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Physical Education and Sports for CWSN — CBSE Class 12 Physical Education Chapter Test

FREE CHAPTER TEST · CLASS XII · PHYSICAL EDUCATION (048) · PATTERN OF THE CBSE SAMPLE QUESTION PAPER 2026-27

TIME ALLOWED	MAXIMUM MARKS	QUESTIONS	NAME / ROLL NO.
1½ hours	35	17 (A 9 · B 3 · C 2 · D 1 · E 2)	

GENERAL INSTRUCTIONS

Read the following instructions very carefully and strictly follow them:

1. This question paper contains 17 questions. All questions are compulsory.
2. This question paper is divided into five sections: A, B, C, D and E.
3. Section A (Q1–9) contains multiple choice questions of 1 mark each, including assertion-reason and match-the-following questions.
4. Section B (Q10–12) contains very short answer questions of 2 marks each; answer in about 60–90 words.
5. Section C (Q13–14) contains short answer questions of 3 marks each; answer in about 100–150 words.
6. Section D (Q15) contains a case study based question of 4 marks, with four sub-parts of 1 mark each; an internal choice is given in the last sub-part.
7. Section E (Q16–17) contains long answer questions of 5 marks each; answer in about 200–300 words. Each has an internal choice: attempt only one of the alternatives.
8. Draw neat diagrams wherever required.
9. This chapter test follows the section structure, question types and marks per question of the CBSE Class XII Physical Education (048) Sample Question Paper 2026-27, at half the length of the 70-mark board paper: 35 marks in 1½ hours. (In the board paper you attempt any 5 of 6 questions in Section B, any 5 of 6 in Section C and any 3 of 4 in Section E; here every question is compulsory.)
10. The answer key and the marking scheme are at the end of this booklet. Attempt the paper in 1½ hours before you look at them.

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Chapter: Physical Education and Sports for CWSN · **Topics:** Special Olympics, Paralympics and Deaflympics · Classification and divisioning · Inclusion: need and implementation · Advantages of physical activity for CWSN · Strategies for accessible physical activity

SECTION A

This section comprises 9 multiple choice questions (MCQs) of 1 mark each, including assertion-reason and match-the-following questions.

1. The Special Olympics movement was founded by 1

(A) Pierre de Coubertin
(B) Dr Ludwig Guttmann
(C) Eunice Kennedy Shriver
(D) Jacques Rogge

2. The first International Special Olympics Summer Games were held in 1

(A) London, 1948
(B) Chicago, 1968
(C) Tokyo, 1964
(D) Paris, 1924

3. The Special Olympics are organised for 1

(A) persons with hearing impairment
(B) persons with intellectual disabilities
(C) persons with visual impairment only
(D) wheelchair users only

4. The first Deaflympics, then called the International Silent Games, were held in 1

(A) Paris, 1924
(B) Chicago, 1968
(C) Rome, 1960
(D) Berlin, 1936

5. Grouping athletes by age, gender and ability so that they compete against others of similar ability, called divisioning, is a feature of the 1

(A) Paralympics
(B) Deaflympics
(C) Special Olympics
(D) Olympic Games

6. The Deaflympics are governed by the 1

(A) International Olympic Committee
(B) International Paralympic Committee
(C) Special Olympics International
(D) International Committee of Sports for the Deaf (ICSD)

7. Match each strategy for making physical activities accessible (List I) with an example (List II). 1

List I	List II
A. Communication	(i) Pairing with a buddy and working in small groups
B. Space	(ii) Lighter, larger or softer balls, such as a bell ball
C. Equipment	(iii) Short instructions with demonstrations or gestures
D. Social strategy	(iv) A safe, well-marked area free of obstacles

Choose the correct option:

(A) A-(iii), B-(iv), C-(ii), D-(i)
(B) A-(iv), B-(iii), C-(ii), D-(i)
(C) A-(iii), B-(iv), C-(i), D-(ii)
(D) A-(ii), B-(iv), C-(iii), D-(i)

8. In graded physical activities for children with special needs, the usual order of progression is 1

(A) manipulative → locomotor → non-locomotor
(B) non-locomotor → locomotor → manipulative
(C) locomotor → manipulative → non-locomotor
(D) locomotor → non-locomotor → manipulative

9. **Assertion (A):** In the Special Olympics, athletes are placed in divisions before the final competition. **Reason (R):** Divisioning groups athletes by age, gender and ability, so that each competes against others of about the same ability. 1

(A) A is true, but R is false.

