



# GAIL DAV PUBLIC SCHOOL

## Worksheet 2026-27

**Class: XII**

**Subject: Physical- Education**

### **Worksheet 1: Unit I – Management of Sporting Events**

#### **Section A: Multiple Choice Questions (1 mark each)**

1. The number of matches in a knock-out tournament is:
  - a)  $N-1$
  - b)  $N+1$
  - c)  $N \times 2$
  - d)  $N^2$
2. Which tournament gives equal opportunity to all teams?
  - a) Knock-out
  - b) League
  - c) Combination
  - d) Challenge
3. Seeding is done to:
  - a) Increase matches
  - b) Avoid strong teams meeting early
  - c) Eliminate weak teams
  - d) Reduce time
4. Intramural tournaments are conducted:
  - a) Between schools
  - b) Within an institution
  - c) At international level
  - d) At district level
5. Fixtures are prepared to:
  - a) Delay matches
  - b) Organize matches systematically
  - c) Reduce players
  - d) Increase expenses

#### **Assertion–Reason Questions (1 mark each)**

1. Assertion (A): Knock-out tournaments require less time.  
Reason (R): Teams are eliminated after one loss.
2. Assertion (A): League tournaments are more expensive.  
Reason (R): Each team plays against every other team.
3. Assertion (A): Seeding is important in tournaments.  
Reason (R): It ensures strong teams do not meet in early rounds.

4. Assertion (A): Intramural tournaments promote mass participation.  
Reason (R): They are conducted within an institution.
  5. Assertion (A): Proper planning is essential for sports events.  
Reason (R): It helps in avoiding confusion and delays.
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**Section B: Very Short Answer (2 mark each)**

1. Define tournament.
  2. What is a fixture?
  3. Name any two types of tournaments.
  4. What is seeding?
  5. What is a bye?
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**Section C: Short Answer Questions (3 marks each)**

1. Explain the objectives of intramural tournaments.
  2. Differentiate between knock-out and league tournaments.
  3. Write the importance of extramural tournaments.
  4. Explain any three committees required for sports event management.
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**Section D: Case Study (4 marks each)**

A school is organizing its annual sports day. Different committees like transport, ground & equipment, and refreshment committees are formed. Due to poor coordination, the event faces delays.

- a. Identify the main problem.
  - b. Suggest two solutions for better coordination.
  - c. Name any two important committees.
  - d. Explain the role of the organizing committee.
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**Section E: Long Answer Questions (5 marks each)**

1. Draw and explain a knock-out fixture for 7 teams.
  2. Describe the procedure to organize a sports event in school.
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## **Worksheet 2: Unit II – Children & Women in Sports**

### **Section A: Multiple Choice Questions (1 mark each)**

1. Female athlete triad includes:
  - a) Obesity, stress, fatigue
  - b) Amenorrhea, osteoporosis, eating disorder
  - c) Strength, stamina, flexibility
  - d) Diet, sleep, exercise
2. Motor development is related to:
  - a) Emotional growth
  - b) Movement skills
  - c) Social behavior
  - d) Intelligence
3. Menarche refers to:
  - a) End of menstruation
  - b) Beginning of menstruation
  - c) Pregnancy
  - d) Disease
4. Lack of physical activity in children leads to:
  - a) Better health
  - b) Obesity
  - c) Increased stamina
  - d) Faster growth
5. Women participation in sports leads to:
  - a) Weakness
  - b) Empowerment
  - c) Illness
  - d) Fatigue

### **Assertion–Reason Questions (1 mark each)**

1. Assertion (A): Female athlete triad affects performance.  
Reason (R): It includes eating disorders, amenorrhea, and osteoporosis.
2. Assertion (A): Physical activity is important for children.  
Reason (R): It helps in motor development.
3. Assertion (A): Menarche is a natural biological process.  
Reason (R): It marks the beginning of menstruation in females.
4. Assertion (A): Sports participation empowers women.  
Reason (R): It improves confidence and social status.
5. Assertion (A): Lack of exercise leads to obesity in children.  
Reason (R): Physical inactivity reduces calorie expenditure.

### **Section B: Very Short Answer (2 mark each)**

1. What is female athlete triad?
2. Define menarche.
3. What is motor development?

4. Name one benefit of sports for women.
5. What is osteoporosis?

**Section C: Short Answer Questions (3 marks each)**

1. Explain the causes of female athlete triad.
  2. Describe the role of physical activity in child development.
  3. Write the importance of sports participation for women.
  4. Explain common postural deformities in children.
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**Section E: Case Study (4 marks each)**

Riya, a 16-year-old athlete, is facing irregular menstrual cycles, fatigue, and decreased performance due to intense training.

- a. Identify the condition.
  - b. What are its three components?
  - c. Suggest two preventive measures.
  - d. Explain the role of nutrition.
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**Section D: Long Answer Questions (5 marks each)**

1. Explain female athlete triad and its prevention.
  2. Discuss the benefits of sports for children and women.
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