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— CBSE PHYSICAL EDUCATION —

CLASS 12

NOTES

— COMPLETE CHAPTER-WISE NOTES —



NCERT BASED NOTES



IMPORTANT QUESTIONS & PYQs



MCQs & ASSERTION REASONING



BOARD EXAM PREPARATION



PRACTICAL FILE SUPPORT

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1. WHAT IS SPORT?

Sport is a physical activity or competitive game. It is played according to rules for fitness, enjoyment and competition.

Examples:

Cricket, Football, Volleyball,
Basketball, Athletics etc.



2. FIVE FUNCTIONS OF SPORTING EVENTS



3. FUNCTIONS AND THEIR WORK

FUNCTIONS		WORK
01	PLANNING	Deciding what work is to be done, how it will be done, when it will be done and who will do it.
02	ORGANISING	Arranging resources, duties and responsibilities to achieve the objectives of the event.
03	STAFFING	Selecting the right person for the right work at the right time.
04	DIRECTING	Guiding, motivating and supervising people to perform their duties effectively.
05	CONTROLLING	Checking performance, comparing it with standards and taking corrective action when required.

DID YOU KNOW?



The first modern Olympic Games were held in Athens, Greece in 1896.



Fun Fact: The Olympic Games are the world's biggest sporting event.

IMPORTANT QUESTIONS (CBSE)

Very Short Answer Type Questions

1. What is Staffing?
2. Define Sporting Event.

Short Answer Type Questions

1. Write the five functions of Sporting Events.
2. Explain Planning in Sporting Events.

Long Answer Type Question

Explain in detail the five functions of Sporting Events with examples.

CHECK YOURSELF



Q.1 Write the Five Major Functions of Sporting Events in Sequence.

1. _____
2. _____
3. _____
4. _____
5. _____

Q.2 Match the Following Functions with Their Work.

FUNCTIONS	WORK
1. Planning	_____
2. Organising	_____
3. Staffing	_____
4. Directing	_____
5. Controlling	_____

(Draw lines and match correctly.)

IMPORTANT COMMITTEES OF SPORTS EVENTS

What is a Committee?

A committee is a group of individuals formed to perform specific duties and responsibilities for the successful organisation of a sports event.

DIRECTOR

EXECUTIVE COMMITTEE

Technical Committee



Finance Committee



Ground & Equipment Committee



Boarding & Lodging Committee



Transport Committee



Medical Committee



Publicity Committee



Refreshment Committee



IMPORTANT COMMITTEES AND THEIR FUNCTIONS

COMMITTEE	FUNCTION
Technical Committee	Conducts matches, prepares fixtures, decides rules and regulations and ensures smooth conduct of all events.
Finance Committee	Prepares the budget, controls income and expenditure and maintains correct accounts of the event.
Ground & Equipment Committee	Arranges and maintains the playground or venue and ensures availability of all required sports equipment.
Boarding & Lodging Committee	Provides accommodation and meals to the participants, officials and guests.
Transport Committee	Arranges transport facilities for the participants, officials and guests from their arrival to departure.
Medical Committee	Provides medical aid and ensures the health and safety of all participants during the event.
Publicity Committee	Promotes the event through posters, banners, social media and press and creates awareness among people.
Refreshment Committee	Arranges clean and nutritious food and drinking water for participants, officials and spectators.



DID YOU KNOW?

An effective committee system is the backbone of a successful sports event. It brings discipline, coordination and teamwork in every activity.

IMPORTANT QUESTIONS (CBSE)

Very Short Answer Questions

1. What is a Committee?
2. Name any two committees of sports events.

Short Answer Questions

1. Explain the role of the Technical Committee.
2. Explain the functions of the Finance Committee.

Long Answer Question

Explain the important committees of sports events and their functions.

CHECK YOURSELF

Write any five committees of sports events.

