



INDIAN SCHOOL AL WADI AL KABIR

CLASS XI UNIT TEST – 1

Max Marks:30

SUBJECT-PHYSICAL EDUCATION (048)

General instructions:

1. Section A consists of multiple-choice questions carries 1 mark each. All questions are compulsory.
2. Section B consists of 3 questions amongst which 2 questions have to be attempted each question carries 4 marks and should have 60-80 words.
3. Section C consists of 3 questions amongst which 2 questions have to be attempted each question carries 5 marks and should have 100-120 words

(SECTION A)

Q 1. In which year, the Fit India movement was started?

- | | |
|---------|---------|
| a) 2014 | b) 2017 |
| c) 2019 | d) 2018 |

Q 2. When was the first khelo India Games held?

- | | |
|---------|---------|
| a) 2014 | b) 2018 |
| c) 2019 | d) 2016 |

Q 3. Where is the headquarter IOC?

- | | |
|-------------|----------------|
| a) New York | b) Switzerland |
| c) Paris | d) France |

Q 4. Where the 2020 Olympics were scheduled.

- | | |
|----------------|----------|
| a) Los Angeles | b) Paris |
| c) Mexico | d) Tokyo |

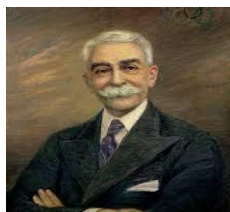
Q 5. At present, how many national Olympic committees are recognised by the IOC?

- | | |
|--------|--------|
| a) 208 | b) 206 |
| c) 207 | d) 205 |

Q 6. What are the colours of five rings of the Olympic flag?

- | | |
|------------------------------------|-------------------------------------|
| a) Red, green, blue, orange, white | b) Pink, black, brown, grey, green |
| c) Red, black, green, blue, yellow | d) White, red, black, green, yellow |

Q 7. Identify the following pictures



- a) Baron Pierre de Coubertin b) Demetrios Vikelas
c) Dr A.G. Noehren d) Sir Dorabji Tata

Q 8. Not an objective of physical education.

- a) organic development. b) social development
c) emotional development. d) technical development

Q 9. Khelo India programme has been divided into _____
verticals.

- a) 11 b) 12
c) 13 d) 14

Q 10. What is the full form of IOA?

- a) International Olympic Association b) Indian Olympic administration
c) Indian Olympic Association d) Indian Oman Association

Q 11. The word "Altius" in the Olympic motto means

- a) Faster b) Higher c) Heavier d) Stronger

Q 12. Playing sports develop.

- a) Risk taking b) Leadership skill c) Team spirit d) All of these

(SECTION B)

Q 12. Write a short note on Olympic Flag & Olympic Symbol.

Q 13. Picture Based (Identification) Question.



i) What are the colours of five rings of the Olympic flag?

- (a) Red, green, blue, orange, white (b) Pink, black, brown, grey, green
(c) blue, yellow, black, green, Red (d) White, red, black, green, yellow

ii) What is the colour of flag background?

- a) Black b) Yellow
c) White d) Blue

- iii) Who was the founder of modern Olympic flag?
a) Baron Pierre de Coubertin b) Demetrios Vikelas
c) Dr A.G. Noehren d) Sir Dorabji Tata
- iv) In which year the modern Olympics flag was hoisted first time?
a)1820 b)1930
c)1920 d) 1720

Q 14. Write about any two examples of technological advancements.

(SECTION C)

Q 15. Explain aims and objective of physical education in detail.

Q 16. Explain the Olympic values in detail.

Q 17. Explain in detail different career options in physical education?

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