

INDIAN SCHOOL AL WADI AL KABIR

Class 12 – Physical Education

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

Date: _____

Worksheet 2

Section A: Multiple Choice Questions (1 Mark Each)

1. Which of the following is an advantage of physical activity for children with special needs?
 - a) Increased isolation
 - b) Improved motor skills
 - c) Decreased confidence
 - d) Reduced social interaction
 2. One strategy to make physical activities accessible is:
 - a) Ignoring disabilities
 - b) Using standard equipment only
 - c) Modifying rules and equipment
 - d) Reducing all activities
 3. Physical activity can help children with special needs by:
 - a) Increasing stress
 - b) Limiting participation
 - c) Improving social skills
 - d) Discouraging independence
 4. Inclusive physical education promotes:
 - a) Discrimination
 - b) Competition only
 - c) Equal opportunity
 - d) Passive learning
-

Section B: Very Short Answer (2 Marks Each)

5. Name any two benefits of physical activities for children with special needs.
 6. What is the role of physical activity in improving cognitive development?
 7. Mention two challenges faced by children with special needs in physical activity sessions.
 8. Write one way teachers can make physical education inclusive.
-

Section C: Short Answer (3 Marks Each)

9. Explain any three psychological benefits of physical activity for children with special needs.

10. List and explain three strategies to make sports inclusive for children with special needs.
 11. How does participation in physical activities improve motor development in such children?
 12. Suggest three ways to promote participation of differently-abled children in school sports.
-

Section D: Case Studies (4 Marks Each)

13. Rohan, a 13-year-old boy with mild cerebral palsy, wants to join the school basketball team. The coach is unsure how to help him. Suggest a few inclusive strategies the coach can adopt.
 14. A school is planning a sports day. Some parents of children with disabilities are worried their kids will be excluded. What steps should the school take to ensure an inclusive and accessible event?
-

Section E: Long Answer (5 Marks Each)

15. What are the major physical, social, and emotional benefits of physical activity for children with special needs? Give examples.
 16. Discuss in detail five strategies teachers can use to make physical education sessions accessible and inclusive for children with special needs.
-