



**S.N.B. P's International School,
Academic Year 2025-26**

**PERIODIC TEST -1
SET-A**

**Class: - XII
Subject: - P. E (048)
Marks: - 40**

**Day: - THURSDAY
Date: - 10/07/2025
Time: - 2 Hrs.**

General Instructions

- The question paper consists of **5** sections and **18** Questions.
- **Section-A** consists of questions **1-8** carrying **1** mark each and is multiple choice questions. All questions are compulsory.
- **Section-B** consist of questions **9-11** carrying **2** marks each and are very short answer types and should not exceed **60-90** words.
- **Section-C** consist of questions **12-15** carrying **3** marks each and are short answer types and should not exceed **100-150** words.
- **Section-D** consist of question **16** carrying **4** marks based on case studies.
- **Section-E** consists of questions **17-18** carrying **5** marks each and are long answer types and should not exceed **200-300** words.

SECTION-A

(All Questions are compulsory)

(1X8=8M)

Q1. Which exercise should be done to cure this deformity?



- (a) Skipping
- (b) Walking on heels
- (c) Both A and B
- (d) Hanging on horizontal bar

Q2. How many total matches will be played in a knock out fixture of 19 teams

- (a) 18
- (b) 20
- (c) 17
- (d) 16

Q3. Menarche is a condition of _____.

- (a) Onset of anemia
- (b) Onset of blindness
- (c) Onset of blood pressure
- (d) Onset of menstrual cycle

Q4. What is Bye?

- (a) It's a method of drawing fixture.
- (b) Point system for team games.
- (c) Advantage given to a team to not play in initial round.
- (d) Placing of teams according to previous performance.

Q5. Match the following:

List I	List II
I Knock Knee	1 Increase exaggeration of backward curve
II Kyphosis	2 Wide gap between the knees when standing with feet together
III Lordosis	3 Knees touch each other in normal standing position
IV Bow legs	4 Inward curvature of the spine

- a) I-3, II-1, III-4, IV-2
- b) I-1, II-3, III-4, IV-2
- c) I-4, II-2, III-1, IV-3
- d) I-2, II-3, III-4, IV-1

Q6. Inter school competitions are called _____.

- (a) Extramural
- (b) Athletics
- (c) Olympics
- (d) Intramural

Q7. Sports help to develop _____.

- (a) Physical skills
- (b) Exercise
- (c) Have fun
- (d) All the above

Q8. How many functions of management are there?

- (a) Four
- (b) Six
- (c) Five
- (d) Eight

SECTION-B

VERY SHORT ANSWER TYPE QUESTIONS

(2X3=6M)

Q9. Define posture.

Q10. When were the WHO guidelines issued for the first time?

Q11. Define combination tournament.

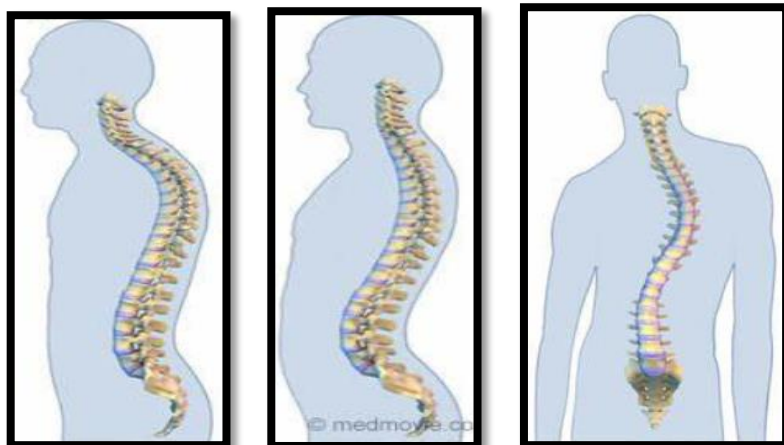
SECTION-C

SHORT ANSWER TYPE QUESTIONS

(3X4=12M)

Q12. Draw a fixture for 6 teams participating in the league tournament using a cyclic method.

Q13. Identify the following deformities.



1) _____ 2) _____ 3) _____

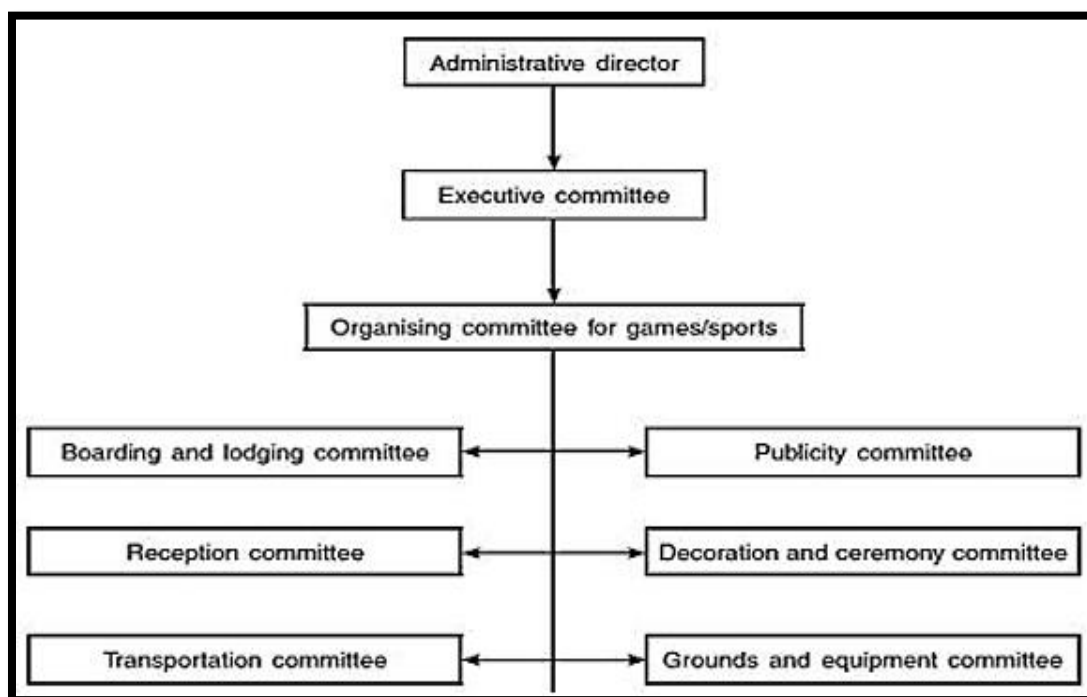
Q14. Explain the responsibilities of any three committee during sports competition.

Q15. Explain physical benefits of women participation in sports.

SECTION-D

CASE STUDY

(4X1=4M)



Q16.

I. Choose the function of boarding committee

- A. To take teams to the venue of match
- C. To take care of their stay

- B. To provide them meals
- D. To arrange opening ceremony

II. What is the work of ceremony committee

- A. To take teams to the venue of match
- C. To take care of their stay

- B. To provide them meals
- D. To arrange opening ceremony

III. Ground and equipment committee should not perform

- A. To arrange teams match venues
- C. To take care of proper officiating

- B. To provide them meals
- D. To make fixtures

IV. Why committees are required?

- A. To organize the event in perfect manner
- C. To make the best use of resources

- B. To distribute the work
- D. All of the above

SECTION-E

LONG ANSWER TYPE QUESTION

(5X2=10)

Q17. Explain the exercise guidelines for different age groups.

Q18. What is female athlete triad? Explain.