



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIODIC TEST-1
Class : XI

Subject : Physical Education

Date : 04-08-2022

M.M : 30

Time : 1 Hr 30 min

General Instructions:

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 7 Questions amongst which 5 questions have to be attempted each question carries 2 marks and should have 30-50 words.
3. Section B consists of 5 Questions amongst which 4 questions have to be attempted each question carries 3 marks and should have 80-100 words.
4. Section C consists of 3 Questions amongst which 2 questions have to be attempted each question carries 4 marks and should have 100-150 words.

SECTION -A

1. According to the aim and objectives of physical education, what will students be enabled to achieve through it? (2)
2. 'Observance is for improving one's behaviour'. List down all the elements of niyama. (2)
3. 'Participation in physical activities helps in proper mental development'. Justify. (2)
4. For maintaining good health what kind of cleansing processes are excellent and why? (2)
5. 'Physical education is a sum total of other parts of education'. How? (2)
6. 'Kapalbhati' is an important part of Shatkarma. Write two benefits of this yogic kriya. (2)
7. What is the plan of government under the vertical of 'Promotion of sports among persons with disabilities'? (2)

SECTION-B

8. Draw a flow chart of verticals given by Khelo India and explain any two of them. (1+2)
9. What type of playing surface evolved now a days? Mention its role in improving the sports performance. (1+2)
10. Discuss the significance of wearable sports gears and equipment. (3)
11. After completion of any professional course in Physical education, how many career options will you have? Explain any two. (1+2)
12. 'Sports broadcasting requires the proper knowledge of the game'. Justify this statement. (3)

SECTION-C

13. Yoga is a medium which enhances the efficiency of the different parts of the body. Justify the significance and importance of yoga in detail. (2+2)
14. Define Physical Education. Explain the significance of physical education programme in school. (1+3)
15. 'Fit India Movement' is a nationwide fitness programme. Write the objectives and a slogan on Fit India Movement. (4)