

BCM SCHOOL
BASANT AVENUE, DUGRI, LUDHIANA
XII (Physical Education)
Chapter – Test & Measurement

• **Answer the following.**

1. Write a short note on Plate Tapping Test.
2. Explain Flamingo Test.
3. Define Sit & Reach Test.
4. What do you mean by 50 M Sprint Test?
5. Explain 600 M Run or Walk Test.