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** Duration: **1 Hrs**
Date : **15/06/2026** Max. Marks: **25**
Admission No.: 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 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. Wide gap between the knees
   b. Plain foot sole
   c. Knees colliding with each other
   d. Both legs curving inwards
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)
7. What are common postural deformities in children? (2)
8. Expand IOA and SGFI. (1+1=2)
9. What are the causes of postural deformities? (2)
10. What is the role of parents and teachers in children's sports? (1+1=2)
11. What is Seeding? (2)

Section-C

12. Explain the causes, precautions and remedies of Knock-Knees. (1+1+1=3)
13. Explain cyclic method of league tournament for 6 teams. (1½+1½=3)

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