

**BUDHA DAL PUBLIC SCHOOL PATIALA**  
**First Term Examination (20 September 2025)**

Class XI  
Subject - Physical Education (Set-B)

M.M. 70

Time: 3hrs.

**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. There is internal choice available.
- 4) Sections C consist of Question 25-30 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 31-33 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 34-37 carrying 5 marks each and should not exceed 200-300 words. There is internal choice available.

**Section - A**

Q1. The major aim of physical education is to ensure a/an (1)  
a) Child's optimal physical development.  
b) Programme of activity and sports for all.  
c) All round development of an individual.  
d) Complete removal of boredom of the classroom activity.

Q2. Which course of physical education is not recognised by NCTE? (1)  
a) D.P.Ed. b) B.P.Ed. c) M.P.Ed. d) B.P.E.S..

Q3. The Olympic flag consists of- (1)  
a) White background with no border and Olympic symbol in the centre.  
b) White background with black border and Olympic symbol in the centre.  
c) Yellow background with black border and Olympic symbol on the top right corner.  
d) Grey background with no border and Olympic symbol in the centre.

Q4. After completing D.P.Ed. you can teach classes. (1)  
a) I to VIII b) I to V c) VI to VIII d) I to X

Q5. Traditionally, sports were played on which surfaces? (1)  
b) Natural green surface b) Artificial grass c) Both (a) and (b) d) None of these

Q6. In which of the sports in LED lights technology is used in stumps? (1)  
a) Tennis b) Cricket c) badminton d) Football

Q7. What out of these is not a sport in winter Olympics? (1)  
a) Skiing b) Speed skating c) Long jump d) Snowboarding

Q8. A disability present at the time of birth is also known as: (1)  
a) Invisible disability b) locomotor disability c) Congenital disability d) Temporary disability

Q9. Olympic flame was first introduced in (1)  
a) 1896 b) 1928 c) 1956 d) 2008

Q10. What is the term used for children with special needs? (1)  
a) Viklang b) Divyang c) Differently abled d) All of the above

B - 1

Q11. The most important area created to by adapted physical education is: (1)  
 a) Physical health b) Mental health c) Social health d) Emotional health

Q12. Which type of strength is used in pushing the wall? (1)  
 a) Maximum strength b) Isotonic strength c) Isometric strength d) Strength endurance

Q13. What is the ability to perform same pattern of moment as a faster rate? (1)  
 a) Speed b) Endurance c) Strength d) Flexibility

Q14. What is the ability of an individual to live a physically, mentally, socially and emotionally balanced life?  
 a) Physical fitness b) Wellness c) lifestyle d) All of the above

Q15. "Citius "in the Olympic Moto "Citius Altius Fortius stand for- (1)  
 a) Faster b) Stronger c) Higher d) Deeper

Q16. Out of the following which one is not an element of Asthanga Yog? (1)  
 a) Yama b) Niyama c) Dhauti d) Pratyahara

Q17. Which of the following are the main stages of pranayama? (1)  
 a) Puraka b) Kumbhaka c) Rechaka d) All of these

Q18. Which of the following is a Kriya? (1)  
 a) Kapalabhati b) Bhastrika c) Ujjayi d) Nadi Shodhana

### Section – B

Q19. Where was the first Khelo India School games held?  
 Q20. When and where had the ancient Olympic games been started?  
 Q21. What is Asana?  
 Q22. What are three main stages of Pranayama?  
 Q23. What do you understand by Physical Disability?

OR

Q24. Name some traditional sports and regional games.

### Section – C

Q25. Write in brief about three objectives of Physical Education.  
 Q26. What is Olympic Flag? What is the role of rings in Olympic Flag?  
 Q27. Write the technique of doing Jala Neti?  
 Q28. How a physiotherapist helps children with special needs?  
 Q29. Explain physical wellness.

OR

Q30. Define Endurance.

### Section – D

Q31. The values and meaning of Olympism are expressed by the Olympic symbol (the five rings) and other identifying Olympic elements (the flame, the torch relay, the motto, the maxim, the anthem and the oaths). These make it possible to transmit a message simply and directly. They give the Olympic Movement and the Games their own identity.

1. The Olympic Creed is, "The important thing in life is not the....., but the fight; the essential thing is not to have won, but to have fought well."
2. .... of France, is rightly known as the "Founder of the Modern Olympic Games".
3. At the modern Olympic Games, a flame was lit for the first time in the stadium at Amsterdam, in.....
4. The Olympic flag was created under the guidance of Baron Coubertin in 1913 and was released in .....



B - 2

Q32. At birth, Rita was affected with Cerebral palsy. Her lower limbs were lifeless and she was not able to stand. Her father would bring her to school in a wheel chair. While going back from school, her younger brother, who was in the same class, used to help her. With help of her friends and classmates, she used to go to the playground. She was not able to stand and walk but she was always cheering, smiling and laughing. Seeing her joy and smile, the other students of her class always motivated her in her wheel chair wherever they went for their different activities.

Q.1. What is the right term that should be used for Children with Special Needs ?

(a) Viklang (b) Divyang  
(c) Differently abled (d) All of the above

Q.2. Which diversified programme includes developmental activities, games and sports suited to interests, capacities and limitations of students with disabilities?

(a) Modified Physical Education (b) Diversified Physical Education  
(c) Adaptive Physical Education (d) None of the above

Q.3. Write any 2 benefits of physical activity for children with special needs.

Q33. The Ministry of Sports and Youth Affairs introduced Khelo India Program to revive sports culture right from the grass-root level. The aim of introducing this programme is to inspire the young talent of the country to participate in sports activities. This scheme focuses on nurturing raw talent, promoting mass participation and connecting rural India to global games.



1. Khelo India Program was introduced in .....
2. Under the Talent Identification and Development scheme, players from ..... priority sports are selected at various levels of participation.
3. All the components of the Khelo India Scheme are gender ..... and afford equal opportunities to women for participating in sporting activities and development of sports.
4. Under Sports for Peace and Development the Government of India provides a special package to ..... for enhancing sports facilities in the State.

#### Section – E

Q34. Explain in detail the qualities that a good leader should possess.

Q35. What do you mean by Yoga? Outline the importance of Yoga.

Q36. Write a short note on : (a) The flame and torch relay (b) The Motto and Maxim

OR

Q37. How technological advancements have changed the way of sports? Explain in detail.

B-3