



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF PHYSICAL EDUCATION  
CLASS XI ASSESSMENT-I

## PHYSICAL EDUCATION

**Maximum Marks: 70**

**Time: 3.00 Hrs.**

General Instructions: -

\*Question paper contained 34 Questions.

\*Question number 1 to 20 carry 1 mark each.

\*Question numbers 21 to 30 carry 3 marks each answer. These questions should be in approximately 80-100 words each.

\*Question number 31 to 34 carry 5 marks each answer to these questions should be in approximately 150-200 words each

### SECTION- A

**(1×20=20)**

Q.1. When was the first khelo India Games held?

- (a) 2016 (b) 2018  
(c) 2017. (d) 2019.

Q-2. When was the Fit India Movement launched?

- (a) 29 August 2013 (b) 29 August 2016  
(c) 29 August 2019 (d) 29 August 2021

Q-3 Where is the headquarter IOC?

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

Q-4 Where was the 2020 Olympics scheduled?

- (a) Los Angeles (b) India  
(c) Mexico (d) Tokyo

Or

Where is the Olympic Torch ignited?

Q-5 Whistle and Guns are not used in these games.

- (a) Commonwealth games. (b) Deaflympics games  
(c) Paralympic games. (d) Special Olympic Bharat.

Q-6 Which of the following asana is helpful in controlling diabetes?

- (a) Vakrasana.
- (b) Mandukasana.
- (c) Vajrasana.
- (d) Garudasana.

Q-7 From which year did the Arjuna Award start.

- (a) 1964
- (b) 1963
- (c) 1962
- (d) 1961

Q-8 Jal neti is done for.

- (a) Nose
- (b) eyes
- (c) hands
- (d) legs

Q-9 Endurance is earlier known as.

- (a) Stamina.
- (b) Energy
- (c) Power.
- (d) control

Q-10 Which asana is associated with eagle?

- (a) shirsana
- (b) garudasana
- (c) padmasana
- (d) savasana

Q11-Neuromuscular coordination is in between.

- (a) Brain and body.
- (b) brain and bones
- (c) stomach and body
- (d) none

Q-12 When was the Fit India Movement launched?

- (a) 29 August 2013
- (b) 29 August 2016
- (c) 29 August 2019
- (d) 29 August 2021

Q13-Career branches in physical education are.

- (a) exercise physiology
- (b) sports sociology
- (c) sports nutrition
- (d) all of the above

Q14- At present, how many national Olympic committees are recognised by the IOC?

- (a) 280
- (b) 200
- (c) 225
- (d) 206

Q15- Control and regulation of breath is

- (a) Yoga
- (b) Pranayama
- (c) Pratyahara
- (d) Niyama

Q16-What is the full form of 'WADA'

- (a) White Anti-doping Agency. (b) Wide Anti-doping Academy  
(c) World Anti-doping Agency (d) None of the above

Q17- What does the rings of Olympic represent

- (a) Five countries (b) Five oceans  
(c) Five continents (d) Five sports

Q18- An athlete with total or partial limb loss is

- (a) Amputee (b) cerebral palsy  
(c) intellectual disability (d) articulation disability

Q19- 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

Q20-Not an objective of physical education.

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

### SECTION- B

(3×10=30)

21) What do you understand by Asana and describe the types of Asana?

Or

Discuss elaborately about the Paralympic movement?

22) Explain the purpose of Olympic Movement?

23) What are the changing trends in sports in terms of playing surfaces and equipment?

24) Write a short note on Dhyana and samadhi?

25) What is Fit India Programme?

26) What is the purpose of Olympic Movement?

Or

Explain the term 'Pranayama' in detail.

27) Write short notes on the following-

- a) Olympics flag. b) Olympics motto

28) Write a note on Olympic flame.

29) Briefly mention the importance of Yoga?

30) mention any three objectives of the Deaflympics.

Or

Explain the importance of yoga in sports.

**SECTION- C**

**(5×4=20)**

31) What is physical education? discuss elaborately about the aim and objectives of physical education?

32) Explain the development of values through Olympic movement?

Or

Explain any three achievements of the special Olympic Bharat?

33) Explain the origin of Ancient Olympic Games.

34) Explain the elements of Yoga in detail.

Or

Describe the career options in Physical Education.

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