O. P. JINDAL SCHOOL, SAVITRI NAGAR

Periodic Test 1 2026 –27

Class: XII **MM: 20**

Subject: Physical Education **Time: 1 Hr.**

General Instructions:

**All the questions are compulsory.*

**Questions of 1marks will in form of MCQ .*

**Question of 2 marks will be answer in 50-60 words*

**Questions of 3marks will be answer in 90-100 words.*

1.The basic function of the management is 1

a.Controlling b.Budgeting

c.Planning d.Organising

2.What is the most important prerequisite for a successful competitive event to happen? 1

a.Publicising the event b.Appropriate Planning

c.Coordinating the event d.None of the above

3.If odd numbers of teams areparticipating in a round robin tournament then the formula for calculating number of round is 1

a.N-1 b.N(N-1)

c.N d.N+1

4.Match List I with List II. 1

List I(No.of teams in league tournament)	List II(No.of Matches)
1. 6 teams	i) 28
2. 8 teams	ii) 120
3. 13 teams	iii) 15
4. 16 teams	iv) 78

a.iii, iv, i, ii b.ii, i, iv, iii, c.iii, ii, i, iv d.iii, i, iv, ii.

5. The main cause of Kyphosis is: 1

a.Wrong Sitting posture b.Wrong foot wear

c.Wrong sleeping posture d.Wrong walking style

6. The Average age of the first menstruation 1

a.6 to 8 Yrs b.11 to 14 Yrs

c.17 to 19 Yrs d.20 Onward

7.Abnormal curve of spine at front is called..... 1

a. Scoliosis b. Kyphosis

c. Lordosis d. Knock-Knees

8. Given below are two statements labeled as Assertion(A) and Reason(R). 1

Assertion (A): In Osteoporosis the bone becomes weak.

Reason (R): Extra calcium should be taken by female during female athlete triad problem.

In the context of above two statements, which one of the following is correct?

a. Both A and R are true and R the correct explanation of A
b. Both A and R are true ,but R is not the correct explanation of A
c. A is true but R is false
d. A is false, but R is true

9. Define Good Posture. 2
10.What do you mean by Eating Disorder. 2
11.Define Fixture. Enlists Various types of tournament. 2
12.Draw the Fixture of 17 Teams by Knock –out method. 3
13. Draw the fixture of 9 Team by League Tabular Method? 3

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