



**Maheshwari Public School, Ajmer**  
**Pre mid Test; Session: 2018- 19**  
**Class: XII; Subject: Physical Education**

**Time: 45 Minutes**

**Maximum Marks: 20**

**General Instructions:**

- i) All 11 questions in this paper are compulsory to attempt.
  - ii) Marks are indicated against each question
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Q1. What is Seeding?	1
Q2. Explain the procedure for giving bye.	1
Q3. Why does the weightlifters diet include lots of protein?	1
Q4. Enlist two sources for calcium and iron separately.	1
Q5. What are Fats?	1
Q6. What do you mean by colour compounds?	2
Q7. List the steps to form committees for tournament.	2
Q8. Draw a fixture of 8 and 9 teams on league tournament.	2
Q9. Briefly explain about Vitamins.	3
Q10. What is Roughage? Explain in brief.	3
Q11. Draw a Fixture of 19 teams on knock-out basis.	3