

BUDHA DAL PUBLIC SCHOOL PATIALA
First Term Examination (18 September 2024)

Class XI

Subject – Physical Education (Set-A)

Time: 3hrs.

M.M. 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 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- 4) Sections C consist of Question 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available
- 5) Sections D consist of Question 29-31 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 32-37 carrying 5 marks each and should not exceed 200-300 words. There is internal choice available.

Section – A

- Q1. Traditionally, careers in Physical education were focused on: (1)
a) Teaching b) Commentator c) Sports Photography d) Sports Marketing
- Q2. Traditionally, sports were played on which surfaces? (1)
a) Natural green surface b) Artificial grass c) Both (a) and (b) d) None of these
- Q3. How many components are included in Khelo India Program? (1)
a) 10 b) 12 c) 8 d) 15
- Q4. In which of the sports in LED lights technology is used in stumps? (1)
a) Tennis b) Cricket c) badminton d) Football
- Q5. The Ancient Olympic Games started in (1)
a) 776 BCE b) 394 AD c) 1896 d) 1986
- Q6. "Altius "in the Olympic Moto "Citius Altius Fortius stand for- (1)
a) Faster b) Stronger c) Higher d) Deeper
- Q7. What is the width-to-length ratio of the Olympic flag? (1)
a) 1 : 3 b) 2 : 3 c) 3 : 4 d) 1 : 2
- Q8. What do you mean by NOC? (1)
a) National Olympic Committee b) National Olympic Congress
c) National Olympic Course d) National Olympic Community
- Q9. Elements of Yoga can be explained in terms of : (1)
a) Ashtanga Yoga b) Neti c) Yama d) Kapalbhathi
- Q10. Which country has roots for practice of yoga? (1)
a) India b) USA c) UK d) Australia
- Q11. Word 'Yoga' derived from (1)
a) Yuj b) Yug c) Yua d) Yuy

- Q12. Which is the following is a Kriya? (1)
 a) Kapal Bhati b) Bhastrika c) Ujjayi d) Nadi Shodhana
- Q13. What is the term used for children with special needs? (1)
 a) Viklan b) Divyang c) Differently abled d) All of the above
- Q14. Which of the following is not a Physical Disability? (1)
 a) Injury to spinal cord b) injury to neck c) loss of limb d) attention deficit disorder
- Q15. World Disability Day is celebrated on : (1)
 a) 2nd April b) 21st June c) 29th August d) 3rd December
- Q16. Which type of strength is used in pushing the wall? (1)
 a) Maximum strength b) Isotonic strength c) Isometric strength d) Strength endurance
- Q17. Mallakhamb stands for (1)
 a) A Gymnast's Pole b) Running c) Martial Art d) All of these
- Q18. Which equipments are used in Gilli Danda? (1)
 a) A danda b) A Gilli c) Both (a) and (b) d) None of these

Section – B

Q19. Write a short note on Khelo India School Games.

Q20. Discuss the Moto of Modern Olympic Games.

Q21. Write the definition of Yoga.

Q22. Define Neti.

Q23. Write a short note on First-Aid.

OR

Q24. Enlist the qualities of a leader.

Section – C

Q25. Discuss about teaching career in physical education in brief.

Q26. Write a short note on International Olympic Committee.

Q27. Mention about two importance of yoga.

Q28. Define Pranayama. Write any two method of pranayama.

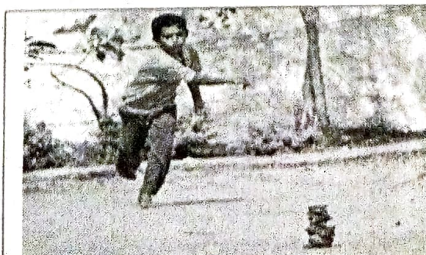
Q29. Write down the role of physiotherapist for children with special needs.

OR

Q30. Write a short note on PRICE.

Section – D

Q31. There are various traditional and regional activities which develop physical fitness and wellness moreover, provides good reaction. Many of these traditional and regional activities does not have specific rules or moreover very popular at certain area or region in India.



Pic 1



Pic 2

Based on the case and picture, answer the following questions :

- Identify the traditional games which are shown in pictures.
- What do you mean by traditional games and sports?
- What is the other name of pictures one from left?
- Pictures one from left a game is very popular schools of ————state.

OR

Write a short note on picture 2.

Q32. Raju is a student of class 11. One day medical check up camp arrived in his locality. Raju participated as a volunteer. Most of the people were advised to practise yogic kriyas on regular basis. The local body of that locality, hired a yoga instructor and people started the practice of yogic kriyas under his /her guidance.

On the basis of above given case study and pictures, answer the following questions :

- How many types of yogic kriyas in yoga?
- What do you mean by yogic kriyas?
- Yogic Kriyas are also called——— .
- In ————-Kriya is gazing at a candle flame.

Q33. The topic for school debate this year is aim and objectives of physical education while quite a few students feel you know the subject should be made compulsory. Some students think of this as part of the curriculum while a waste of time. The principal has selected you to speak in favour of it and explain why physical education should be made a compulsory part of the syllabus.



Figure 1

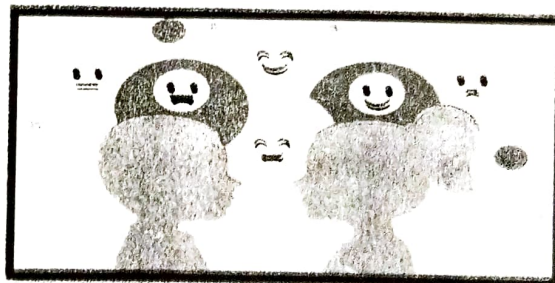


Figure 2

On the basis of above given case study and picture answer the following questions :

- Physical education is of learning which modifies our behaviour through———.
- What is the aim of physical education?
- Figure 1 ————type of development is showing through the physical education.
- How many main objectives of physical education

Section – E

Q34. Explain in detail about changing trends in sports and games regarding equipment.

Q35. What are the differences and similarities between ancient and modern Olympic games?

Q36. Define meaning of yoga. Explain its importance in daily life.

OR

Q37. Write notes on how the following can help students with special needs:

- Physical education teacher
- Physiotherapist