



BK BIRLA CENTRE FOR EDUCATION
SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY|CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



PERIODIC TEST-1 (2026-27)

PHYSICAL EDUCATION (048) Set-1

Class : **XII**
Date : **15/06/2026**
Admission No.:

Duration: **1 Hrs**
Max. Marks: **25**
Roll No.:

General Instructions:

1. The question paper consists of 3 sections and 14 Questions.
2. Section A consists of question 1-5 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 6-11 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. All questions are compulsory.
4. Sections C consist of Question 12-13 carrying 3 marks each and are short answer types and should not exceed 100-150 words. All questions are compulsory.

Section-A

1. National Sports Day is celebrated on (1)
a. 9th August b. 19th August c. 28th August **d. 29th August**
2. Which of The Following Is Not A Spinal Curvature Deformities? (1)
a. Kyphosis b. Scoliosis c. Lordosis **d. Flat Foot**
3. League- cum-knock out is part of which tournament? (1)
a. Knock out b. Round Robin **c. Combination** d. Consolation
4. Do not force the babies to work at early age is the precautions in..... (1)
a. Scoliosis **b. Bow Legs** c. Kyphosis d. Lordosis
5. Which following method is used for preparing fixtures in League or round Robin tournament? (1)
a. Cyclic method
b. Staircase method
c. Combination method
d. Tabular method

Section-B

6. What do you mean by 'S' shaped deformity? (2)
Ans: Scoliosis is the 'S' shaped deformity because in this deformity 'S' shaped curve is visible in the vertebral column.
7. 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.
8. What are the causes of knock-knee? (½x4=2)
Ans: The causes of knock-knee are:

- a. Weakness of muscles and ligaments
- b. Overweight body
- c. Lack of balanced diet
- d. Lack of vitamin D, calcium and phosphorus.

9. Calculate the number of matches if the number of teams are 12 in league tournament. (2)

Ans: Total number of teams = 08

Format = League tournament

$$\begin{aligned}
 \text{No. of matches if the number of teams are even} &= N(N-1)/2 \\
 &= 8(8-1)/2 \\
 &= 8(7)/2 \\
 &= 56/2 = 28 \text{ Matches}
 \end{aligned}$$

10. Define kyphosis and bow legs. (1+1=2)

Ans: Kyphosis is a deformity of the spine in which there is an increase of exaggeration of a backward curve or a decrease of a forward curve. It is also called round upper back.

Bow legs is a deformity just the reverse of the knock-knee position. In fact, if there is a wide gap between the knees, the deformity can be observed easily when individual walks or runs.

11. Write any two advantages and disadvantages of league tournaments. (1+1=2)

Ans: Advantages of League Tournament:

- a. Only strong or deserving team gets a victory in the tournament.
- b. Every team gets a full opportunity to show its efficiency or performance.
- c. Sports and games can be made more popular through league tournament owing to a maximum number of matches.

Disadvantages of League Tournament:

- i. It requires more time to conduct.
- ii. It requires more arrangement for sports officials, teams, players.
- iii. Most of the teams become psychologically down due to their defeat again and again.

Section-C

12. Explain the causes, precautions and remedies of Bow Legs. (1+1+1=3)

Ans: Causes: The main cause of bow legs is the deficiency of calcium and phosphorus in bones. Long bones of legs become soft, hence they are bent outward. The chances of bow legs also increase when children become overweight. This deformity may be due to the deficiency of Vitamin 'D'. Improper way of walking and forcing the baby to walk at a very early age may also lead to bow legs.

Precautions:

- a. Don't let the children be overweight.
- b. Don't force the baby to walk at a very early age.
- c. Balanced diet should be given to children.
- d. There should not be any deficiency of calcium, phosphorus and vitamin 'D'.

Remedies:

- a. Vitamin 'D' should be taken in required amount.
- b. Balanced diet should be taken.
- c. Bow legs can be corrected by walking on the inner edge of the feet.
- d. Walking by bending the toes inward.

13. Draw a fixture of 7 teams in Tabular Method.

Ans: Number of Boxes $N + 2$

$$7 + 2 = 9 \text{ Boxes}$$

Number of Rounds $N = 7 \text{ Rounds}$

	A	B	C	D	E	F	G	Bye
A		1	2	3	4	5	6	7
B			3	4	5	6	7	2
C				5	6	7	1	4
D					7	1	2	6
E						2	3	1
F							4	3
G								5
Bye								

Round # 1		Round # 2		Round # 3		Round # 4
A Vs B		A Vs C		A Vs D		A Vs E
C Vs G		B Vs Bye		B Vs C		B Vs D
D Vs F		D Vs G		E Vs G		C Vs Bye
E Vs Bye		E Vs F		F Vs Bye		F Vs G

Round # 5		Round # 6		Round # 7
A Vs F		A Vs G		A Vs Bye
B Vs E		B Vs F		B Vs G
C Vs D		C Vs E		C Vs F
G Vs Bye		D Vs Bye		D Vs E

*****ALL THE BEST*****