

**BUDHA DAL PUBLIC SCHOOL PATIALA**  
**First Term Examination (1 September 2023)**

Class XI (Humanities)

Subject - Physical Education (Set-A)

Time: 3hrs.

M.M. 70

**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 5 sections and 34 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 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- 4) Sections C consist of Question 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available
- 5) Sections D consist of Question 29-31 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 32-34 carrying 5 marks each and should not exceed 200-300 words. There is internal choice available.

**Section - A**

- Q1. The type of surface used indoor games and sports are : (1)  
a) Wooden b) Grassy c) Clay d) All of these
- Q2. Which one of the following is not a physical education degree? (1)  
a) B.A. b) Certificate course in Yoga c) B.P.Ed. d) M.P. Ed.
- Q3. Khelo India Youth games were started in (1)  
a) 2017 b) 2018 c) 2019 d) 2016
- Q4. SAI stands for (1)  
a) Sports Appointment of India  
b) Sports Authority of India  
c) Sports Academic of India  
d) Sports Accreditation of India
- Q5. Which one of the following in the value of Olympism? (1)  
a) Friendship b) Respect c) Excellence d) All of these
- Q6. The International body which controls Olympic game is : (1)  
a) IOA b) IOC c) FISU d) IPC
- Q7. The Olympic motto Altius means : (1)  
a) Higher b) Faster c) Stronger d) All of the above
- Q8. Yoga word has been derived from Sanskrit word : (1)  
a) YUJ b) Yug c) Yog d) XOJ

A-1

- Q9. In which country Yoga was started? (1)  
a) India b) USA c) Canada d) Germany
- Q10. Which are the yogic exercise for cleaning internal organs? (1)  
a) Neti b) Dhauti c) Basti d) All of the above
- Q11. Poorka, Rechaka and Kumbhaka are the steps for (1)  
a) Pratyahara b) Zumba c) Yama d) Pranayama
- Q12. Which is not a disability? (1)  
a) Hearing b) Speech c) Vision d) ADHD
- Q13. Adaptation Physical Education's aim is : (1)  
a) To develop few programmes for CWSN students  
b) To enhance academic performance  
c) To enhance social adjustment  
d) None of these
- Q14. Name the teacher who is specially trained to work with CWSN : (1)  
a) Physical education teacher  
b) Principal  
c) Physiotherapist  
d) Special educator
- Q15. Physical wellness helps to improve : (1)  
a) Physical Fitness b) Creative ability c) Finances d) Emotions
- Q16. Strength is the ability of muscles to overcome : (1)  
a) Power b) Force c) Resistance d) None of these
- Q17. Which of the following are the components of wellness? (1)  
a) Physical Wellness b) Emotional Wellness c) Social Wellness d) All of these
- Q18. Gatka ancient martial art is associated with : (1)  
a) Sikhs b) Hindus c) Muslims d) Christians

**Section – B**

- Q19. List down the protective equipments. (2)
- Q20. Write a short note on Ancient Olympic games. (2)
- Q21. What do you understand by Tarataka? (2)
- Q22. Mention the role of physical education teacher for students with special needs. (2)
- Q23. Define wellness. (2)

OR

What is flexibility?

A-2

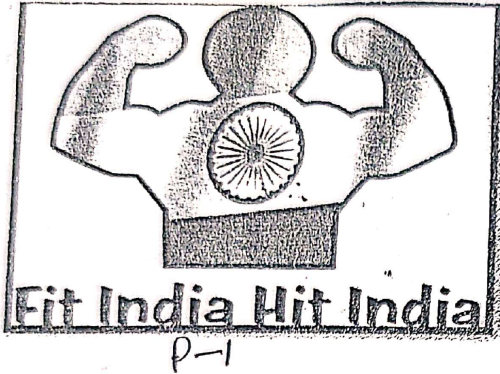
Section – C

- Q24. What do you mean by wearable gears in sports? (3)  
Q25. Describe the Olympic Flag. (3)  
Q26. Enlist the four importance of Yoga. (3)  
Q27. How would you perform Jalaneti? (3)  
Q28. What are the aim and objectives of adapted physical education for CWSN? (3)

OR

Discuss about any three components of fitness.

Q29.



