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**PT1/PEQP/12/A 22-MAY-2023**

**PERIODIC TEST - I** **(2023-24)**

**SUBJECT: PHYSICAL EDUCATION (048) Maximum Marks: 35**

**CLASS: 12th GRADE TIME: 1 HR 20 MIN.**

**General instructions:**

* **There are five sections in the Question paper namely Section A, B, C, D and E.**
* **Section A consists of question 1-16 carrying 1 mark each and are multiple choice questions. All questions are compulsory.**
* **Section B consist of question 17-19 carrying 2 marks each and are very short answer type and shall not exceed 60-90 words. Attempt any 2.**
* **Section C consist of question 20-22 carrying 3 marks each and are short answer type and shall not exceed 100-150 words. Attempt any 2.**
* **Section D consist of question 23-24 only carrying 4 marks shall not exceed 150 – 200 words. Attempt any 1.**
* **Section E consist of question 25-26 carrying 5 marks each and are short answer type and shall not exceed 200-300 words. Attempt any 1.**

**SECTION A**

**1.Which committee is responsible for preparing the ground layout for an Inter School Football tournament? (1)**

a) publicity committee b) Officials and referees Committee c) Boarding and Lodging Committee d) Ground and Equipment Committee

**2. Choose the correct formula to calculate the number of matches in a double league tournament? (1)**

a) N(N-1) b) N(N-1) / 2 c) N-1 d) N-1

**3. How many teams will be placed in the IIIrd quarter, if 31 teams are participating in a knock-out tournament? (1)**

a) 6 b) 7 c) 8 d) None

**4. How many byes will be given if 18 teams are participating in a knockout tournament.** (**1)**

a) 12 b) 13 c) 14 d) 15

**5.In Tabular method fixture how many columns will be draw to If we have 11 teams playing in the league tournament?** **(1)**

a) 10 b) 11 c) 12 d) 13

**6. Assertion (A): Run for a specific cause is the run which is related to a good and noble cause.**

**Reason (R): Specific sports prorgammes are such programmes of sports, which are not usually related to competition. These events have various objectives. (1)**

a) both (A) and (R) are true, but (R) is not correct explanation of (A)

b) both (A) and (R) are true and (R) is the correct explanation of (A)

c) (A) is true but (R) is false

d) (A) is false but (R) is true

**7. Assertion (A): Spinal curvature deformities are caused by carrying excessive weight beyond one’s capacity.**

**Reason (R): Gross motor development involves the small muscles of the body. (1)**

a) both (A) and (R) are true and (R) is the correct explanation of (A)

b) both (A) and (R) are true, but (R) is not correct explanation of (A)

c) (A) is true but (R) is false

d) (A) is false but (R) is true

**8. Invitational Inter School Swimming Gala is an …………. event?** **(1)**

a) Intramural b) Cluster event c) Extramural d) All of the above

**9. Which among the following is the most important role of the Convener of the tournament?** **(1)**

a) Planning b) Staffing c) Organizing d) Direction and Coordination

**10. Identify the given picture below and name the deformity. (1)**



a) Lordosis b) Kyphosis c) Scoliosis d) Round Shoulder

**11. Hanging on the chin-up bar is helpful to correct the? (1)**

a) Lordosis b) Kyphosis

c) Flat foot d) Scoliosis

**12. Select the correct Female athlete triad syndrome given below?** **(1)**

a) Bow Leg & Round shoulder b) Flat Foot & Extreme weight reduction c) Osteoporosis & Eating Disorder d) All of the above

**13. Match the following:**  **(1)**

|  |  |  |  |
| --- | --- | --- | --- |
| `1 | Bulimia Nervosa | A | Corrective measures of knock knee |
| 2 | Amenorrhoea | B | 7 to 10 Years |
| 3 | Horse Riding | C | Eat Excessive amount of food and vomits |
| 4 | Middle Childhood | D | Is a menstrual disorder |

a) 1-A, 2-B, 3-C, 4-D b) 1-D, 2-C, 3-B, 4-A

c) 1-C, 2-D, 3-A, 4-B d) 1-C, 2-B, 3-A, 4-D

**14. In which Olympics did women participated for the first time? (1)**

a) 1896 b) 1900 c) 1904 d) 1908

**15. Which among the following define correctly “Kyphosis”. (1)**

a) Posterior curvature in the mid spine b) Inward curvature in spine c) Postural adaptation of spine in lateral direction d) None of the above

**16. Which one of the following postural deformities is opposite to knock-knee**. **(1)**

a) scoliosis b) Flat foot c) Lordosis d) Bow leg

**Section B**

**17**.  **List down any four reasons of less participation of women is sports in India. (2)**

**18. Write the Exercise guidelines for early childhood and late childhood.**  **(2)**

**19. Discuss the objectives of planning in sports.**  **(2)**

**Section C**

**20.** **Draw a fixture of 11 teams on knock-out basic.** **(3)**

**21.** **Draw the fixture of 9 teams using the tabular method of league format. (3)**

**22. Draw the fixture of 7 teams using the cyclic method of league format. (3)**

**Section D**

**23.**  **What do you mean by round shoulders? Suggest any four physical activities for correcting round shoulders.**  **(4)**

**24.Briefly explain the significance of intramural competition.**  **(4)**

**Section E**

**25. Clarify the pre, during and post-game responsibilities of officials of various committees to conduct the CBSE Cluster tournament for UAE Zone.**  **(5)**

**26.** **Mention causes, precautions, and remedies of Lordosis.**  **(5)**

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