



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 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. 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)
7. In which condition, League tournament are better than knock-out tournament? (2)
8. What are the causes of knock-knee? ($\frac{1}{2} \times 4 = 2$)
9. Calculate the number of matches if the number of teams are 12 in league tournament. (2)
10. Define kyphosis and bow legs. (1+1=2)
11. Write any two advantages and disadvantages of league tournaments. (1+1=2)

Section-C

12. Explain the causes, precautions and remedies of Bow Legs. (1+1+1=3)
13. Draw a fixture of 7 teams in Tabular Method. (3)

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