



INDIN SCHOOL AL WADI AL KABIR
PHYSICAL EDUCATION (048)
FINAL ASSESSMENT
CLASS XI

Time: 3 hours

Marks: 70

GENERAL INSTRUCTIONS:

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

SECTION A

Q 1. Playing sports inculcates?

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

Q 2. Which of the following is not an objective of Fit India programme?

- (a) Fitness for all (b) To encourage masculine body
(c) Encourage indigenous sports (d) Fitness reach every school

Q 3. How many rings are there in the Olympics Symbol?

- (a) Four (b) Five (c) Six (d) Seven

Q 4. The Olympic ideal is:

- (a) Faster (b) Higher (c) Stronger (d) All of the above

Q 5. Nauli is the method of massaging and strengthening the _____ .

- (a) Mind (b) Heart (c) lungs (d) Abdominal organ's

Q 6. Which of the following can be the cause of disability?

- (a) Ignorance (b) Poverty (c) Accident (d) All of these

Q 7. Who is responsible for developing and improving their team's cohesion?

- (a) Players (b) Parents (c) Audience (d) Coach

Q 8. The ability of covering the maximum distance in minimum time is:

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

Q 9. The flexibility that is increased with the help of someone or support is called:

- (a) Active Flexibility (b) Passive Flexibility (c) Both (a) and (b) (d) All of the above

Q10. If the height of the child is in feet, it is classified under:

- (a) Evaluation (b) Measurement (c) Test (d) None of these

Q11. The femur is the _____ bone in the body.

- (a) Small (b) Longest (c) Flat (d) Round

Q12. Which of the following is a part of Respiratory System?

- (a) Pharynx (b) Throat (c) Bronchi (d) All of the above

Q13. When the angle between the two bones decreases, it is termed as

- (a) Flexion (b) Extension (c) Abduction (d) Adduction

Q14. Bio-mechanics helps in which of the following?

- (a) In improving technique (b) In improving designs of sports equipment
(c) In improving performance (d) All of these

Q15. Importance of Sports Psychology is for:

- (a) Increasing mental maturity (b) Understanding behavior
(c) Helpful in solving the problem (d) All of these

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

Q21. Assertion-Reason Type Questions

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

Assertion (A): The Olympic flag is made up of a white silk cloth in which five rings are embedded with each other.

Reason (R) : The Olympic flame is the symbol of peace.

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

Q22. Picture Based (Identification) Question.

Identify the following pictures and write their names.



Q23. Define Yoga.

Q24. What do you understand by Neti Kriya?

SECTION C

Q25. Describe the role of any two professionals to help the Divyang(CWSN).

Q26. What do you understand by speed endurance?

Q27. Write a short note on FIT INDIA Program.

Q28. State the function of the heart.

Q29. Explain the importance of biomechanics in sports with examples.

Q30. Enumerate the importance of sports psychology.

SECTION D

Q31A. Why warming up and cooling down required in sports?

OR

Q31B. What is “General warming up”? Explain with example.

Q32. Describe the various adolescent problems.

Q33A. Explain in detail, the types of movements in human body.

OR

Q33B. What are the types of disability? Explain briefly.

SECTION E

Q34. Explain the importance of anatomy and physiology in sports.

Q35. Explain the importance of sports psychology.

Q36. Differentiate between active and passive flexibility.

Q37. What are the principles of sports training?

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