Section – D



(4)

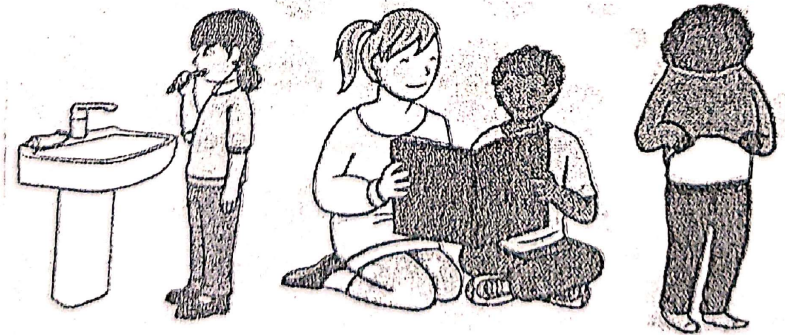
On the basis of above given picture answer the following questions:

- a) First picture related with \_\_\_\_\_  
b) Picture 2 related with \_\_\_\_\_  
c) In which year picture 2 related programme was launched  
d) On whose birth anniversary Fit India Movement was launched.

OR

The Headquarter of Fit India Movement is at \_\_\_\_\_

30. Arman is a special child of a class. He is having some difficulty in lower limbs because of this he is facing problem in performing an activity independently such as walking, bathing, toileting etc. (4)



In the basis of above given case study answer the following questions:

- a) Arman must be treated as \_\_\_\_\_ by his peer group.  
b) Who will help Arman for better physical moment?  
c) What kind of Difficulty Arman has?  
d) Identify the picture related with \_\_\_\_\_ CWSN professional.

OR

Name any two professional who work for children with special needs.



Q31. Arun was training to take part in the 10,000 run for the national school games to be held six months later. Over the next three months, while working with the coach, he paid attention to all the five components of physical fitness. Thanks to his coach's understanding of fitness, he won the race on the final day. (4)

- a) How many components of physical fitness.
- b) Arun need \_\_\_\_\_ type of physical fitness components.
- c) Endurance is the ability to resist \_\_\_\_\_
- d) Physical exercise done in the presence of oxygen is called \_\_\_\_\_ activities.

#### Section – E

Q32. Write short notes on the following: (5)

- a) Career in coaching
- b) Career in book writing
- c) Career in Sports Journalism

Q33. Write a short note in Brief on the following : (5)

- a) Olympic Motto      b) Olympic Oath      c) Olympic Flag

Q34. Enlist the eight element of Yoga and explain any three in detail. (5)

OR

Enlist the components of fitness. Explain any three in detail.

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**Section – A**

- Q1. Where Lakshmbai National Institute of Physical Education (LNIPE) is situated? (1)  
a) New Delhi    b) Patiala    c) Kerela    d) Gwalior
- Q2. Which of the following are the playing surface? (1)  
a) Wooden    b) Turf    c) Polymeric    d) All the these
- Q3. Career in sports journalism is related to : (1)  
a) Health    b) Coaching    c) Teaching    d) Communication media
- Q4. In which year International Olympic Committee was formed : (1)  
a) 1845    b) 1875    c) 1894    d) 1895
- Q5. Which of the following are not disability etiquette? (1)  
a) Ask before you help  
b) Sign language interpreter when you talk  
c) Listen them carefully  
d) Speak clearly and slowly
- Q6. Pranayama is the control on : (1)  
a) Breathing    b) Mind    c) Emotions    d) Behaviour
- Q7. Name the teacher who is specially trained to work with CWSN. (1)  
a) Physical education teacher    b) physiotherapist    c) Principal    d) Special educator
- Q8. Intellectual Wellness related with (1)  
a) Mind    b) Physical fitness    c) organs    d) All of above

B-1

- Q9. Type of strength does not include : (1)  
 a) Maximum strength b) Minimum strength c) Strength endurance d) Explosive strength
- Q10. Flexibility is the range of movements of : (1)  
 a) Muscles b) Bones c) Joints d) All of the above
- Q11. Components of fitness do not include : (1)  
 a) Agility b) Speed c) Strength d) Reaction time
- Q12. In PRICE, E stand for : (1)  
 a) Elevation b) External c) Earlier d) Each
- Q13. Dressing and band ages are used to : (1)  
 a) Increase the Victim's pain  
 b) Increase internal heeding  
 c) Control bleeding and prevent infection  
 d) Stitch up a deep wound
- Q14. It is defined as the quality of a person to lead other is various factor of life: (1)  
 a) Physical fitness b) Physical activity c) Leadership d) Adventure sport
- Q15. The run and touch game that is very simple to play is \_\_\_\_\_. (1)  
 a) Kho – Kho b) Kushti c) Kabaddi d) None of these
- Q16. How many components of fitness are there? (1)  
 a) Three b) Four c) Five d) Two
- Q17. Physical wellness helps to improve : (1)  
 a) Physical fitness b) Creative ability c) Finances d) Emotions
- Q18. Poorka, rechaka and Kumbhaka are the step for : (1)  
 a) Pratyahara b) Zumba c) Yama d) Pranayama

Section – B

- Q19. Write a short note on khelo India school games. (2)
- Q20. Discuss the Moto of modern Olympic games. (2)
- Q21. Write the definition of yoga. (2)
- Q22. Define Neti. (2)
- Q23. Write a short note on first-aid. (2)

OR

Enlist two qualities of a leader.

