



# B.K. BIRLA CENTRE FOR EDUCATION

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



MID-TERM EXAMINATION 2025-26

PHYSICAL EDUCATION

Class: XII Sci/Com  
Date: XX/XX/2025

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. Which of the following is a recent trend in Physical Education?  
A) Focus only on competitive sports  
**B) Use of virtual reality and fitness apps**  
C) Ignoring mental health in athletes  
D) Excluding students with special needs
2. Which career involves helping people recover from physical injuries through exercise and therapy?  
A) Sports Psychologist  
B) Athletic Trainer  
**C) Physiotherapist**  
D) Health Coach
3. What is a key focus of modern Physical Education?  
A) Specialization in one sport only  
**B) Emphasis on fitness and lifelong health**  
C) Limiting physical activity to school years  
D) Ignoring individual differences
4. Which of the following is NOT a career in the field of Physical Education?  
A) Yoga Instructor  
**B) Chartered Accountant**  
C) Kinesiologist  
D) Recreational Therapist

5. Which of the following is NOT an official Olympic value?

- A) Excellence
- B) Respect
- C) Friendship
- D) Wealth**

6. The Olympic value of 'Respect' promotes which of the following?

- A) Cheating to win
- B) Fair play and tolerance**
- C) Ignoring opponents
- D) Avoiding rules

7. The purpose of Olympic Value Education is to:

- A) Train students to become Olympic athletes
- B) Teach sports rules and regulations
- C) Promote universal values like peace, friendship, and respect**
- D) Focus only on physical strength

8. Which of the following is not a part of the eight limbs (Ashtanga Yoga) of Patanjali?

- A) Yama
- B) Niyama
- C) Asana
- D) Ayurveda**

9. Which of the following is a benefit of practicing yoga regularly?

- A) Increased aggression
- B) Reduced flexibility
- C) Better concentration and mental peace**
- D) Reduced blood circulation

10. What is the main purpose of Pranayama in Yoga?

- A) Muscle building
- B) Controlling breath and vital energy**
- C) Fast running
- D) Meditation on food

11. Which yoga asana is best known for improving digestion?

- A) Shavasana
- B) Vajrasana**
- C) Tadasana
- D) Bhujangasana

12. Which of the following is a mental benefit of yoga?

- A) Muscle gain
- B) Mental relaxation and stress relief**
- C) Increase in body fat
- D) Better eyesight

13. What is the primary goal of physical education for children with special needs?

- A) To avoid physical activity
- B) To provide the same activity for all students
- C) To promote inclusion, physical development, and confidence**
- D) To prepare only for competitive sports

14. Which of the following is an example of a physical disability?

- A) Dyslexia
- B) Cerebral Palsy**
- C) ADHD
- D) Autism

15. Adapted physical activities are designed to:

- A) Challenge only highly skilled athletes
- B) Ignore the needs of children with disabilities
- C) Be safe, enjoyable, and suitable for children with diverse needs**
- D) Eliminate physical education classes

16. Which of the following best defines physical fitness?

- A) Ability to do daily tasks with vigor and without fatigue**
- B) Ability to eat anything without gaining weight
- C) Having a muscular body only
- D) Playing video games for long hours

17. Which component is NOT a part of health-related physical fitness?

- A) Muscular strength
- B) Flexibility
- C) Agility**
- D) Cardiovascular endurance

18. What does wellness primarily focus on?

- A) Physical appearance only
- B) Earning more money
- C) Complete well-being — physical, mental, emotional, and social**
- D) Bodybuilding competitions

### Section-B

*Section B consists of 6 questions of 2 marks each. Attempt any 5.*

19. What are some modern trends in physical education?

ANS- Integration of technology like fitness apps, virtual training, and wearable devices.  
Focus on holistic health, wellness, and inclusion rather than only competitive sports

2

20. How has the role of technology changed physical education?

ANS- Technology enables performance tracking through wearables and apps.  
It allows for virtual coaching, online fitness programs, and video analysis to improve skills

2

21. How does Olympic value education promote peace?

ANS- Olympic Value Education promotes peace by:

1. Teaching universal values like respect, friendship, and fair play.
2. Encouraging cultural understanding and unity among people from different backgrounds through sport.

2

22. What is Pranayama in yoga?

ANS- Pranayama is a yogic practice involving:

1. Controlled and rhythmic breathing techniques to regulate life force (prana).
2. It helps improve concentration, reduce stress, and enhance overall mental and physical health.

