

DIRECTORATE OF EDUCATION, GOVT OF NCT, DELHI

MID TERM PRACTICE PAPER (2026-27)

Class – XII

Subject: Physical Education (048)

Max. Marks: 70

Duration: 3 hours

GENERAL INSTRUCTIONS:

- i. The question paper consists of 5 sections and 37 questions.**
- ii. Section A contains questions 1–18, one mark each, in multiple-choice format. All questions are compulsory.**
- iii. Section B contains questions 19–24, two marks each, very short answer type, to be answered in 60–90 words. Attempt any 5.**
- iv. Section C contains questions 25–30, three marks each, short answer type, to be answered in 100–150 words. Attempt any 5.**
- v. Section D contains questions 31–33, four marks each, case-study based. Internal choice is available.**
- vi. Section E contains questions 34–37, five marks each, short answer type, to be answered in 200–300 words. Attempt any 3.**

Section-A

1. The abbreviation CWSN stands for _____. [1]
 - A. Children with Sporting Needs
 - B. Children with School Needs
 - C. Children with Special Needs
 - D. Children with Social Needs
2. Which one of the following is NOT classified as a postural deformity? [1]
 - A. Bow Legs
 - B. Arthritis
 - C. Flat Foot
 - D. Kyphosis
3. Study the Assertion (A) and Reason (R) given below and choose the correct option: [1]

Assertion (A): Inclusive education ensures that children with and without disabilities participate together on equal terms.

Reason (R): It achieves this by adapting teaching methods and the learning environment to suit each student's needs.

 - A. Both (A) and (R) are true, and (R) correctly explains (A).
 - B. Both (A) and (R) are true, but (R) does not correctly explain (A).
 - C. (A) is true, but (R) is false.
 - D. (A) is false, but (R) is true.
4. The Paralympic Games are primarily meant for competitors with _____. [1]
 - A. Hearing impairment only
 - B. Learning disabilities only
 - C. Physical, visual and certain intellectual disabilities (as per classification)
 - D. Visual impairment only

5. Which asana is generally advised to help prevent and manage diabetes? [1]
A. Garudasana
B. Tadasana
C. Ardha Matsyendrasana
D. Trikonasana
6. In which type of tournament does every participating team get a chance to play against every other team? [1]
A. Challenge Tournament
B. Knock-out Tournament
C. League Tournament
D. Combination Tournament
7. Identify the asana: it is performed by kneeling and sitting back on the heels with the spine erect, and is commonly practised right after meals to aid digestion. [1]
A. Tadasana
B. Trikonasana
C. Ardha Matsyendrasana
D. Vajrasana
8. What is the most suitable approach to physical activity for children with special needs? [1]
A. They should perform only high-intensity exercises.
B. They should be kept away from all physical activity.
C. They should take part only in competitive events.
D. They should take part in activities suited to their abilities, under proper guidance.
9. Which statement about women's participation in sports is correct? [1]
A. Women should stay away from strength training.
B. Sports participation harms women's health.
C. Women cannot take part in endurance events.
D. Regular physical activity benefits women's physical and mental health.
10. A teacher changes the rules and equipment of a game so that a student with a locomotor disability can join in with classmates. This best illustrates _____. [1]
A. Discrimination
B. Segregation
C. Inclusive Education
D. Exclusion
11. The Female Athlete Triad refers to the combination of _____. [1]
A. Stress, Anxiety and Depression
B. Low Energy Availability, Menstrual Dysfunction and Low Bone Mineral Density
C. Obesity, Diabetes and Osteoporosis
D. Asthma, Anaemia and Eating Disorder
12. While teaching physical education to CWSN, which strategy is most suitable? [1]
A. Exclude such students from sports activities.
B. Adapt activities to individual abilities so all get equal opportunity.
C. Restrict them to theory classes only.