1. _____
2. _____
3. _____
4. _____
5. _____

IMPORTANT RESPONSIBILITIES IN ORGANISING A SPORTS EVENT

1. PRE-EVENT



- Planning the event and setting objectives.
- Forming committees and assigning duties.
- Selecting date, time and venue.
- Preparing budget and estimating expenses.
- Making arrangements for ground, equipment, transport, boarding and lodging.
- Publicity and inviting participation.

2. DURING EVENT



- Carrying out all activities as per schedule.
- Ensuring discipline and smooth conduct of events.
- Looking after the needs of participants and officials.
- Providing medical aid whenever required.
- Keeping proper records and solving problems.

3. POST-EVENT



- Collecting reports from committees.
- Preparing final account and statement of expenses.
- Evaluating the success of the event.
- Thanking officials, volunteers and participants.
- Submitting a report for future reference.

IMPORTANCE OF COMMITTEE SYSTEM

- Ensures proper planning and organisation.
- Brings efficiency, discipline and coordination.
- Reduces confusion and duplication of work.
- Saves time, energy and money.
- Helps in the successful conduct of the event.
- Promotes teamwork and leadership qualities.

IMPORTANT QUESTIONS (CBSE)

A. Very Short Answer Questions

1. What are Pre-Event Responsibilities?
2. Name any two responsibilities performed during a sports event.
3. What is the purpose of Post-Event evaluation?
4. Why is planning important in a sports event?

B. Short Answer Questions

1. Explain any four Pre-Event Responsibilities.
2. Discuss the role of volunteers during a sports event.
3. Explain the importance of maintaining records during an event.

C. Long Answer Questions

1. Explain the responsibilities performed before, during and after a sports event.
2. Describe the importance of proper planning and organisation in sports events.

CHECK YOURSELF

Activity 1

Arrange the following in correct sequence.

Post Event | During Event | Pre Event

1. _____
2. _____
3. _____

Activity 2

Write any five responsibilities of the organiser during a sports event.

1. _____
2. _____
3. _____
4. _____
5. _____

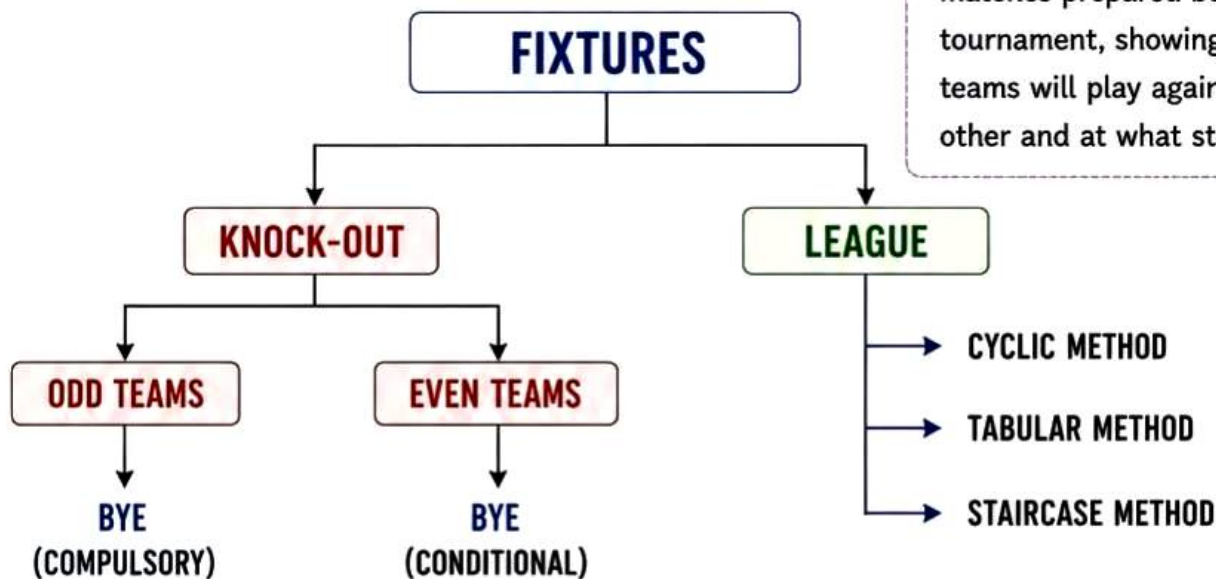


DID YOU KNOW?

