

INDIAN SCHOOL AL WADI AL KABIR

Class 11 – Physical Education

UNIT 4 -PHYSICAL EDUCATION AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS

Date: _____

Worksheet 1

Section A: Multiple Choice Questions (1 Mark Each)

1. What is the main aim of Adaptive Physical Education?
 - a) To improve grades
 - b) To provide physical training to all students
 - c) To ensure inclusive participation in physical activity
 - d) To increase competition among students
2. Which of the following is a physical disability?
 - a) Autism
 - b) Dyslexia
 - c) Cerebral Palsy
 - d) ADHD
3. Who helps children improve their motor functions through structured activity?
 - a) Counsellor
 - b) Physiotherapist
 - c) Speech therapist
 - d) Special educator
4. Disability etiquette involves:
 - a) Treating everyone the same
 - b) Offering help respectfully
 - c) Ignoring disabilities
 - d) Being overprotective
5. Intellectual disability affects:
 - a) Physical movement
 - b) Mental functioning and learning
 - c) Speech only
 - d) The respiratory system

Section B: Very Short Answer Questions (2 Marks Each)

6. Define disability.
 7. What is meant by intellectual disability?
 8. Mention any two causes of physical disability.
 9. Name two professionals who help children with speech and motor skills.
 10. What are disability etiquettes?
-

Section C: Short Answer Questions (3 Marks Each)

11. Differentiate between physical and intellectual disability.
 12. State three objectives of Adaptive Physical Education.
 13. Explain the role of a physiotherapist in inclusive education.
-

Section D: Case Study (4 Marks Each)

14. Case Study:

Amit is a 12-year-old student who uses a wheelchair due to a physical disability. He wants to participate in his school's annual sports event. His PE teacher collaborates with a physiotherapist and special educator to create activities suited for him. Amit happily participates and inspires others.

Q1: Identify Amit's type of disability.

Q2: What role did the PE teacher play in inclusion?

Q3: How can adaptive sports benefit children with disabilities?

Q4: Suggest one way the school can further promote inclusion.

Section E: Long Answer Questions (5 Marks Each)

15. Explain the types of disabilities and discuss their causes and nature.
 16. Describe the roles of the following professionals in supporting children with special needs:
 - Counsellor
 - Occupational Therapist
 - Physical Education Teacher
 - Speech Therapist
 - Special Educator
-