knock-out basis.

N = 27

Upper Half: N+1/2 = 27+1-2 = 28/2 = 14Lower Half: N-1/2 = 27-1-2 = 26/2 = 13

Total number of teams: 27 Next highest power of 2 = 32Difference = 32 - 27 = 05

No. of Byes in the Upper Half: NB-1 / 2 = 5 - 1 / 2 = 4/2 = 2No. of byes in the Lower Half: NB +1 / 2 = 5 + 1 / 2 = 6/2 = 3



(1+1+1)

- Ans. Various committees used to organise sports events are:
  - (i) Ground and Equipment Committee: This committee is responsible for making the grounds and laying out the track and field. This committee also makes necessary arrangements or equipment related to game/athletic meet. This committee is also responsible for providing the equipment according to specifications.
  - (ii) Committee for Officials: This committee selects various officials such as referees, judges, recorders, clerks, marshals, track umpires, time keepers and lap scores for athletic meet and referees, umpires, time keepers etc. in case of games as per requirement.
  - (iii) First Aid Committee: This committee is led by a very qualified doctor. This committee provides first aid to the victim or affected athlete/sports person

immediately. This committee makes the necessary arrangements for providing help prior to the organization of sports events because athlete's or sports person may get serious injuries during the competition.

#### (OR)

What points should be keep in mind before, during and after the competition?

Ans. The organizing of sports event is a challenging task and requires a lot of planning. Planning is the first step of managing sports event. Formation of different committees is mandatory to perform all the work smoothly and it depends upon the budget of an event, level of participation, and number of events. All the committees are formed in first priority for proper coordination between members.

These committees perform the work which are categorized in three sub categories:

(i) Pre-Duties: These duties are done prior to the tournament. It requires lot of planning in a systematic way. Generally physical education teacher or sports head are appointed for that type of responsibilities by the institutes.

#### Some Pre-Duties are listed below:

- (a) Formation of different committees.
- (b) Preparation of budget.
- (c) Preparation of tournament schedule.
- (d) Ground location, formation, marking and construction related work.
- (e) Sponsorship related work.
- (f) Team and guest invitation related work.
- (g) Arrangement of food and boursess

- (h) Arrangement of boarding and lodging.
- (ii) During-Duties: Smooth working during the competition are the basic need of an event. Some duties are given below:
  - (a) Routine monitoring of all committees members with the help of in-charges.
  - (b) Teams entry and all related required documents for an event should be checked.
  - (c) Program should be conducted according to the fixed schedule.
  - (d) Supervision and direction over committees are essential during the event.
  - (e) Maintain coordination and communication between officials and other committees members.
  - (f) Provide meals and refreshment on schedule time to team and other staff.
  - (g) Always announce about the progress of the event.
  - (h) Always be ready to provide first-aid and medical service, if required.
- (iii) Post-Duties: Closing of sports event should be more effective than opening ceremony. There are some duties which are important to be performed after the completion of sports event.
  - (a) Proper distribution of awards, medals and certificates.
  - (b) News and article publishing in press.
  - (c) Return of rented items and equipments.
  - (d) To collect all the record of events from committees.
  - (e) To prepare correct finance report of all expenses.
  - (f) Timely payment to all the officials and members of events.
- 14. What do you mean by planning? Elucidate the objectives of planning in sports in detail. (1½+1½) Ans: Planning can be defined as a process for developing a strategy to achieve desired objectives, solve problems, and facilitate action. Planning plays a significant role, especially in sports where you need to organise several competitions and training programs and you need a proper plan for them.

## **Objectives of Planning:**

- a. To Reduce Unnecessary pressure of Immediacy
- b. To maintain a good control over all the activities
- c. To facilitate proper coordination
- d. To reduce the chances of mistakes
- e. To increase Efficiency
- f. To enhance sports Performance
- g. To enhance creativity

(Any 03)

Ans. Annual sports day is an event of celebration through games & sports. It is an event in which the whole school participates. So for the mass participation in

Write ithis her about functioning steps for organizing annual sports day of a school.

After that, committees in-charges also should be formed for proper communication. Some major functioning steps of management are required to follow for proper planning and execution. These steps are as follows:

Planning, Organising, staffing, directing & controlling.

Planning: "Planning is a process of setting objectives and deciding how to accomplish them". So it is the foremost step to follow by sports head and committee members.

Organising: It is the management function of assigning duties, grouping task, establishing authority to carry out a specific plan. Sports head should assign duties for proper organising.

Staffing: Selection of proper staff for the event is a challenging task. Staff should be well deserving for the particular type of event. Staff should be intelligent, hard working and technically updated. Directing: Sports head should be responsible for the proper direction to the rest of committee members. All members should know about the correct planning and direction.

Controlling: A proper monitoring, supervision, observation, evaluation, feedback and motivation are the part of controlling sports event and their related sports committees. It is essential to maintain the standard of an event.