



ANANDALAYA
PERIODIC TEST – 1
Class : XI

Subject : Physical Education (048)
Date : 14-07-2023

M.M : 30
Time : 1 Hr 30 min

General Instructions:

1. All the questions are compulsory.
2. Question No. 1 – 11 are Multiple Choice Type Questions.
3. Question No. 12 - 13 carry 02 marks each and shall not exceed 40 - 60 words.
4. Question No. 14 - 15 carry 03 marks each and shall not exceed 80 - 100 words.
5. Question No. 16 carry 04 marks and shall not exceed 100 -150 words.
6. Question No. 17 carry 05 marks and shall not exceed 200 -300 words.

1. Any work which is done in systematic manner with a rhythm is called (1)
(A) Physical Culture (B) Physical Training (C) Drill (D) Sports
2. The color of the Olympic rings is. (1)
(A) Red, Blue, Yellow, Green, Black (B) Red, White, Silver, Yellow, Blue
(C) Red, Green, Blue, Yellow, White (D) Red, Yellow, White, Green, Silver
3. The aasanas which are performed to attained mental peace or improve concentration are called? (1)
(A) Cultural Poses (B) Meditative Poses (C) Therapeutic (D) Curative Aasana
4. Which of the following is not an objective of Fit India programme? (1)
(A) Fitness for all (B) To encourage masculine body
(C) Encourage Indigenous Sports (D) Fitness reach every school
5. The each ring in the Olympic flag denoted. (1)
(A) Continents (B) Country (C) States (D) Region
6. According to Patanjali the elements of Yoga are? (1)
(A) 6 (B) 7 (C) 8 (D) 1
7. Fit India movement was launched on the birth anniversary of. (1)
(A) Major Dhyhan Chand (B) Subhash Chandra Bose (C) Milkha Singh (D) None of the above
8. Roman emperor Theodosius banned these Olympic games in the year. (1)
(A) 394 AD (B) 396 AD (C) 395 AD (D) 398 AD
9. The position of body in sukhasana is like. (1)
(A) Lotus (B) Triangle (C) Cobra (D) Peacock
10. Who were the first Indian women to get an Olympic medal? (1)
(A) P T Usha (B) Sania Mirza (C) Aarti Saha (D) Karnam Malleshwari
11. The famous trophy C K Naidu is associated with which sport? (1)
(A) Badminton (B) Hockey (C) Lawn Tennis (D) Cricket
12. Describe any two objectives of Physical education. (2)
13. Who designed the Olympic flag? Give detailed information about it. (2)
14. “Pranayam is an activity related to breathing” How do you interpret this statement? (3)
15. Write a short note on NOC and IFC in your own words. (3)
16. What do you mean by Yoga? Explain any two aasana with procedure, benefits and contraindications. (4)
17. Write short notes on **any two** of the following carrier option in physical education: (2 ½ + 2 ½) (5)
(A) As a teaching profession
(B) As a Sports journalist
(C) As a Sports official