



B.K. BIRLA CENTRE FOR EDUCATION

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

PHYSICAL EDUCATION Set-1

Class: XII

Date: 22/07/2026

Duration: 1 Hrs

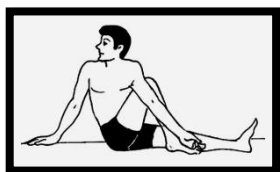
Max. Marks: 25

General Instructions:

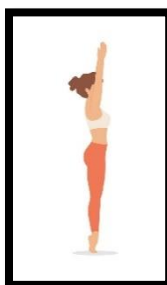
1. The question paper consists of 3 sections and 15 Questions.
2. Section A consists of question 1-7 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 8-13 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. All questions are compulsory.
4. Sections C consist of Question 14-15 carrying 3 marks each and are short answer types and should not exceed 100-150 words. All questions are compulsory.

SECTION – A

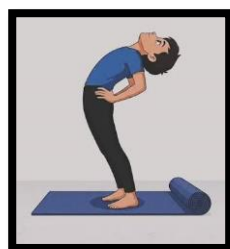
1. Abnormal bleeding in the absence of intra cavitory or uterine pathology. 1
 - a. Menstrual Dysfunction
 - b. Menstrual function
 - c. Menstrual abnormal
 - d. Menstrual normal
2. Which of these is not a symptom of diabetes? 1
 - a. Weight Gain
 - b. Blurred vision
 - c. Numbness
 - d. Tiredness
3. Identify the following asanas and write their names. 1



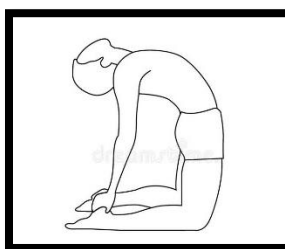
a.



b.



c.



d.

4. Menarche is defined as _____. 1
 a. Time of pregnancy
 b. Beginning of menstrual period
 c. Ending of menstrual period
 d. Beginning of pregnancy
5. The _____ Games are the world's largest sporting event for people with special needs. 1
 a. Summer Olympics
 b. Winter Olympics
 c. Deaflympics
 d. Paralympics
6. _____ is the chronic inflammatory disorder of the airways. 1
 a. Obesity
 b. Diabetes
 c. Asthma
 d. Hypertension
7. The original name of the Paralympic Movement was ICC of World Sports Organization for the _____. 1
 a. Disabled
 b. Specially Abled
 c. Differently Abled
 d. Unabled

SECTION – B

8. What are the causes and risk factors of Osteoporosis? 2
9. What do you mean by Asthma? 2
10. Write a short note on menarche. 2
11. Explain about Paralympic Games. 2
12. Write down the procedure of Bhujangasana. 2
13. Write any two advantages of physical activities for children with special needs. 2

SECTION – C

14. Briefly discuss Paralympic Games. 3
15. Write the procedure, benefits and contraindications of Ardhamatseyendrasana. 1+1+1

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