

O. P. JINDAL SCHOOL, SAVITRI NAGAR**Periodic Test 1 (2023–24)****Class: XII****MM: 20****Subject: Physical Education****Time: 1 Hr.****General Instructions:****All the questions are compulsory.***Questions of 1 mark will be in form of MCQ.***Question of 2 marks will be answer in 30-40 words***Questions of 3 marks will be answer in 50-60 words.*

1. What is Planning? 1
- a. Deciding in advance what is to be done b. Motivation towards training
c. Thinking about past d. Organizing Tournament
2. How many matches will be played in the knock out tournaments first round if there are 19 teams? 1
- a. There are large number of teams b. League tournament
b. Advantage of not to play in first round d. There are odd number of teams

State true or False:-

3. Planning does not play important role in sports.(True/False) 1
4. Match the following:- 1

	List I (Committee)	List II (Function)
1	Staffing	(i)Organise an activity in order to reach a particular goal
2	Directing	(ii)All the processes that leaders create to monitor success
3	Controlling	(iii)Letting staff know what needs to be done
4	Planning	(iv)Identifying key staff positions

	A	B	C	D
a.	(i)	(ii)	(iii)	(iv)
b.	(ii)	(iii)	(iv)	(i)
c.	(iv)	(iii)	(ii)	(i)
d.	(iii)	(iv)	(i)	(ii)

5. In bow legs, there is/are 1
- a. Wide gap between the knees b. Plain foot sole
c. Knees colliding with each other d. Both legs curving inwards
6. Abdominal curve of the spine at the front is called 1
- a. Scoliosis b. Kyphosis
c. Lordosis d. Psoriasis
- 7..... is a condition which causes low red blood cells in the body. 1
8. **Assertion (A)** Lordosis is treatable by doing the Bhujangasana and Tadasana.
Reason (R) These Asanas strengthen the muscles and help in maintaining the balance of the body.
In the context of above two statements, which one of the following is correct. 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 the correct explanation of A
c. A is true but R is false
d. A is false but R is true
9. What do you mean by seeding? 2
10. Explain procedure of giving a bye. 2
11. State the common postural deformities. 2
12. Draw the fixture of 9 teams by League Tabular method. 3
13. What is the meaning of female athlete Triad? 3
