



# B.K. BIRLA CENTRE FOR EDUCATION

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

TERM-1 EXAMINATION 2025-26

PHYSICAL EDUCATION-048

SET-1

Class: XII A & B  
Date: 04/09/2026

Duration: 3 Hrs  
Max. Marks: 70

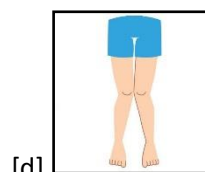
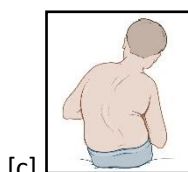
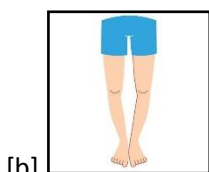
## General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Sections E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3

## Section-A

Section A consists of Multiple Choice Type questions of 1 mark each

1. SAI Khelo India Fitness Test for school children consist of: 1  
[a] Flamingo Balance Test [b] Plate Tapping Test  
[c] Abdominal Partial Curl Up [d] All of these
2. The food component present in sugar is \_\_\_\_\_. 1  
[a] Fats [b] Protein [c] Vitamin [d] Carbohydrate
3. The \_\_\_\_\_ was previously called as World Games for the Deaf. 1  
[a] Deaflympics [b] Paralympics  
[c] Differently Abled Olympics [d] Specially Abled Olympics
4. Horse riding can be used as a corrective measure for \_\_\_\_\_. 1



5. When was SAI Khelo India Fitness Test introduced? 1  
[a] 09<sup>th</sup> Jan, 2019 [b] 10<sup>th</sup> Jan, 2019 [c] 02<sup>nd</sup> Jan, 2019 [d] 07<sup>th</sup> Jan, 2019

6. Match the asanas in Column I with their contraindications in Column II.

1

| Column - I |                      | Column - II |                                      |
|------------|----------------------|-------------|--------------------------------------|
| I          | Trikonasana          | 1           | Person suffering from Bleeding piles |
| II         | Ardh-matseyendrasana | 2           | Person suffering from Arthritis      |
| III        | Sukhasana            | 3           | Person suffering from Hernia         |
| IV         | Gomukhasana          | 4           | Person suffering from Asthma         |

| Code |      |       |       |       |
|------|------|-------|-------|-------|
|      | I    | II    | III   | IV    |
| a    | (ii) | (iv)  | (iii) | (i)   |
| b    | (ii) | (iv)  | (i)   | (iii) |
| c    | (iv) | (iii) | (ii)  | (i)   |
| d    | (iv) | (i)   | (ii)  | (iii) |

7. In a knock-out tournament 4<sup>th</sup> Bye will be given to:

1

- [a] Last team of lower half [b] Last team of upper half  
[c] First team of upper half [d] First team of lower half

8. The fibre present in the food which helps to eliminate wastes from the body is called \_\_\_\_\_. 1

- [a] Carbohydrates [b] Vitamins [c] Roughage [d] Minerals

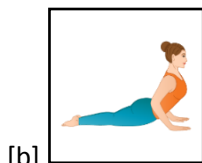
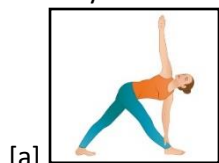
9. Physical Activity increases \_\_\_\_\_. 1

- [a] Sleep Hours [b] Appetite [c] Laziness [d] Intellect

10. What is the formula to divide an odd number of teams in the upper half for a knock-out fixture? 1

- [a]  $N+1/2$  [b]  $N-1/2$  [c]  $N(N-1)/2$  [d]  $N(N+1)/2$

11. Identify these asanas. 1



12. Physical Education is the perfect opportunity for \_\_\_\_\_ exercises. 1

- [a] Isotonic [b] Isometric [c] Isokinetic [d] Team Building

13. Match the following: 1

| Column - I |                     | Column - II |                                     |
|------------|---------------------|-------------|-------------------------------------|
| 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

14. Gomukhasana and padmasana are performed to rectify which postural deformity? 1

- [a] Flatfoot [b] Scoliosis [c] Knock-knees [d] Bow legs

15. In which asana, the body imitates like a palm tree? 1  
 [a] Tadasana [b] Parvatasnan [c] Chakrasana [d] Bhujangasana
16. What symbol represents the Paralympic Games? 1  
 [a] flame [b] A triangle [c] Three agitos (circular shapes) [d] A globe
17. Which of the following is a Micro-nutrient? 1  
 [a] Carbohydrates [b] Fats [c] Water [d] Vitamins
18. 600-yard run/walk is conducted to test \_\_\_\_\_. 1  
 [a] Speed [b] Flexibility [c] Endurance [d] Agility

### SECTION – B

#### **Section B consist of 6 questions attempt any 5**

19. Write any two advantages and disadvantages of league tournaments. 2
20. How can one recognize a person suffering from hypertension? 2
21. What do you mean by Flamingo balance test? 2
22. What role is played by positive behavior for making physical activities assessable for children with special needs? 2
23. Explain remedial measures required to correct 'Round Shoulders' deformity. 2
24. What do you mean by nutritive components of diet? 2

