



INDIAN SCHOOL AL WADI AL KABIR

CLASS XI UNIT TEST

Max Marks:30

SUBJECT-PHYSICAL EDUCATION (048)

Time: 1 hr.

Date- 27/05/2025

General instructions:

1. Section A consists of multiple-choice questions, carries 1 mark each. All questions are compulsory.
2. Section B consists of 4 questions amongst which 3 questions have to be attempted; each question carries 3 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. The Ministry of Youth Affairs and Sports, Govt. of India launched the Khelo India Programme in- 1
- a) 2013-2014
 - b) 2014-2015
 - c) 2016-2017
 - d) 2017-2018
- Q 2. How many verticals are there in Khelo India Programme? 1
- a) Ten
 - b) Twelve
 - c) Eleven
 - d) Thirteen
- Q 3. Where Lakshmbal National Institute of Physical Education (LNIFE) is situated? 1
- a) Mumbai
 - b) Gwalior
 - c) Paris
 - d) Delhi
- Q 4. Where the 2028 Olympics were scheduled. 1
- a) Los Angeles
 - b) Mexico
 - c) Paris
 - d) Tokyo

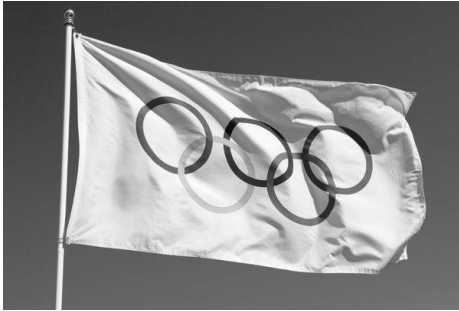
- Q 5. The Ancient Olympic Games started in 1
- a) 767 BC
 - b) 778 BC
 - c) 776 BC
 - d) 779 BC
- Q 6. What are the colours of five rings of the Olympic flag? 1
- a) Red, green, blue, orange, white
 - b) Blue, yellow, black, green, red
 - c) Red, black, pink, blue, yellow
 - d) White, red, black, green, yellow
- Q 7. SAI Stands for: 1
- a) Sports Appointment of India
 - b) Sports Authority of India
 - c) Sports Academic of India
 - d) Sports Accreditation of India
- Q 8. The Olympic flag was used for the first time 1
- a) 1896, Athens, Greece
 - b) 1920, Antwerp, Belgium
 - c) 1928, Amsterdam, Netherlands
 - d) 1924, Paris, France
- Q 9. What is the full form of IOC? 1
- a) International Olympic Committee
 - b) Indian Olympic Committee
 - c) Indian Olympic Commission
 - d) Indian Oman Cooperation
- Q 10. The Olympic motto "Citius, Altius, Fortius" means: 1
- a) Faster, Stronger, Higher
 - b) Higher, Stronger, Faster
 - c) Faster, Higher, Stronger
 - d) None of these
- Q 11. What is the aim of Physical Education? 1
- a) Growth and development
 - b) Healthy life style
 - c) All round development
 - d) None of these

SECTION B (Any three)

- Q 12. Write about any two examples of technological advancements in sports. 3

Q 13. Picture Based Question.

3



- i) Who is the Father of Modern Olympic Games?
 - a) Baron Pierre de Coubertin
 - b) Ludwig Guttman
 - c) Dion Nash
 - d) None of these

- ii) What is the colour of flag background?
 - a) Black
 - b) Yellow
 - c) White
 - d) Blue

- iii) In which year the modern Olympics Games started?
 - a) 1896
 - b) 1996
 - c) 1920
 - d) 1796

Q 14. Explain the Olympic values.

3

Q 15. Write about playing surface in sports.

3

SECTION C (Any Two)

Q 16. Explain aims and objectives of physical education in detail.

5

Q 17. Write a short note on the Olympic Flag and Motto.

5

Q 18. Explain in detail different career options in physical education.

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