



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-2

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. Which of the following is characterized by an exaggerated inward curvature of the lumbar spine? (1)
a. Kyphosis b. Scoliosis **c. Lordosis** d. Knock-knee
2. Purchase of sports equipment is a work of the ____ Committee. (1)
a. Technical b. Logistics c. Marketing **d. Finance**
3. Excessive outward curvature of the thoracic spine leads to: (1)
a. Lordosis b. Scoliosis **c. Kyphosis** d. Arthritis
4. National Sports Day is celebrated on _____. (1)
a. 9th August b. 19th August c. 28th August **d. 29th August**
5. What is the formula of calculate the number of matches in single League tournament? (1)
a. $N-1$ b. $N(N-1)$ **c. $N(N-1)/2$** d. N

Section-B

6. What is a Knock-out Tournament? Write its advantages & disadvantages. (2)

Ans: Definition: A tournament where the losing team is eliminated after one loss.

Advantages:

Requires less time
Fewer resources needed
Easy to organize

Disadvantages:

Good teams may get eliminated early
Less opportunity for teams to play

7. What are common postural deformities in children? (2)

Ans:

- Kyphosis (rounded upper back)
- Lordosis (excess inward curve of spine)

- Scoliosis (sideways curvature of spine)
- Knock knees
- Bow legs

8. Expand IOA and SGFI.

(1+1=2)

Ans:

- **IOA** – Indian Olympic Association
- **SGFI** – School Games Federation of India

9. What are the causes of postural deformities?

(2)

Ans:

- Poor posture habits
- Lack of exercise
- Improper nutrition
- Injury or disease
- Weak muscles

10. What is the role of parents and teachers in children's sports?

(1+1=2)

Ans:

- Encourage participation
- Provide proper guidance
- Ensure safety
- Promote balanced diet
- Motivate and support

11. What is Seeding?

(2)

Ans: Seeding is the process of placing strong teams in different positions in the fixture to prevent them from meeting in early rounds.

Section-C

12. Explain the causes, precautions and remedies of Knock-Knees.

(1+1+1=3)

Ans: Causes:

- i. Due to heredity
- ii. Due to weak muscles and ligaments
- iii. Due to excessive weight
- iv. Due to unbalanced diet
- v. Due to lack of Vitamin-D

Precautions:

- i. Don't sit, walk or stand in bent position.
- ii. Avoid tight fitting clothes.
- iii. Avoid sitting on improper furniture.
- iv. Keep a pillow between the knees and stand straight for some time.
- v. Wear good quality and comfortable footwear.

Remedies:

- i. Take a balanced diet.
- ii. Reduce extra weight by regular exercising.
- iii. Do Padmasana regularly.
- iv. Horse riding is a good exercise.

13. Explain cyclic method of league tournament for 6 teams.

($1\frac{1}{2}+1\frac{1}{2}=3$)

Ans: Explain cyclic method of league tournament for 6 teams.

Ans: Solution: Total number of teams = 6

Total number of matches = $N(N-1)/2 = 6(6-1)/2 = 6(5)/2 = 30/2 = 15$

Total number of rounds = $N - 1 = 6 - 1 = 5$ Rounds

Cyclic Method Procedure

Fix one team: Keep Team 1 in a fixed position (usually at the top-right).

Rotate others: Rotate the remaining teams (2, 3, 4, 5, 6) in a clockwise direction for each subsequent round.

Fixture Table

Round 1	Round 2	Round 3	Round 4	Round 5
6 vs 1	5 vs 1	4 vs 1	3 vs 1	2 vs 1
5 vs 2	4 vs 6	3 vs 5	2 vs 4	6 vs 3
4 vs 3	3 vs 2	2 vs 6	6 vs 5	5 vs 4

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