(B) A is false, but R is true.

(C) Both A and R are true and R is the correct explanation of A.

(D) Both A and R are true, but R is not the correct explanation of A.

SECTION B

This section comprises 3 very short answer questions of 2 marks each (answer in about 60–90 words).

10. Differentiate between classification and divisioning in disability sports. 2

11. State any two advantages of physical activities for children with special needs. 2

12. What is the 'Maximum Effort Rule' in the Special Olympics? 2

SECTION C

This section comprises 2 short answer questions of 3 marks each (answer in about 100–150 words).

13. Differentiate between the Special Olympics and the Paralympics (any three points). 3

14. Write any three features of the Deaflympics. 3

SECTION D

This section comprises 1 case study based question of 4 marks, with four sub-parts of 1 mark each.

15. At a district para-athletics meet, students learn that the movement for sport for persons with impairments grew from games held at a hospital in England in 1948. Today it is governed by an international committee, and its Games are held soon after the Olympic Games.

(i) Write the full form of IPC. [1]

(ii) Who organised the 1948 games at the hospital, and what were they called? [1]

(iii) Where and when were the first Paralympic Games held? [1]

(iv) In which year was the IPC formed? [1]

OR

(iv) Why are these Games called the Paralympics? [1]

SECTION E

This section comprises 2 long answer questions of 5 marks each (answer in about 200–300 words).

16. (a) Write short notes on the Special Olympics, the Paralympics and the Deaflympics. 5

OR

(b) Explain the physical, social, emotional and psychological advantages of physical activities for children with special needs.

17. (a) Explain any five strategies to make physical activities accessible for children with special needs. 5

OR

(b) What is inclusion in sports? Explain its need and how it can be implemented in schools.

END OF THE QUESTION PAPER

ANSWER KEY — SECTION A

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9
(C)	(B)	(B)	(A)	(C)	(D)	(A)	(B)	(C)

MARKING SCHEME AND WORKED SOLUTIONS

Marks for each step are shown in brackets, as in the CBSE marking scheme. Any correct alternative method earns full marks.

Q1. Answer (C). Eunice Kennedy Shriver started the movement; the first International Special Olympics Summer Games were held in Chicago in 1968.

Q2. Answer (B). They were held at Soldier Field, Chicago, in 1968.

Q3. Answer (B). Special Olympics provide sport for children and adults with intellectual disabilities.

Q4. Answer (A). The International Silent Games were first held in Paris in 1924.

Q5. Answer (C). Divisioning is the performance-based grouping of the Special Olympics; classification is the grouping by impairment of the Paralympics.

Q6. Answer (D). The ICSD, founded in 1924, governs the Deaflympics; deaf athletes do not compete in the Paralympics.

Q7. Answer (A). Communication — short instructions with demonstrations (iii); space — a safe, obstacle-free area (iv); equipment — lighter, softer balls (ii); social strategy — a buddy and small groups (i).

Q8. Answer (B). Activities are graded from non-locomotor (stability) skills to locomotor skills and then manipulative skills.

Q9. Answer (C). The purpose stated in R is exactly why athletes are placed in divisions. Option (c).

Q10. (2 marks) Answer: classification by impairment (Paralympics); divisioning by age, gender and ability (Special Olympics).
Classification (Paralympics) groups athletes by the type and degree of their impairment, so that athletes with a similar impact of impairment compete together. [1]
Divisioning (Special Olympics) groups athletes by age, gender and ability (performance), so that each competes against others of similar ability. [1]

Q11. (2 marks) Answer: for example better fitness and better social skills.
Any two [1 + 1]: improves strength, flexibility, endurance and cardiovascular fitness; helps control weight (CWSN are about twice as likely to be overweight); builds self-confidence and self-esteem; improves social skills and friendships; channels surplus energy (for example in ADHD); increases independence in daily tasks.