D. Disregard the differences among individual students.

13. Among the following, which number of participating teams would result in the fewest byes? [1]

- A. 21
- B. 22
- C. 23
- D. 24

14. Amenorrhea refers to _____. [1]

- A. Unusually heavy menstrual bleeding
- B. Discomfort experienced during exercise
- C. Absence of menstrual periods
- D. Menopause occurring early

15. The term Menarche refers to _____. [1]

- A. Menopause
- B. The occurrence of pregnancy during adolescence
- C. The final menstrual cycle a woman experience
- D. The first menstrual period in a girl's life

16. Participation in physical activity helps CWSN build social skills mainly by fostering _____. [1]

- A. Discipline confined to the classroom
- B. Isolation from peers
- C. Cooperation and teamwork
- D. Competition purely at an individual level

17. Body Mass Index (BMI) is a common measure of healthy body weight. Which BMI range is classified as overweight? [1]

- A. 18.5–24.9
- B. 35.0–39.9
- C. 25.0–29.9
- D. 30.0–34.9

18. Which of the following correctly describes a balanced diet? [1]

- A. It is identical for all individuals irrespective of age or activity level.
- B. It contains only proteins and carbohydrates.
- C. It supplies all essential nutrients in the right proportions.
- D. It leaves out fats entirely.

Section-B

(Attempt any 5 of the following six questions. Each question carries 2 marks.)

19. List any four categories of physical impairment recognised under Paralympic classification. [2]

20. Name four lifestyle diseases that can be kept in check through regular yoga practice. [2]

21. Bring out any two points of difference between Intramural and Extramural competitions. [2]

22. State any two points of difference between Micronutrients and Macronutrients. [2]

23. Suggest two strategies that can make physical activities more accessible for CWSN. [2]

24. Name and briefly define any two components of the Female Athlete Triad. [2]

Section-C

(Attempt any 5 of the following six questions. Each question carries 3 marks.)

25. Discuss any three reasons why inclusion is needed in physical education. [3]
26. State two functions each of the macronutrients. [3]
27. Outline three merits and three demerits of the league tournament format. [3]
28. Explain the procedure for performing Bhujangasana and mention any two of its benefits. [3]
29. Discuss any three benefits that physical activity offers to CWSN. [3]
30. Explain any three benefits that women gain from participating in sports. [3]

Section-D

(Case-study based questions. Internal choice is available in each question. Each question carries 4 marks.)

31. Read the case study given below and answer the questions that follow: [4 × 1 = 4]

Ananya is an 18-year-old state-level long-distance runner training for three-day athletics meet. Her coach has drawn up a nutrition plan to be followed before, during, and after each event. In the days leading up to the meet, Ananya follows a diet rich in complex carbohydrates such as brown rice, whole wheat chapati, sweet potato, and seasonal fruits. On the morning of each race, she eats a light meal of poha, a boiled egg, and a glass of buttermilk roughly three hours before running, along with adequate water. During the meet, she sips water and an electrolyte drink at fixed intervals, and between events she snacks on dates and a small energy bar to keep her glucose levels steady. Within thirty minutes of finishing each race, Ananya drinks a glass of flavoured milk and eats a fruit-and-nut mix. Later, she has a full meal of khichdi, curd, and a mixed vegetable salad. Her coach observes that she bounces back quickly between events, shows little fatigue, and maintains a steady pace throughout the meet.

- i) What was the chief reason behind Ananya's carbohydrate-rich diet in the days before the meet?

- A. To reduce her muscle mass
- B. To build up glycogen (energy) reserves for the competition
- C. To increase body fat
- D. To improve joint flexibility

- ii) Why did Ananya take water and an electrolyte drink during the meet?

- A. To sharpen her eyesight
- B. To reduce her body weight
- C. To restore fluids and electrolytes lost through sweating
- D. To stimulate her appetite

- iii) Which of the following best represents Ananya's post-event recovery snack?

- A. Fried snacks and a soft drink
- B. Flavoured milk and a fruit-and-nut mix
- C. Instant noodles
- D. Chips and chocolate

- iv) Which factor contributed the MOST to Ananya's quick recovery and consistent performance?

