



B.K. BIRLA CENTRE FOR EDUCATION

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

PRE MID TERM

PHYSICAL EDUCATION SET-2

Class: XII

Date: 22/07/2026

Duration: 1 Hrs

Max. Marks: 25

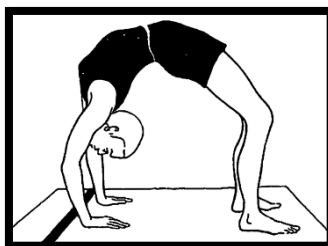
General Instructions:

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.

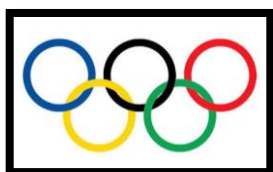
SECTION – A

1. Menstrual dysfunction in female athletes includes _____. 1
 - a. Primary amenorrhoea
 - b. Secondary amenorrhoea
 - c. both A & B
 - d. None of the above

2. From the shape of the body in the given pose, it can identified as _____? 1



- a. Ardhamatsyendrasana
 - b. Bhujangasana
 - c. Chakrasana
 - d. Dhanurasana
3. Which of these is a benefit of Tadasana? 1
 - a. Removes laziness
 - b. Strengthens ankles
 - c. Improves height of growing children
 - d. All of these
 4. A syndrome in which Anarmia, _____ and Amenorrhoea generally seen in teenage or adult female athletes who aren't meeting their energy requirements. 1
 - a. Osteoporosis
 - b. Bulimia
 - c. Obesity
 - d. Hepatitis
 5. Identify the below given images of symbols/logos of various games and write their names: 1



a.



b.



c.



d.

6. Name the asanas that can be practiced to cure Back pain and Arthritis. 1
- | | |
|----------------------|---------------------|
| a. Vakrasana | b. Tadasana |
| c. Paschimottanasana | d. Sarala Matyasana |
7. Physical activity increases _____. 1
- | | |
|----------------|--------------|
| a. Sleep hours | b. Appetite |
| c. Laziness | d. Intellect |

SECTION – B

8. Write in brief about Osteoporosis? 2
9. What is Arthritis? 2
10. Elaborate the various types of problems related to menstrual dysfunction? 2
11. Explain about Deaflympic Games. 2
12. Write down the procedure of Gomukhasana. 2
13. How team building spirit can be developed through physical education? 2

SECTION – C

14. Write detailed note on Special Olympics Bharat. 3
15. Write the procedure, benefits and contraindications of Bhujangasana. 1+1+1

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