23. Why is physical education important for children with special needs?

ANS- Physical education is important for children with special needs because:

1. It helps improve physical abilities, coordination, and motor skills.
2. It promotes inclusion, boosts self-confidence, and supports emotional and social development.

2

24. What is an adapted physical activity?

ANS- Adapted physical activity refers to:

1. Customized or modified physical exercises designed to meet the specific needs of individuals with disabilities.
2. These activities ensure safety, enjoyment, and equal opportunity for participation in physical education.

2

### Section-C

*Section C consists of 6 questions of 3 marks each. Attempt any 5.*

25. What are the emerging trends in physical education?

ANS- **Use of Technology:** Tools like fitness trackers, smartwatches, and mobile apps are used to monitor and improve physical performance.

**Inclusive Approach:** Physical education now emphasizes inclusivity, ensuring that students with special needs can participate through adapted activities.

**Career Expansion:** PE is no longer limited to teaching or athletics. New careers such as sports analytics, wellness coaching, physiotherapy, and sports psychology are gaining popularity.

3

26. What are the core values promoted by Olympic Value Education?

ANS- \* **Excellence:** It encourages individuals to give their best in both sports and life, regardless of winning or losing.

\* **Friendship:** Promotes mutual understanding, solidarity, and harmony among athletes and nations.

\* **Respect:** Involves respect for rules, opponents, diversity, and the environment, teaching ethical behavior and sportsmanship.

3

27. What role do adapted physical activities play in the development of children with special needs?

ANS- \* **Physical Development:** Activities are tailored to improve motor skills, coordination, flexibility, and overall physical fitness.

\* **Social Inclusion:** Enables children to interact with peers, improving communication and social engagement.

\* **Emotional Growth:** Increases self-esteem and confidence, helping them feel successful and included.

3

28. Mention three benefits of physical activities for children with special needs.

ANS- \* **Motor Skill Improvement:** Physical activities enhance balance, strength, posture, and movement control.

\* **Emotional Well-being:** Reduces anxiety, enhances mood, and builds self-confidence through achievement.

\* **Cognitive and Social Development:** Encourages problem-solving, attention span, and collaboration with others in group activities.

3

29. What is the role of Physical Teacher in helping the CWSN?

ANS- \* **Activity Adaptation:** Teachers modify games and exercises to suit each child's ability level and limitations.

\* **Inclusive Environment:** They foster a supportive atmosphere that encourages participation and respect for diversity.

\* **Collaborative Planning:** PE teachers often work with therapists, special educators, and parents to create personalized physical education plans.

3

30. What is the importance of the Olympic motto in value education?

ANS- \* **Promotes Personal Growth:** "Citius, Altius, Fortius" (Faster, Higher, Stronger) motivates individuals to strive for improvement.

- **Teaches Determination:** Encourages persistence and dedication in both sports and daily life.
- \* **Builds Character:** Reflects the Olympic spirit of pushing limits ethically, which is valuable in shaping responsible citizens.

### Section-D

*Section D consists of 3 case based questions of 4 marks each.*

32. MR. Kumar works in the sports field in which he describes what's happening at sporting events and offer their opinions to listeners and viewers: [4]

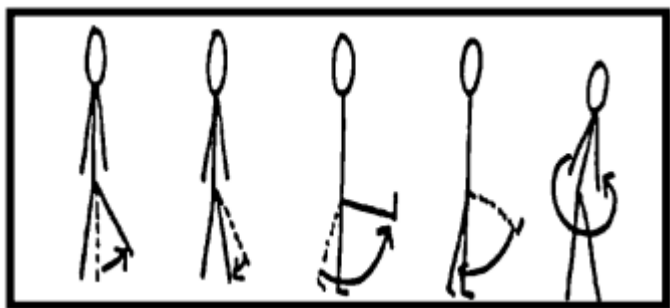


Identify the career in sports.

- Sports Commentator provides a real-time commentary of a game or event.
- He is also known as **Anchor**.
- He discusses news, weather, or the like, as on television or radio. **Anchor**
- They give \_\_commentary on a sporting event. . **Live**

33. Sohan, a new student in the school was very much interested in taking part in the school sports events.

He was taught the latest rules and regulations of football game. In due course, he learnt biomechanical aspects of the game including various movements.