Successful sporting events depend on proper planning, teamwork and effective coordination among different committees and volunteers.

FIXTURES

Fixtures are the schedules of matches prepared before a tournament, showing which teams will play against each other and at what stage.



BYE :

A Bye is a special privilege given to a team to directly enter the next round without playing a match.

IN SHORT :

A team receiving a Bye enters directly into the next round.



KNOCK-OUT TOURNAMENT

1. FOR EVEN TEAMS

STEPS :

- 1 Number of Teams (N) = N
- 2 Teams in Upper Half (UH) = $N/2$
- 3 Teams in Lower Half (LH) = $N/2$
- 4 Number of Byes = $2^n - N$
- 5 Number of Rounds (n) = n

FIXTURE DIAGRAM (N = 6)



Note : Bye 1 is given to Upper Half first team.
Bye 2 is given to Lower Half last team.

EXAMPLE (N = 6)

- Number of Teams (N) = 6
- Teams in Upper Half (UH) = $6/2 = 3$
- Teams in Lower Half (LH) = $6/2 = 3$
- Number of Byes = $2^3 - 6 = 8 - 6 = 2$
- Number of Rounds (n) = 3

POWERS OF 2

Power	Value	Power	Value
2^1	2	2^4	16
2^2	4	2^5	32
2^3	8	2^6	64

RULE : Select the first power of 2 that is equal to or greater than N.



CBSE TIP

In Knock-out tournament with even teams, bye may or may not be required.
If N is a power of 2, no bye is required.

★ KNOCK-OUT TOURNAMENT (ODD TEAMS)

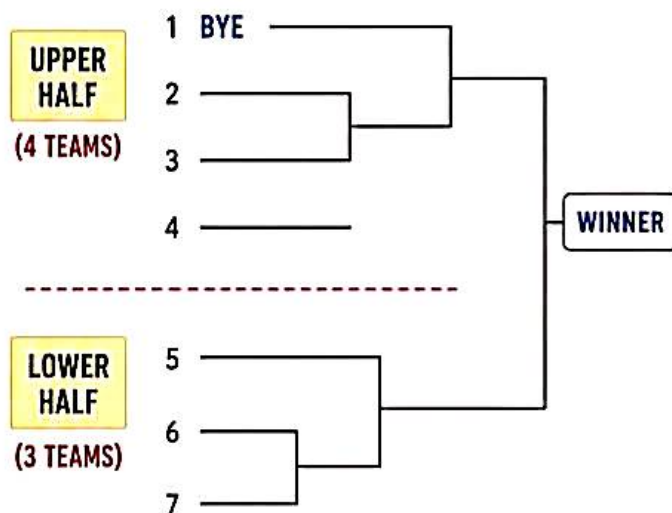
FORMULA / STEPS

- 1 Number of Teams (N) = N
- 2 Teams in Upper Half (UH) = $(N + 1) / 2$
- 3 Teams in Lower Half (LH) = $(N - 1) / 2$
- 4 Number of Byes = $2^n - N$
- 5 Number of Rounds = n

EXAMPLE (N = 7)

- Number of Teams = 7
- Teams in Upper Half (UH) = $(7 + 1) / 2 = 4$
- Teams in Lower Half (LH) = $(7 - 1) / 2 = 3$
- Number of Byes = $2^3 - 7 = 8 - 7 = 1$
- Number of Rounds = 3

FIXTURE DIAGRAM (N = 7)



NOTE : With odd number of teams, one bye is given.

- The bye is allotted to the first position of the upper half.



CBSE TIP

In knock-out tournament with odd teams, one bye is given to the first team in the upper half. This team gets a direct entry into the next round.

