



# B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS  
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL



## MID-APRIL TEST 2026-27 PHYSICAL EDUCATION – SET # 2

Class: XII  
Date: 20.04.2026  
Admission no:

Time: 1hr  
Max Marks: 25  
Roll no:

### General Instructions:

1. The question paper consists of 3 sections and 14 Questions.
2. Section A consists of question 1-6 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 7-11 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. All questions are compulsory.
4. Sections C consist of Question 12-14 carrying 3 marks each and are short answer types and should not exceed 100-150 words. All questions are compulsory.

### Section-A

1. The work of committees is divided into \_\_\_\_\_ (1)
  - a. **Pre, during and post**
  - b. Pre and post
  - c. Pre and during
  - d. During and Post
2. Match the following (1)
  - a. Technical committee (i) To provide shifting facility
  - b. Finance committee (ii) To resolve dispute
  - c. Transport committee (iii) To deals with money and expenditure
  - d. First aid committee (iv) To provide medical facility
  - a. **a-ii, b-iii, c-i, d-iv**
  - b. a-iii, b-ii, c-i, d-iv
  - c. a-ii, b-iii, c-iv, d-i
  - d. a-iv, b-iii, c-i, d-ii
3. The formula for calculating number of matches in Round Robin tournament are where 'N' is number of teams is \_\_\_\_\_ (1)
  - a. 31
  - b. 32
  - c. 33
  - d. **35**
4. In League tournaments the winner is decided by (1)
  - a. British method
  - b. American Method
  - c. No of Matches won
  - d. **Both a and b**
5. The members of this committee are responsible for welcoming guests and spectators (1)
  - a. Decoration committee
  - b. **Reception committee**
  - c. Ground committee
  - d. Committee for officials
6. The purpose for conducting a community run is for: (1)
  - a. Talent identification
  - b. **Run for Publicity**
  - c. Sports Training
  - d. Crowd Funding

### Section-B

7. What are the league tournament or what are the round robin tournament? (2)

Ans: A **league tournament**, also known as a **round-robin tournament**, is a competition format where every participant (team or individual) plays against every other participant in the group. Unlike elimination formats, teams are not removed from the tournament after a loss; instead, they play a predetermined number of matches, and the final winner is typically decided by the highest total points accumulated.

8. What do you mean by planning or explain the meaning of planning? (2)

Ans: Planning is the fundamental management process of deciding in advance what to do, how to do it, when to do it, and who is to do it. It bridges the gap from where we are to where we want to go by setting goals, mapping out actions, and allocating resources to achieve desired outcomes.

9. Write down a brief note on Sports Day. (2)

Ans: Sports Day is an annual, energetic event celebrated in schools, colleges, and communities to promote physical fitness, teamwork, and healthy competition. It serves as a vital break from academic routines, focusing on the holistic development of students by encouraging them to showcase their athletic talents.

10. What is the aim of intramural tournament? (2)

Ans: The primary aim of intramural tournaments is to provide opportunities for every student to participate in sports and games within their institution, promoting mass participation, physical health, and recreation. These competitions foster social skills, leadership, sportsmanship, and personal development within the school's "walls".

11. What is league-cum-knockout tournament? (2)

Ans: A league-cum-knockout tournament is a hybrid format where teams first compete in smaller groups (league/round-robin) to determine group winners, who then advance to a single-elimination stage (knockout) to decide the final champion. It combines fair, guaranteed matches for all teams initially with an exciting, high-stakes finale.

### Section-C

12. Explain the staircase method of league tournament and draw the fixture of 12 teams in staircase methods. (1½+1½)

Ans: In a staircase method (also known as the ladder method), fixtures are arranged like a **staircase**. There are no rounds or "byes" to worry about, regardless of whether the number of teams is even or odd.

Each team is placed on a step and plays every team listed below it until all combinations are met.

### Fixture for 12 Teams

To draw this, start with Team 1 playing everyone (2–12), then move to Team 2, and so on.

1-2  
1-3 2-3  
1-4 2-4 3-4  
1-5 2-5 3-5 4-5  
1-6 2-6 3-6 4-6 5-6  
1-7 2-7 3-7 4-7 5-7 6-7  
1-8 2-8 3-8 4-8 5-8 6-8 7-8  
1-9 2-9 3-9 4-9 5-9 6-9 7-9 8-9  
1-10 2-10 3-10 4-10 5-10 6-10 7-10 8-10 9-10  
1-11 2-11 3-11 4-11 5-11 6-11 7-11 8-11 9-11 10-11  
1-12 2-12 3-12 4-12 5-12 6-12 7-12 8-12 9-12 10-12 11-12

(OR)

Write in brief about 'Run for Fun Health Programme.

Ans: The "Run for Fun" health programme is a non-competitive, recreational running event designed to promote physical fitness, community engagement, and healthy lifestyles. It encourages participation from all ages and abilities, often serving as a charity fundraiser or a mechanism to raise awareness about fitness and community spirit.

13. Write specifying calculation prepare cyclic method fixture for 9 teams. (3)

Ans: Preparing a cyclic method fixture for 9 teams involves a single league tournament where each team plays every other team once. Because 9 is an odd number, one team will receive a 'Bye' (no match) in each round.

#### 1. Calculation of Fixture

Total Number of Teams (N) = 9

Total Number of Matches =  $N(N-1/2)$   $9(9-1/2)$   $9 \times 8/2$  36

Total Number of Rounds = N = 9

**Bye System** = Since the number of teams is odd, one team gets a bye in each round to make 9 rounds, as there are 8 matches + 1 bye per round.

(OR)

What is different between Intramural and Extramural?

Ans: Intramural activities take place within an institution's walls (e.g., inter-house competitions), focusing on mass participation and recreational skill development. In contrast, Extramural activities occur between different institutions (e.g., inter-school tournaments), focusing on high-level competition and sportsmanship

14. Write specifying calculation prepare Tabular method fixture for 7 teams. (3)

Ans: A tabular method (often used interchangeably with the cyclic or round-robin method for odd-numbered teams) is a systematic way to arrange fixtures where each team plays every other team once. Since 7 is an odd number, one team will receive a "Bye" (a rest) in each round.

(OR)

Write a note on the term "Knockout". Make a Knockout fixture for 16 teams.

Ans: A 16-team knockout fixture is a single-elimination tournament requiring 15 total matches ( $N - 1$ ) over 4 rounds ( $2^4 = 16$ ), where losers are immediately eliminated. The 16 teams are divided into two halves (8 each), with no byes required, proceeding directly to the round of 16, quarter-finals, semi-finals, and final.