### SECTION – C

#### **Section C consist of 6 questions attempt any 5**

25. Compare three nutritive and non-nutritive components of balance diet. 3
26. Elaborate the various types of problems related to menstrual dysfunction? 3
27. Discuss any three advantages of physical activities for children with special needs. 3
28. What is the procedure to assess abdominal strength of the body? 3
29. Write down the symptoms of obesity. 3
30. Draw a fixture of eight teams using Tabular method. 3

### Section-D

#### **Section D consist of 3 questions**

31. A health club conducted the Senior Citizen Fitness Test for elderly members. Mrs. Mehta (68 years) performed: 4
- Chair Stand Test
  - Chair Sit and Reach Test
  - Back Scratch Test
  - Eight Foot Up and Go Test
- [i] The Chair Stand Test measures:
- [a] Balance [b] Lower body strength [c] Upper body flexibility [d] Agility

[ii] Which test measures upper body flexibility?

- |                               |                              |
|-------------------------------|------------------------------|
| [a] Chair Stand Test          | [b] Back Scratch Test        |
| [c] Eight Foot Up and Go Test | [d] Chair Sit and Reach Test |

[iii] The Arm Curl Test is used to measure:

- |                              |             |
|------------------------------|-------------|
| [a] Cardiovascular endurance | [b] Balance |
| [c] Upper body strength      | [d] Speed   |

[iv] Which test measures the flexibility of the lower body (hamstrings and lower back)?

- |                           |                              |
|---------------------------|------------------------------|
| [a] Back Scratch Test     | [b] Chair Sit and Reach Test |
| [c] 8-Foot Up-and-Go Test | [d] Chair Stand Test         |

32. Rohan is a 16-year-old student with an intellectual disability. His Physical Education teacher noticed his enthusiasm for athletics and encouraged him to join the local Special Olympics Bharat training programme. After months of regular practice, Rohan participated in district-level competitions. His confidence improved, he made new friends, and his physical fitness also increased. His parents appreciated how sports helped him become more independent and socially active. Special Olympics Bharat provides year-round sports training and competitions for persons with intellectual disabilities, promoting inclusion, fitness, and self-confidence.

4

[i] Which organization is most suitable for Rohan to participate in sports competitions?

- |                   |                      |                             |                 |
|-------------------|----------------------|-----------------------------|-----------------|
| [a] Olympic Games | [b] Paralympic Games | [c] Special Olympics Bharat | [d] Asian Games |
|-------------------|----------------------|-----------------------------|-----------------|

[ii] Rohan's participation in sports mainly helped him to develop:

- |                               |                                            |
|-------------------------------|--------------------------------------------|
| [a] Fear and hesitation       | [b] Confidence, social skills, and fitness |
| [c] Only academic performance | [d] Only financial benefits                |

[iii] Special Olympics Bharat primarily organizes sports for persons with:

- |                               |                                |
|-------------------------------|--------------------------------|
| [a] Visual impairment only    | [b] Hearing impairment only    |
| [c] Intellectual disabilities | [d] Physical disabilities only |

[iv] What is the most important lesson from Rohan's experience?

- [a] Sports are only for professional athletes.
- [b] Children with intellectual disabilities should not compete.
- [c] Participation in sports promotes inclusion, confidence, and overall development.
- [d] Winning medals is the only objective of sports.

33. Before a 5 km race, Neha eats a bowl of oatmeal with a banana and drinks water. She avoids oily and spicy foods.

4

[i] Why did Neha choose oatmeal and banana before the race?

- |                                     |                              |
|-------------------------------------|------------------------------|
| [a] They are rich in carbohydrates. | [b] They contain excess fat. |
| [c] They are difficult to digest.   | [d] They reduce hydration.   |

[ii] Which food should generally be avoided just before competition?

- |            |             |                          |                       |
|------------|-------------|--------------------------|-----------------------|
| [a] Banana | [b] Oatmeal | [c] Oily and spicy foods | [d] Whole-grain bread |
|------------|-------------|--------------------------|-----------------------|

[iii] What is the main purpose of a pre-event meal?

- |                            |                                    |
|----------------------------|------------------------------------|
| [a] Increase body fat      | [b] Provide energy for performance |
| [c] Reduce muscle strength | [d] Cause dehydration              |

[iv] Subjective Question: Write any two characteristics of a good pre-competition meal.

**Section-E**

**Section E consist of 4 questions attempt any 3**

34. Which are the Asanas practiced for preventing Asthma? Write in detail about any two of them.  
Or 5  
Describe the procedure for performing Gomukhasana along with its benefits and contraindications.
35. Explain macro-nutrients and their role in our diet.  
Or 5  
What are fats? Write a detailed note on its types. Also mention its importance in the proper functioning of the body.
36. Write the administration and procedure of Arm Curl Test.  
Or 5  
Write the administration and procedure of chair stand test.
37. Write down the introduction, objectives, eligibility, features and importance of the Special Olympics.  
Or 5  
Write down the introduction, objectives, eligibility, features and importance of the Paralympics.

**\*\*\*\*\*ALL THE BEST\*\*\*\*\***