



INDIAN SCHOOL AL WADI AL KABIR

CLASS XII UNIT TEST

Max Marks:30
Date- 13/05/2026

SUBJECT-PHYSICAL EDUCATION (048)

Time: 1 hr.

General instructions:

1. Section A consists of multiple-choice questions, carries 1 mark each. All questions are compulsory.
2. Section B consists of 3 questions amongst which 2 questions have to be attempted; each question carries 4 marks and should have 60-80 words.
3. Section C consists of 3 questions amongst which 2 questions have to be attempted; each question carries 5 marks and should have 100-120 words.

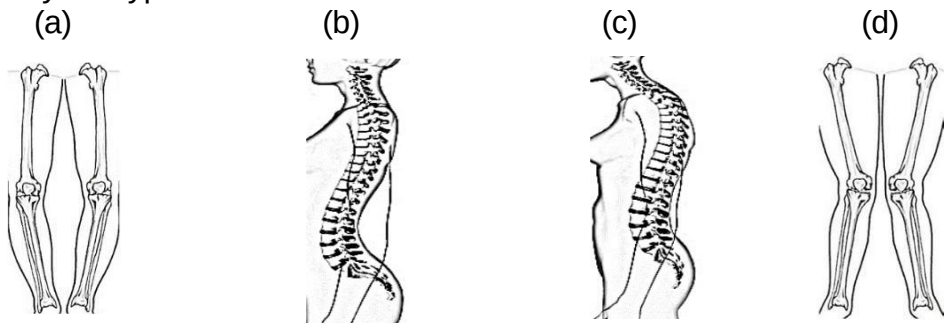
SECTION A

- Q 1. In which of the following functions of sports event management "Recruitment process" take place? 1
- a. controlling
 - b. Planning
 - c. Staffing
 - d. Directing
- Q 2. Bow leg is also known as. 1
- a. Genu valgum
 - b. Lordosis
 - c. Scoliosis
 - d. Genu varum
- Q 3. Menarche refers to: 1
- a. The first ovulation
 - b. The onset of puberty
 - c. The first menstrual cycle
 - d. Menstrual pain
- Q 4. Which of the following tournament helps save time? 1
- a. Round Robin tournament
 - b. League tournament
 - c. Knockout tournament
 - d. None of above
- Q 5. Common postural deformities of spine are 1
- a. Kyphosis
 - b. Scoliosis
 - c. Lordosis
 - d. All of these
- Q 6. If Number of team is 15, the teams in lower half will be 1
- a. 9
 - b. 8
 - c. 7
 - d. 6

- Q 7. Knock knee is also known as 1
- Genu valgum
 - Genu varum
 - Pes planus
 - Scoliosis
- Q 8. In _____ Tournament, every team plays with every other team twice. 1
- League
 - Single league
 - Double league
 - None of these
- Q 9. What is female Athlete triad? 1
- Osteoporosis
 - Amenorrhea
 - Eating disorders
 - All of these
- Q 10. In knockout tournament, if 9 teams are participating then number of byes in upper half is _____. 1
- 5
 - 4
 - 3
 - 2
- Q 11. Knock knees can be corrected by: 1
- Wearing arch support
 - Horse-riding stance exercises
 - Walking on toes
 - Pulling the shoulders back
- Q 12. Formula for calculating number of matches in single league fixture is 1
- $n-1$
 - $n(n-1) / 2$
 - $n/2$
 - $n(n-1)$

SECTION B (any two)

- Q 13. What do you mean by a League-cum-Knockout Fixture? Draw an example fixture to explain it. 4
- Q 14. Picture Based (Identification) Question. 4
- Identify the type of deformities and write their names.



- Q 16. Explain Physical benefits of Women participation in sports. 4

SECTION C (any two)

- Q 16. Write a short note on the term “Knockout”. Make a knockout fixture for 9 teams with all the steps involved. 5
- Q 17. Explain in detail the various postural deformities? 5
- Q 18. What is league tournament? Draw a league fixture of 7 teams (tabular method) with all the steps involved. 5

-X-