★ SEEDING

DEFINITION : Seeding is the process of placing strong teams or players at suitable positions in a fixture so that they do not meet in the early rounds.

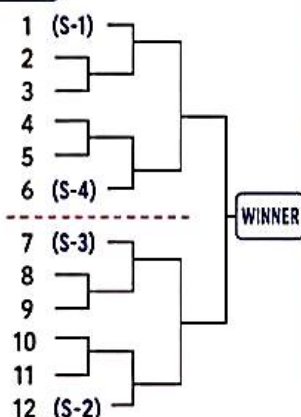
FORMULA / METHOD OF GIVING SEEDS

- S-1 → Upper Half First Team
- S-2 → Lower Half Last Team
- S-3 → Lower Half First Team
- S-4 → Upper Half Last Team

EXAMPLE (FOR 12 TEAMS)

DETAILS	CALCULATION
Number of Teams (N)	12
Teams in Upper Half (UH)	$N / 2 = 12 / 2 = 6$
Teams in Lower Half (LH)	$N / 2 = 12 / 2 = 6$
Number of Byes	$2^n - N = 16 - 12 = 4$
Number of Rounds (n)	4

SEED	POSITION GIVEN
Seed 1 (S-1)	Upper Half First Team
Seed 2 (S-2)	Lower Half Last Team
Seed 3 (S-3)	Lower Half First Team
Seed 4 (S-4)	Upper Half Last Team



Seed 1 and Seed 2 will meet in the Final only.
Seed 3 and Seed 4 will meet in the Semi-final only.

★ SPECIAL SEEDING

DEFINITION : Special Seeding is used to place outstanding teams or previous champions at favourable positions in the fixture.

EXAMPLES

- Defending Champion
- Host Team
- National Champion
- Top Ranked Team
- Teams with better past performance

SHORT FORMULA

Special Seeding
↓
Based on performance, ranking and previous achievements.

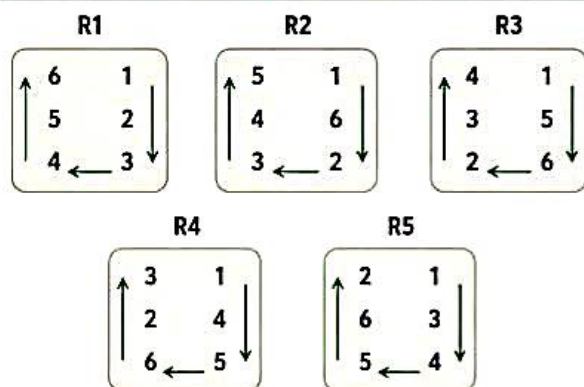


CHAPTER 1 – MANAGEMENT OF SPORTING EVENTS

LEAGUE TOURNAMENT FIXTURES



1. CYCLIC METHOD – EVEN TEAMS (Example: 6 Teams)



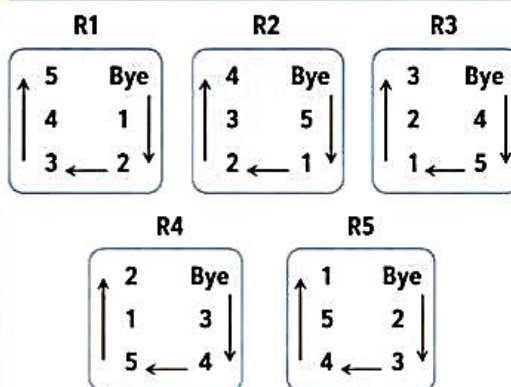
FORMULA (Even Teams)

- Number of Rounds = $N - 1$
- Total Matches = $N(N - 1) / 2$

EXAMPLE (N = 6)

- Rounds = $6 - 1 = 5$
- Total Matches = $6(6 - 1) / 2 = 15$

2. CYCLIC METHOD – ODD TEAMS (Example: 5 Teams)



FORMULA (Odd Teams)

- Number of Rounds = N
- Total Matches = $N(N - 1) / 2$

EXAMPLE (N = 5)

- Rounds = 5
- Total Matches = $5(5 - 1) / 2 = 10$

COMBINATION TOURNAMENT

A tournament in which two different methods are combined to conduct competitions efficiently.

