

APEEJAY SCHOOL, SHEIKH SARAI
FIRST TERMINAL EXAMINATION, 2019-20

SS-60

CLASS-XI

PHYSICAL EDUCATION

Time allowed : 3 Hrs.

M.M. : 70

General Instructions :

- * *The question paper consists of 34 questions.*
- * *All questions are compulsory*
- * *Objective type/multiple choice questions carrying 1 mark*
- * *Short answer question carrying 3 marks (80 to 90 words)*
- * *Long answer question carrying 5 marks (15 to 200 words)*

Give one word answer :

1. In which year, the first Asian games were organised in India? (1)
2. Who stopped the ancient Olympic games? (1)
3. What should be the healthy amount of body fat percentage for men and women? (1)
4. Who are the specialists, who work with students with special needs in school? (1)
5. India's golden girl who has won 5 gold medals in athletics at the international events in less than a month of July 2019? (1)

Fill in the blank :

6. Cricket world cup held after every years. (1)
7. In 2024 the Paralympics games will be held in (1)
8. Dynamic strength can also be called strength. (1)
9. Many great scientists like Thomas Alva Ediso, Albert Einstein and Graham Bell had disabilities. (1)
10. In the practice of the body sleeps but the mind remains awake. (1)

Choose the correct answer :

11. Which one of following components is not included in Khelo-India programme? (1)
(a) play field development (b) Talent search and development
(c) Sports for women (d) To organise cricket competition
12. Who was the founder president of IOA? (1)
(a) Dr. Noehrem (b) Maharaja Bhupinder Singh

P.T.O.

(b) Sir Dorabji Jamshedji Tata (d) None of these

13. Which one of the following is not the component of health-related fitness? (1)
(a) Body composition (b) Cardiovascular endurance
(c) flexibility (d) speed
14. Which sport event is not a part of winter Deaflympics. (1)
(a) Alpine skiing (b) Ice-Hockey
(c) curling (d) Water-polo
15. Which one of the following is not an element of Astanga yoga? (1)
(a) Yama (b) Niyama
(c) Pratahara (d) Padmasana

State of true of false :

16. Khelo India programme is not helpful for promoting rural games. (1)
17. Thomas Bach is the president of IOC. (1)
18. In performing pull-ups and push-ups, we require dynamic strength. (1)
19. Special Olympic Bharat has been organising international games in various disciplines since 2002. (1)
20. Shatkarma means-seven actions for cleanliness of internal organs of human body. (1)
21. Name the career available in the field of physical education in India. Write about the performance related career in detail. (3)
22. Briefly discuss about the main incidents of summer Olympics. (3)
23. Strength is an important component of physical fitness. With suitable example elaborate the work and need of strength as important component of physical fitness. (3)
24. What is the need of inclusive education? (3)
25. What do you mean by relaxative and cultural asana? (3)
26. "Physical education is the wholesome development of an individual" on the basis of this fact, write about development of neuro-muscular coordination and emotional development through physical education. (3)
27. "Are the Modern Olympics free from discrimination"? Give your view with suitable examples. (3)
28. Explain the procedure and benefits of garudasana. (3)
29. Write a note on special Olympic Bharat. (3)

Or

Describe the objectives of Olympic association.

30. "A healthy lifestyle is absolutely vital for reducing the incidence and impact of problems, recovery and coping with life." Justify the statement with suitable points.

31. Write down a detailed note on Ancient Olympic Games. (5)
32. Define Wellness and explain the components of wellness in details. (5)

Or

What is the meaning of physical fitness? Write any four components of health related physical fitness in brief.

33. How can inclusive education be implemented in India effectively? Explain. (5)
34. Discuss the elements of yoga. (5)

Or

How yoganidra can be helpful for an athlete who is under stress, anxiety and tension in the competitive sports field. Write complete practice stages of yoganidra.



Roll No.	
Name	
Class & Section	

APEEJAY COMMON ANNUAL EXAMINATION, 2019-20

PHYSICAL EDUCATION

Time Allowed : 3.00 Hrs.

Class - XI

Maximum Marks : 70

General Instructions :

- The question paper consists of 34 questions.*
- All questions are compulsory.*
- Question no. 1 to 20 carry 1 mark each.*
- Question no. 21 to 30 carry 3 marks each. Answers these questions in approximately 60 to 80 words each.*
- Question no. 31 to 34 carry 5 marks each. Answer these questions in approximately 100 to 150 words each.*

PART-A

- Which federation organises National school games? 1
- Said, "Psychology is positive science of behaviour." 1

OR

- Said, "Psychology is the science of human behaviour." 1
- The strength of a body is measured in which unit? 1
 - What is the stage which begins from birth to the end of 2 years? 1
 - "Adolescence is the period of great stress and strain, storm and strife." 1
- The statement has been given by
- The first Deaflympics were held at in 1924. 1

7. is the ability of the muscles to overcome resistance? 1

OR

Dynamic Strength can be called as

8. is the control of the process of breathing. 1

9. By wearing appropriate sports gears, the risks of can be reduced. 1

10. Formula to calculate Body Mass Index is 1

11. Kabaddi is a traditional game of India. (True/False) 1

OR

Citius means faster. (True/False),

12. In performing pull-ups, we require dynamic strength. (True/False) 1

13. Shavasana is a meditative asana. (True/False) 1

14. Scuba diving is not an adventure sports. (True/False) 1

15. The range for obesity class-II condition given by WHO is 30.0-34.9. (True/False) 1

16. The Indian Olympic Association was established in the year : 1

(a) 1925 (b) 1926

(c) 1927 (d) 1928

17. Which one of the following is not the component of physical fitness? 1

(a) Speed (b) Strength

(c) Cardiovascular endurance (d) Flexibility

18. Which one of the following is not an element of Astanga Yoga? 1

(a) Yama (b) Niyama

(c) Pratyahara (d) Parmatma

OR

Which one of the following is not an example of corrective asana?

(a) Bhujangasana (b) Padmasana

(c) Chakrasana (d) Halasana

19. Which one of the following is not the type of trekking? 1
- (a) Easy Trekking (b) Moderate Trekking
(c) Fast Trekking (d) Difficult Trekking
20. Which one of the following categories is not classified by Hippocrates? 1
- (a) Sanguine (b) Phlegmatic
(c) Asthenic (d) Choleric

PART-B

21. Write down a brief note on "Khelo India" programme. 3

OR

Enlist the objectives of physical education and explain any one of them.

22. Discuss the main functions of IOC. 3
23. Discuss about any three components of wellness. 3
24. Write a short note on Paralympics. 3
25. Discuss only three advantages of yoganidra. 3

OR

Explain any three elements of yoga.

26. Discuss briefly the role of a leader. 3

OR

Describe any three objectives of adventure sports.

27. Write importance of Test, Measurement and Evaluation in sports. 3
28. What is a joint? Mention the major types of joints. 3
29. Explain the methods of warming-up. 3
30. Discuss the importance of sports psychology. 3

PART-C

31. What are the various career options in physical education? Discuss the teaching career in detail. 5
32. What is inclusion? Discuss the need of inclusive education. 5

OR

Discuss in detail about the role of various professionals for children with special needs.

33. Explain the structure of respiratory system in human body. 5

OR

What do you mean by anatomy, physiology and kinesiology? Elucidate their importance in the field of physical education and sports.

34. Discuss in detail the side effects of five prohibited substances. 5