



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-3

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 13 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 Not A Spinal Curvature Deformities? (1)
a. Kyphosis b. Scoliosis c. Lordosis d. Flat Foot
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. **Kyphosis** b. Scoliosis c. Lordosis d. Flat Foot
4. League- cum-knock out is part of which tournament? (1)
a. Knock out b. Round Robin c. **Combination** d. Consolation
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. Enlist various types of tournament. (1+1=2)

Ans: **Knock-out** (single elimination), **League** (round-robin), **Combination** (hybrid formats), and **Challenge** (rank-based)

9. What is Lordosis? (2)

Ans: Lordosis is the medical term for the **natural inward curve** of the spine in your neck (cervical spine) and lower back (lumbar spine). While these slight curves are normal and help your body absorb shock and maintain balance, the term is most commonly used to describe **hyper lordosis**, which is an exaggerated or excessive inward curve that can cause a "swayback" appearance.

10. What is health run? (2)

Ans: A **Health Run** is a public, often non-competitive running event organized to promote physical fitness, raise health awareness, or support charitable causes. Unlike professional marathons, these events are designed to be inclusive, welcoming participants of all ages and fitness levels—from children as young as two to seniors.

11. What do you understand by Flat feet? (2)

Ans: Flat feet, also known as **pes planus** or **fallen arches**, is a common condition where the arches on the inside of your feet are flattened, allowing the entire sole to touch the floor when standing. For many, it is simply a natural variation of foot shape and does not cause any pain or issues.

Section-C

1. 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.

12. Explain the staircase method of league tournament and draw the fixture of 12 teams in staircase methods. (3)

Ans: In the **staircase method**, fixtures are arranged like a flight of stairs. It is the simplest way to organize a round-robin tournament because there are no "byes" to worry about, regardless of whether the number of teams is even or odd.

To calculate the total matches: $N(N-1) / 2$ $12(12-1) / 2$ $12(11) / 2$ $132 / 2 = 66$ Matches

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10	Step 11
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			
1-10	2-10	3-10	4-10	5-10	6-10	7-10	8-10	9-10		
1-11	2-11	3-11	4-11	5-11	6-11	7-11	8-11	9-11	10-11	
1-12	2-12	3-12	4-12	5-12	6-12	7-12	8-12	9-12	10-12	11-12

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