- The type of movement in which the angle between joint decreases is called
  - Flexion**
  - Extension
  - Gliding
  - Sliding
- Straightening parts of a joint so that the angle increases
  - Flexion
  - Extension**
  - Abduction
  - Adduction
- Moving a part away from mid line is
  - Flexion
  - Extension
  - Abduction**
  - Adduction

34. While introducing the topic 'Olympic Movement Structure' in Physical Education class, PE teacher found that students were not familiar with the term and were clueless about the various committees working in this field. So, he/she explained in detail about IOC, ISS, NOC and various information related to them. 1×4=4

Based on the above study and your knowledge, answer the following questions:

- How many members are there on the IOC Executive Board?  
**Ans- 15 members**
- The IOC was established on 23 June 1894.

c. What do you mean by NOC?

Ans - **NOC stands for National Olympic Committee**, which is responsible for organizing their country's participation in the Olympic Games and promoting the Olympic Movement within the country

d. The Indian Olympic Association (IOA), acting as NOC, was founded by \_\_\_\_\_ as President and Dr A.G. Noehren as Secretary General in 1927.

Ans - **Sir Dorabji Tata** as President and **Dr. A.G. Noehren** as Secretary General in 1927

### Section-E

*Section E consists of 4 questions of 5 marks each. Attempt any 3.*

34.Explain any five changing trends in physical education and how they have influenced career opportunities.

**Answer:**

1. **Use of Technology:**

Fitness apps, wearable trackers, and video analysis tools are widely used.

→ Careers: Sports analysts, online trainers, and tech consultants.

2. **Focus on Health & Wellness:**

Shift from competitive sports to overall fitness and mental well-being.

→ Careers: Wellness coaches, lifestyle educators, and fitness consultants.

3. **Inclusion in Physical Education:**

Special needs education is now part of mainstream PE.

→ Careers: Adaptive PE specialists, special needs trainers.

4. **Growth of Fitness Industry:**

Increased public interest in gyms, yoga, and personal fitness.

→ Careers: Gym instructors, yoga teachers, personal trainers.

5. **Professionalization of Sports:**

Sports are now pursued as careers, not just hobbies.

→ Careers: Sports managers, psychologists, physiotherapists.

35.Explain the importance of physical education for children with special needs.

**Answer:**

1. **Improves Motor Skills:**

PE helps enhance coordination, balance, and flexibility in children with physical or developmental challenges.

2. **Boosts Confidence and Self-Esteem:**

Achieving physical tasks builds self-belief and independence.

3. **Encourages Social Interaction:**

Team activities promote communication and inclusion with peers.

4. **Enhances Emotional Well-Being:**

Physical activity reduces anxiety, stress, and helps with mood regulation.

5. **Supports Academic Growth:**

Regular movement improves concentration, attention span, and classroom behavior.

36. Differentiate between physical fitness, health, and wellness.

| Aspect             | Physical Fitness                            | Health   | Wellness  |
|--------------------|---|--|---|
| <b>Definition</b>  | Ability to perform daily tasks effectively  | State of complete physical, mental & social well-being | Active process of becoming aware and making choices |
| <b>Focus Area</b>  | Strength, flexibility, endurance            | Absence of disease and balance in bodily functions     | Lifestyle, emotional balance, and quality of life   |
| <b>Goal</b>        | Physical performance                        | Overall well-being                                     | Personal growth and life satisfaction               |
| <b>Measurement</b> | Through fitness tests (e.g., running, etc.) | Through medical check-ups, mental & social status      | Subjective—depends on choices, habits, and mindset  |
| <b>Example</b>     | Running, lifting weights, etc.              | Being free from illness                                | Practicing yoga, meditation, healthy eating, etc.   |

5

37. What is the role of a Physical Education teacher for children with special needs?

**Answer:**

- Adapt Activities:**  
Modify sports and exercises to suit students' physical or cognitive abilities.
- Create Inclusive Environment:**  
Ensure that children with special needs feel safe, supported, and included in class.
- Use of Visual & Verbal Cues:**  
Simplify instructions using visual aids, gestures, or step-by-step demonstrations.
- Motivate and Build Confidence:**  
Offer encouragement and celebrate small achievements to boost morale.
- Collaborate with Experts:**  
Work with therapists, special educators, and parents to design effective, personalized PE plans.

5

\*\*\*\*\*All the Best\*\*\*\*\*