



# 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. Wide gap between the knees  
b. Plain foot sole  
c. Knees colliding with each other  
d. Both legs curving inwards
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)
7. What are common postural deformities in children? (2)
8. Enlist various types of tournament. (1+1=2)
9. What is Lordosis? (2)
10. What is health run? (2)
11. What do you understand by Flat feet? (2)

### Section-C

12. Explain the causes, precautions and remedies of Knock-Knees. (1+1+1=3)
13. Explain the staircase method of league tournament and draw the fixture of 12 teams in staircase methods. (3)

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