TYPES:

- Knock-Out cum Knock-Out
- League cum League
- Knock-Out cum League
- League cum Knock-Out

NOTE (CYCLIC METHOD – ODD TEAMS)

- Fix BYE at the top (right side).
- Below BYE keep 1, then 2.
- On the left side of 2 keep 3, above 3 keep 4 and above 4 keep 5.
- Rotate (squeeze) teams 1,2,3,4,5 clockwise in every round. BYE remains fixed.

FIXTURES (ODD TEAMS – 5)

Round	Matches	Bye
R1	1-2, 5-3	4
R2	1-3, 4-5	2
R3	1-4, 3-2	5
R4	1-5, 2-4	3
R5	1-2, 5-4	3

IMPORTANT POINTS

- In odd teams, one team gets BYE in each round.
- Total number of matches = $N(N - 1) / 2$
- After the last round, the fixture repeats in the same sequence.

3. STAIRCASE METHOD – ODD TEAMS (Example: 5 Teams)

1-2			
1-3	2-3		
1-4	2-4	3-4	
1-5	2-5	3-5	4-5
R1	R2	R3	R4

FORMULA (Odd Teams)

- Total Matches = $N(N - 1) / 2$

EXAMPLE (N = 5)

- Total Matches = $5(5 - 1) / 2 = 10$

4. STAIRCASE METHOD – EVEN TEAMS (Example: 6 Teams)

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
R1	R2	R3	R4	R5

FORMULA (Even Teams)

- Total Matches = $N(N - 1) / 2$

EXAMPLE (N = 6)

$$\begin{aligned} \text{Total Matches} &= 6(6 - 1) / 2 \\ &= 15 \end{aligned}$$

5. TABULAR METHOD – EVEN TEAMS (Example: 6 Teams)

TEAM	A	B	C	D	E	F	FINAL COLUMN (F)
A		1	2	3	4	5	
B			3	4	5	2	5
C				5	1	4	2
D					2	1	4
E						3	1
F							3

Round 1	Round 2	Round 3	Round 4	Round 5
A v/s B	A v/s C	A v/s D	A v/s E	A v/s F
C v/s E	B v/s F	B v/s E	B v/s D	B v/s C
D v/s F	D v/s E	C v/s F	C v/s F	D v/s E

FORMULA (Even Teams)

- Number of Rounds = $N - 1$
- Total Matches = $N(N - 1) / 2$
- Number of Boxes = $N + 1$

EXAMPLE (N = 6)

- Rounds = $6 - 1 = 5$
- Total Matches = 15
- Boxes = $6 + 1 = 7$

6. TABULAR METHOD – ODD TEAMS (Example: 7 Teams)

TEAM	A	B	C	D	E	F	G	Bye	BYE COLUMN
A		1	3	4	5	6	7		7
B			3	4	5	6	7	2	7
C				5	6	7	1	4	2
D					7	1	2	6	6
E						2	3	1	4
F							4	3	3
G								5	5

Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7
A v/s B	A v/s C	A v/s D	A v/s E	A v/s F	A v/s G	A - Bye
C v/s G	B v/s G	B v/s F	B v/s D	B v/s E	B v/s C	B v/s D
D v/s F	D v/s E	C v/s E	C v/s F	C v/s D	D v/s Bye	E v/s F
E - Bye	F - Bye	G - Bye	G - Bye	G - Bye	E - Bye	C v/s G

FORMULA (Odd Teams)

- Number of Rounds = N
- Total Matches = $N(N - 1) / 2$
- Number of Boxes = $N + 2$

EXAMPLE (N = 7)

- Rounds = 7
- Total Matches = 21
- Boxes = $7 + 2 = 9$

Note: In Tabular Method, number of boxes (rows/columns) for Even Teams = $N + 1$.