- A. Skipping her pre-race meal
- B. Drinking carbonated beverages between events
- C. Snacking on fried food between events

D. Following a proper pre-, during- and post-event nutrition plan along with adequate hydration

32. Study the fixture chart given below, prepared using the tabular method for a league tournament among 7 teams, and answer the questions that follow: $[4 \times 1 = 4]$

	A	B	C	D	E	F	G
A		1	2	3	4	5	X
B			3	5	6	1	Y
C				6	4	2	5
D					1	6	3
E						Z	4
F							2
G							

i) This fixture chart belongs to which type of tournament?

- A. Combination
- B. League
- C. Knockout
- D. Challenge

ii) This fixture has been drawn up for how many teams?

- A. 6
- B. 7
- C. 8
- D. 9

iii) Which number should be placed at X in the chart?

- A. 5
- B. 6
- C. 4
- D. 3

iv) Z represents the match between which pair of teams?

- A. E–F
- B. E–G
- C. D–E
- D. B–E

OR (Question for Visually Impaired candidates)

Ms. Y is organising a league tournament and plans to draw up the fixture using the tabular method. A total of 7 teams are taking part. She has a few questions about the fixture — help her find the answers. $[4 \times 1 = 4]$

i) Which type of tournament is Ms. Y organising?

- A. Combination
- B. Knockout
- C. League
- D. Challenge

ii) How many rows and columns will Ms. Y need to draw the fixture for 7 teams?

- A. 7 rows and 7 columns
- B. 8 rows and 8 columns
- C. 6 rows and 6 columns
- D. 9 rows and 8 columns

iii) How many matches will be played in all during this tournament?

- A. 15
- B. 21
- C. 28
- D. 35

iv) In how many rounds will all the matches be completed?

- A. 6
- B. 7
- C. 8
- D. 5

33. Read the case study given below and answer the questions that follow:

[4 × 1 = 4]

Meera, a 45-year-old office employee, has put on excess weight and developed mild lower-back pain because of her largely sedentary work routine. On her doctor's advice, she consults a yoga instructor, who designs a short daily routine for her consisting of Trikonasana, Katichakrasana, Bhujangasana, and Anulom-Vilom Pranayama. The instructor explains that Trikonasana stretches the sides of the body and helps in reducing excess fat, Katichakrasana loosens the waist and spine, Bhujangasana strengthens the back muscles and eases lower-back stiffness, while Anulom-Vilom improves breathing capacity and helps calm the mind. After practising this routine for two months, Meera notices a visible improvement in her stamina, a reduction in back discomfort, and better overall energy through the day.

i) Which asana in Meera's routine is mainly aimed at reducing obesity?

- A. Anulom-Vilom
- B. Bhujangasana
- C. Trikonasana
- D. Katichakrasana

ii) Which asana is described as loosening the waist and spine?

- A. Katichakrasana
- B. Trikonasana
- C. Anulom-Vilom
- D. Bhujangasana

iii) Bhujangasana, as explained in the case study, chiefly helps with which condition?

- A. Diabetes
- B. Lower-back pain
- C. Asthma
- D. Obesity

iv) Anulom-Vilom Pranayama, as practised by Meera, primarily helps to prevent which condition?

- A. Back Pain
- B. Obesity
- C. Stress and poor lung capacity
- D. Diabetes

Section-E

(Attempt any 3 of the following four questions. Each question carries 5 marks.)

34. Name two asanas that help prevent back pain. Also describe the procedure, benefits, and contraindications of any one of them.

[1+4]

35. What do you understand by Food Myths? Discuss any four common myths related to sports and nutrition.

[1+4]

36. Draw a fixture chart for 27 teams and work out the total number of matches, the number of teams placed in the upper and lower halves, the total number of byes, and the byes given in the upper and lower halves. [2+3]

37. Discuss any five postural deformities, mentioning one corrective exercise for each. [5]