B-2



Section – C

- Q24. Discuss about teaching career in physical education in brief. (3)
- Q25. Write a short note on international Olympic committee. (3)
- Q26. Mention about two importance of yoga. (3)
- Q27. Define Pranayama. Write any two method of pranayama. (3)
- Q28. Write down the role of physiotherapist for children with special needs. (3)

OR

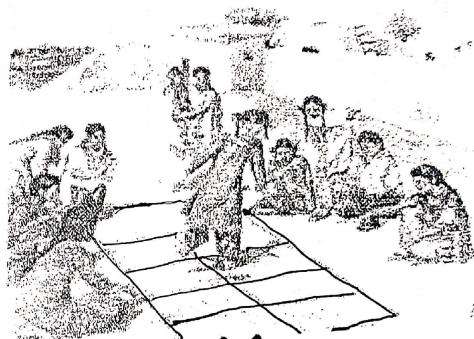
Write a short note on PRICE.

Section – D

- Q29. There are various traditional and regional activities which develop physical fitness and wellness moreover, provides good reaction. Many of these traditional and regional activities does not have specific rules or moreover very popular at certain area or region in India. (4)



P-1



P-2

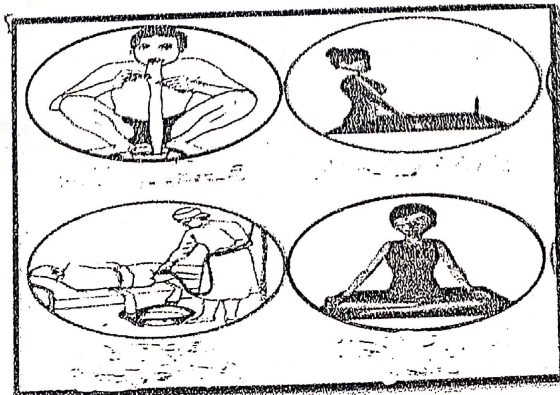
Based on the case and picture, answer the following questions :

- a) Identify the traditional games which are shown in pictures.
- b) What do you mean by traditional games and sports?
- c) What is the other name of pictures one from left?
- d) Pictures one from left a game is very popular schools of -----state.

OR

Write a short note on picture 2.

- Q30. Raju is a student of class 11. One day medical check up camp arrived in his locality. Raju participated as a volunteer. Most of the people were advised to practise yogic kriyas on regular basis. The local body of that locality, hired a yoga instructor and people started the practice of yogic kriyas under his /her guidance. (4)



B-3

On the basis of above given case study and pictures, answer the following questions :

- How many types of yogic kriyas in yoga?
- What do you mean by yogic kriyas?
- Yogic Kriyas are also called----- .
- In -----Kriya is gazing at a candle flame.

OR

Identify the first picture.

- Q31. The topic for school debate this year is aim and objectives of physical education' while quite a few students feel you know the subject should be made compulsory. Some students think of this as part of the curriculum while a waste of time. The principal has selected you to speak in favour of it and explain why physical education should be made a compulsory part of the syllabus. (4)

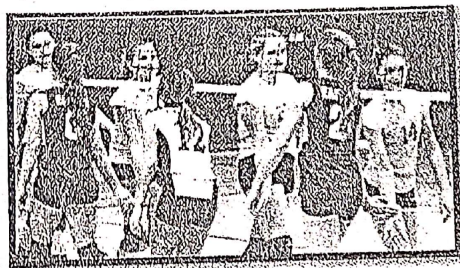


Figure 1

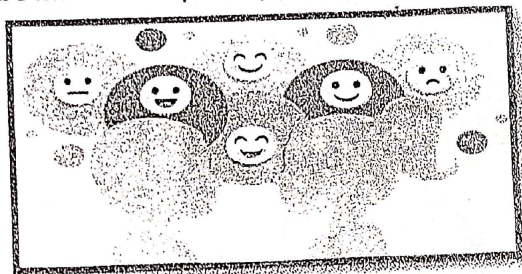


Figure 2

On the basis of above given case study and picture answer the following questions :

- Physical education is of learning which modifies our behaviour through-----
- What is the aim of physical education?
- Figure 1 -----type of development is showing through the physical education.
- How many main objectives of physical education

Section - E

- Q32. Explain in detail about changing trends in sports and games regarding equipment. (5)
- Q33. What are the differences and similarities between ancient and modern Olympic games? (5)
- Q34. Define meaning of yoga. Explain its importance in daily life. (5)

OR

Write notes on how the following can help students with special needs:

- Special Educator
- Physical education teacher
- Physiotherapist

B-4