



INDIAN SCHOOL AL WADI AL KABIR

ASSESSMENT 1 (2023-2024)

Physical Education (048)

Class – XI

Date: 28.09.2023

Time: 3 Hours

Max. Marks: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of questions 1-18 carrying 1 mark each and are multiple choice questions. All questions are compulsory.
3. Sections B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Sections C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consists of questions 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

(SECTION - A)

Q1. Identify the Kriya?



- (a) Dhauti kriya (b) Basti Kriya (c) Trataka kriya (d) Sutra Neti

Q2. The ability of muscles to exert force during an activity and overcome resistance is:

- (a) Endurance (b) flexibility (c) Strength (d) Speed

Q3. The Ancient Olympic Games started in:

- (a) 776 BCE (b) 394 AD (c) 1896 (d) 1986

Q4. Yoga helps to:

- (a) Improve concentration (b) Cleanse respiratory organs
(c) Reduce tension (d) All of the above

Q5. Given below are the two statements labelled Assertion (A) and Reason (R):

A: On April 6th 1896, after a gap of 1503 years, the modern Olympics were again started.

R: The important thing in Olympics is to triumph at any cost.

In the context of above two statements, which one of the following is correct?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.

Q6. A Disability present at the time of birth is also known as:

- (a) invisible disability
- (b) locomotor disability
- (c) congenital disability
- (d) temporary disability

Q7. Which country has roots for practice of Yoga?

- (a) India
- (b) USA
- (c) UK
- (d) Australia

Q8. “Altius” in the Olympic motto “Citius Altius Fortius” stand for:

- (a) Faster
- (b) Stronger
- (c) Higher
- (d) Deeper

Q9. How many types of Niyamas are there in ashtang Yoga?

- (a) 6
- (b) 5
- (c) 4
- (d) None

Q10. Match List-I with List-II and select the correct answer from the code given below:

Column A	Column B
A Wearable gear	(I) Natural grass
B Playing	(ii) Smart Watch
C Protective Equipment	(iii) 3D Lasers
D Sensor Tools	(iv) Helmet

Option	Code			
	A	B	C	D
a)	iv	ii	i	iii
b)	i	ii	iii	iv
c)	iii	iv	ii	i
d)	ii	i	iv	iii

Q11. Which is not a component of skill related fitness?

- (a) Speed
- (b) Coordination
- (c) Flexibility
- (d) Balance

Q12. Which course of Physical Education is for Assistant Professors/ Directors/ Sports Officers in Colleges/Universities?

- (a) D.P.Ed
- (b) B.P.Ed.
- (c) M.P.Ed.
- (d) B.P.E.S

Q13. Which of the following is not Disability etiquette?

- (a) Avoid asking personal questions (b) Use a normal tone of voice
(c) Listen attentively (d) Pretending to understand

Q14. Elements of Yoga can be explained in terms of:

- (a) Ashtanga Yoga (b) Neti (c) Yama (d) Kapalabhati

Q15. Olympic flame was first introduced in:

- (a) 1896 (b) 1928 (c) 1956 (d) 2008

Q16. Physical exercise done in the presence of oxygen is called:

- (a) aerobic (b) anaerobic (c) isometric (d) isokinetic

Q17. Which stage of Yoga is the union of individual's soul with the supreme soul?

- (a) Dhyana (b) Samadhi (c) Tapas (d) Swadhyaya

Q18. What is the maximum range of movement possible at a joint known as?

- (a) Flexibility (b) Coordinative ability
(c) Locomotors ability (d) None of the above

(SECTION - B)

Q19. What is the aim of Physical Education?

Q20. When and where had the ancient Olympic Games been started?

Q21. What do you mean by Adaptive Physical Education?

Q22. What do you understand by the term Pranayama?

Q23. What is flexibility?

Q24. Write about two traditional sports?

(SECTION - C)

Q25. Write about coordinative abilities as a component of Physical Fitness.

Q26. Write a short note on FIT INDIA Program.

Q27. Describe any 2 Yogic Kriyas.

Q28. What are the types of disability? Explain briefly.

Q29. Write a short note on PRICE.

Q30. Explain Physical Wellness.

(SECTION - D)

Q31. Rohan, a student of class XI has taken up physical education as he is very interested in making his career in the field of Physical Education. When he was introduced to the career options available in the subject, he became a bit hesitant about continuing in this field because for him physical education was just about playing so he approached his subject teacher to explain his position. On the basis of the given information given below are a few queries of Rohan and you have to give him the reply according to the information provided to you in the chapter.

- (a) A child interested in reporting the sports event should further study _____.
- (b) SAI stands for _____.
- (c) Teaching physical education to primary students requires _____ as qualification.
- (d) Where Lakshmbal National Institute of Physical Education (LNIPE) is situated?

Or

Q31. Explain in detail the career options in Physical Education.

Q32. While introducing the chapter of Olympism in physical Education class, Mr Davis found that children were not familiar with the term and were clueless about the various committees working in this field. So, he explained in detail about IOC and various information related to it were discussed. Based on your knowledge about IOC answer the following questions.

- (a) The full form of IOC is
- (b) IOC was established in
- (c) The headquarter of IOC is situated at
- (d) The first president of the Indian Olympic Association was

Or

Q32. Write a short note on:

- (i) The flame and torch relay
- (ii) what is NOC.

Q33. Sachin was suffering from depression along with other symptoms like pain in whole spine, pain in the hip joints and knee joints and also at the back of the thighs. He could not turn his neck and had pain and stiffness in neck and shoulders. He felt shortness of breath after a few steps. He also had travelling issues. He could not fold legs or sit down on the floor. He had tried many medicines but of no use. He heard about the yoga practices from one of his friends. He searched for a certified yoga teacher and met him. The yoga teacher taught him different yoga asana, pranayama, meditation and yogic kriyas. Sachin also learnt about Yoga Nidra. After 3 months of regular practice of yoga and better eating habits, many of his body aches have gone and he is living a better life.

- (a) Word 'Yoga' derived fromword.

(b) Who is the father of YOGA?

(c) The term used to describe alternate nostril breathing in yoga is

(d) Yoga-nidra is performed in.....pose.

Or

Q33. Write the procedure to perform Yoga Nidra. Explain the benefits.

(SECTION - E)

Q34. Discuss the Ashtanga Yoga in detail.

Q35. Classify various playing surfaces in sports?

Q36. What do you mean by Yoga? Outline the importance of Yoga.

Q37. Differentiate between skill-related and health-related components of physical fitness.

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