



विद्या सर्वार्थ साधिका

ANANDALAYA  
PERIODIC TEST-2  
Class : XI

Subject : Physical Education  
Date : 24-09-2022

M.M : 70  
Time : 3 Hours

**General Instructions:**

1. There are four sections in the Question paper namely Section A, Section B, Section C and Section D.
2. Section A consists of Questions 1-12 carry 01 mark each are Multiple Choice Questions.
3. Section B consists of Questions 13-16 carry 02 marks each and shall not exceed 40-60 words.
4. Section C consists of Questions 17-26 carry 03 marks each and shall not exceed 80-100 words.
5. Section D consists of Questions 27-30 carry 05 marks each and shall not exceed 150-200 words.

**Section -A**

1. Which of the following materials cannot be used in preparing playing surface in sports? (1)  
(A) Polymetric rubber (B) PVC (C) Concrete (D) Wire Mesh
2. The colour of the Olympic rings are: (1)  
(A) Red, Black, Yellow, Green, Blue (B) Red, White, Saffron, Yellow, Blue  
(C) Red, Green, Blue, Yellow, Blue (E) Red, Yellow, White, Green, Blue
3. Who said 'Yogashchit Vritti Nirodhan'? (1)  
(A) Ved Vyas (B) Lord Shrikrishna (C) Arjuna (D) Patanjali
4. Performing daily chores without any fatigue is \_\_\_\_\_ (1)  
(A) Mental wellness (B) Dynamic wellness (C) Physical fitness (D) None of these
5. Rebellious behaviour due to high expectations originates in \_\_\_\_\_ (1)  
(A) Adolescence (B) Childhood (C) Infancy (D) All of these
6. What kind of data is not monitored by the wearable gears in sports? (1)  
(A) Position of then athlete (B) Heart rate  
(C) Calories taken in the blood (D) Acceleration
7. Who are the representatives of Olympism around the world? (1)  
(A) IOCs (B) NGOs (C) NOCs (D) IFs
8. The process of making the senses introvert is \_\_\_\_\_ (1)  
(A) Pranayama (B) Yama (C) Pratyahara (D) Niyama
9. Exercising for a longer duration with less weight is related to \_\_\_\_\_ (1)  
(A) Endurance (B) Strength (C) Speed (D) Co-ordination

10. Vocational guidance is helpful in \_\_\_\_\_ (1)  
 (A) Infancy (B) Adulthood (C) Childhood (D) Adolescence
11. The Olympic games were not organised in \_\_\_\_\_ (1)  
 (A) 1916 (B) 1940 (C) 1944 (D) All of these
12. Match the following: (1)
- |       | List-1                         | List-2                      |
|-------|--------------------------------|-----------------------------|
| (i)   | Father of Olympics             | (A) Citius, Altius, Fortius |
| (ii)  | IOC                            | (B) 394 A.D                 |
| (iii) | Olympic Ideal                  | (C) 23 June 1834            |
| (iv)  | Last event of Ancient Olympics | (D) Pierre-de- Coubertin    |

### Section-B

13. Apart from a professional degree in physical education, what other key skills are required for opting for a career other than teaching in the field of physical education. (2)
14. When was the Olympic Flag hoisted for the first time and what is Olympic Creed? (2)
15. According to WHO, what is health? Mention the dimensions of health. (2)
16. What does the word 'physical' imply in "Physical Education"? (2)

### Section- C

17. Write a short note on Ancient Olympic Games. (3)
18. What do you mean by Yama? What are the five basic virtues mentioned in it? (3)
19. Explain in brief about the main three objectives of khelo India programme. (3)
20. Why flexibility is essential in sports, games and other physical activities. (3)
21. Write a short note on Occupational wellness. (3)
22. Draw a flow chart of Astanga Yoga. (3)
23. Briefly explain the responsibilities of International Federation of Sports (IFs) (3)
24. Write three benefits of Anulom-vilom pranayam. (3)
25. How do traditional games promote wellness? (3)
26. Joseph is a 15 year old boy who suffers from anxiety, stress, depression and exhibit anti-social behaviour. Being eccentric, he only has very few good friends. He is often fatigued and has poor concentration during class but yet able to do well for all his tests. During the Parents-Teacher meeting, Joseph's father discussed about the behaviour of Joseph with Physical education teacher. The teacher told him that these are the problems of adolescent which can be solved with proper guidance and creating an appropriate environment. (3)

On the basis of the above data, answer the following questions:

26.1 The time of life between childhood and adulthood is called \_\_\_\_\_

- (A) Adolescence      (B) Late childhood      (C) Early childhood      (D) Infancy

26.2 What is the range of adolescence?

- (A) 3-12 years    (B) 51-59 years  
(C) 10-21 years    (D) 21-29 years

26.3 The reason of the social problems in adolescence is/are \_\_\_\_\_

- (A) The opinions of adolescents do not match with their society.  
(B) The society discourage their opinions.  
(E) Adolescents want autonomy in their thoughts and their tasks they do.  
(F) All of these

**Section-D**

27. Explain in detail the active lifestyle and stress management through yoga. (5)
28. How sports psychology plays a significant role in improving the performance of a sportsperson? (5)
29. Enlist and explain the components of physical fitness in relation to the different sports in which they are needed. (5)
30. What values are promoted by organising the Olympic event? Explain in detail. (5)