Q12. (2 marks) Answer: athletes must give maximum effort in divisioning or may be disqualified.
During divisioning, athletes must give their maximum effort, so that they are placed in the correct division. [1]
An athlete who holds back in divisioning, to be placed in a lower division and win more easily, may be disqualified. [1]

Q13. (3 marks) Answer: intellectual v. physical impairments; divisioning v. classification; participation v. elite; founders.
Any three, 1 mark each: **athletes** - the Special Olympics are for persons with intellectual disabilities; the Paralympics are for athletes with physical, visual or intellectual impairments.
grouping - Special Olympics athletes are placed in divisions by age, gender and ability; Paralympic athletes are grouped by classification of their impairment.
aim - the Special Olympics stress participation, and every athlete receives an award; the Paralympics are elite competitions for the best athletes.
origin - the Special Olympics were started by Eunice Kennedy Shriver (first Games, Chicago 1968); the Paralympics grew from Dr Ludwig Guttmann's Stoke Mandeville Games (first Paralympics, Rome 1960).

Q14. (3 marks) Answer: Silent Games 1924; ICSD; 55 dB; no hearing aids; visual signals.
Any three, 1 mark each: they began as the International Silent Games in Paris in 1924; they are governed by the International Committee of Sports for the Deaf (ICSD); athletes must have a hearing loss of at least 55 dB in the better ear; hearing aids and implants may not be used during competition; visual signals such as lights and flags are used instead of starting pistols and whistles; Summer and Winter Deaflympics are each held every four years.

Q15. (4 marks) Answer: (i) International Paralympic Committee; (ii) Guttmann, Stoke Mandeville Games; (iii) Rome 1960; (iv) 1989.
(i) International Paralympic Committee. [1]
(ii) Dr Ludwig Guttmann; the Stoke Mandeville Games. [1]
(iii) Rome, 1960. [1]
(iv) 1989. [1]
OR (iv) They began as games for paraplegic athletes, and are held parallel to (alongside) the Olympic Games. [1]

Q16. (5 marks) Answer: the founders, first Games and features of the three movements.
Special Olympics [2]: sport for persons with intellectual disabilities; began with the summer camp of Eunice Kennedy Shriver; the first International Special Olympics Games were held in July 1968 at Soldier Field, Chicago; athletes compete in divisions by age, gender and ability.
Paralympics [1½]: for athletes with physical, visual or intellectual impairments; grew from Dr Ludwig Guttmann's Stoke Mandeville Games (1948); first held in Rome in 1960; governed by the IPC (formed 1989); athletes are grouped by classification.
Deaflympics [1½]: for deaf athletes; governed by the International Committee of Sports for the Deaf; first held as the International Silent Games in Paris in 1924; held every four years; Winter Games since 1949.
OR Physical [1½]: strength, flexibility, endurance and cardiovascular fitness; weight control; better motor skills and coordination. **Social** [1]: friendships, team spirit, acceptance in the group. **Emotional** [1]: release of surplus energy and stress; emotional balance. **Psychological** [1½]: self-confidence, self-esteem, a sense of achievement and independence in daily tasks.

Q17. (5 marks) Answer: any five strategies, each explained.
Any five, 1 mark each: **communication** (simple language, demonstrations, visual cues, sign language); **space** (safe, smaller, well-lit and well-marked area); **equipment** (lighter, softer, larger or sound-making equipment, ramps and rails); **graded activities** (non-locomotor to locomotor to manipulative, simple to complex); **social strategies** (buddy system, small groups, peer tutoring); **psychological strategies** (praise, reinforcement, success-oriented tasks, reducing fear); **medical check-up** before activity; **modified rules and time**.
OR Meaning [1]: participation of all children, including those with special needs, in the same programmes without discrimination. **Need** [2]: equal opportunity and the right to education; social integration; self-esteem and belonging; better communication and academic performance. **Implementation** [2]: modified rules and adapted equipment; unified sports and inclusive programmes; teacher training; accessible facilities; involvement of parents and the community.

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