Note: In Tabular Method, number of boxes (rows/columns) for Odd Teams = $N + 2$.



CHAPTER 1 – MANAGEMENT OF SPORTING EVENTS



INTRAMURAL



The word intramural is derived from the Latin words intra and muros, which means 'within walls'. The teams compete within the walls of the institution e.g. inter-class or inter-house tournament within an institution.

Objectives:

- To provide incentive, motivation and opportunity to learn various skills.
- To develop sportsman spirit among students.
- To help in recreation of the students.
- To improve social interaction among the students.

Significance:

- It brings out the hidden talent of the students.
- It develops leadership qualities in students.

EXTRAMURAL



This encloses the activities which are performed outside the walls of the institution or school. It means that students of two or more schools participate in such competitions.

Objectives:

- To improve the standard of sports.
- To provide experience to students.
- To develop sportsmanship and fraternity.
- To broaden the base of sports.
- To provide the knowledge of new rules and advanced techniques.

Significance:

- They provide recreational opportunities for the campus community.
- They give positive experiences, regardless of race, nationality, age and gender.

SPECIFIC SPORTS PROGRAMMES

Specific sports programmes are those which are not usually related to competitions. The programmes have various objectives like creating awareness, creating a sense of integration among people and raising funds for charitable organisations. Some of these programmes are Sports day, Run for fun, Health run, Run for specific cause, Run for unity and Run for awareness.



Sports Day

This is a day-long event where participants engage in various sporting activities, such as track and field events, relay races, and games. The emphasis is on fun and friendly competition, and it is often organized by schools or community organizations.



Run for Unity

This is a running event organized to promote unity and bring people together. Participants of all ages, ethnicities, and backgrounds are encouraged to participate, and the emphasis is on creating a sense of community and togetherness.



Health Run

This is a running event organized to promote health and wellness. Participants of all ages will have varied fitness levels and are encouraged to participate, and the emphasis is on creating a healthy and active lifestyle.



Run for Specific Cause

This is a running event organized to raise awareness and funds for a specific cause, such as cancer research or disaster relief. Participants are often encouraged to raise funds through donations or sponsorships.



Run for Fun

This is a running event that is organized purely for fun and recreation. Participants can run at their own pace and enjoy the camaraderie and support of others.

IMPORTANT QUESTIONS

A. VERY SHORT ANSWER QUESTIONS (1 Mark)

1. What is Intramural Sports?
2. What do you mean by Extramural Sports?
3. Define Knock-Out Tournament.
4. Define League Tournament.
5. What is Run for Unity?
6. What is Sports Day?
7. What is Seeding?
8. What is a Bye?
9. What is a Fixture?
10. What is Run for Specific Cause?



B. SHORT ANSWER QUESTIONS (2-3 Marks)

1. Differentiate between Knock-Out and League Tournament.
2. Explain any two objectives of Intramural Sports.
3. Explain any two objectives of Extramural Sports.
4. What are the advantages of Knock-Out Tournament?
5. What are the advantages of League Tournament?
6. Explain the significance of Sports Day.
7. Write a short note on Run for Unity.
8. Explain Health Run and Run for Fun.
9. What is Combination Tournament?
10. Explain Seeding in Knock-Out Tournament.



C. LONG ANSWER QUESTIONS (5 Marks)

1. Explain Intramural and Extramural Sports with objectives and significance.
2. Describe various Specific Sports Programmes.
3. Differentiate between Knock-Out and League Tournament with suitable examples.
4. Explain Bye and Seeding with examples.
5. Explain the methods of preparing fixtures in League Tournament.



D. HOTS / EXAMINATION QUESTIONS

1. Which tournament is more suitable when time is limited and why?
2. Why is League Tournament considered more reliable than Knock-Out Tournament?
3. How do Intramural Sports help in personality development of students?
4. Why are Specific Sports Programmes organized in schools?
5. Explain the importance of Run for Specific Cause in society.

