



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIDOC TEST - 2
Class : XI

Subject : Physical Education (048)
Date : 22-09-2023

M.M : 70
Time : 3 Hours

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question No. 1 – 18 carrying 1 marks each and is Multiple Choice Type Question. All questions are compulsory.
3. Section B consists of question No. 19 – 24 carrying 2 marks each and is very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consists of question No. 25 – 30 carrying 3 marks each and is short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of question No. 31 – 33 carrying 4 marks each and is case studies.
6. Section E consists of question No. 34 – 37 carrying 5 marks each and is short answer types and should not exceed 200-300 words. Attempt any 3.

SECTION - A

1. Physical Education uses the body as a mean to exhibit our feelings which develop the quality of.. (1)
(A) Expression (B) Creativity (C) Emotional Stability (D) Intellectuality
2. Who among the following has received two Olympic Game Medals for India? (1)
(A) Saina Nehwal (B) P V Sindhu (C) Bajarang Punia (D) Neeraj Chopra
3. The word 'Yoga' means? (1)
(A) Joining (B) God (C) Spiritual (D) Moksh
4. Dyslexia refers to difficulty in _____ (1)
(A) Swallowing (B) Math (C) Reading (D) Writing
5. Promoting adaptive physical education is function of which games? (1)
(A) Olympic Games (B) Common Wealth Games
(C) Paralympics (D) Winter Olympic
6. The Head Quarter of Fit India movement as it? (1)
(A) Chennai (B) Kolkata (C) Mumbai (D) New Delhi
7. Meditation Asanas included _____ (1)
(A) Siddhasana (B) Vajrasana (C) Padmasana (D) All of these
8. Which one of the following values is included in Olympic Games? (1)
(A) Friendship (B) Excellence (C) Respect (D) All of these
9. The lack of capacity to do work is called? (1)
(A) Handicapped (B) Impairment (C) Disability (D) Special Children
10. "State of complete physical, mental and social well being and merely an absence of disease or infirmity" is a definition of? (1)
(A) Wellness (B) Health (C) Fitness (D) Healthy Lifestyle

11. Given below are the two statements labeled as Assertion (A) and Reason (R) (1)

Assertion (A): Endurance means the ability to continue an activity for a longer duration without fatigue.

Reason (R) : Using maximum strength for completing a task is known as endurance.

In the context of above two statements, which one of the following is correct?

- (A) Both (A) and (R) are true and (R) is the correct explanation of (A)
(B) Both (A) and (R) are true and (R) is not the correct explanation of (A)
(C) (A) is true but (R) is false
(D) (A) is false but (R) is true.

12. Match the following (1)

Match list – I with list – II and select the correct answer from the codes given below:

- | | |
|-----------------------------|--|
| (i) Counselor | 1. Take care of special children who face problem in speaking |
| (ii) Physiotherapist | 2. Tries to improve a disabled child as per the needs of the disability of the Divyang |
| (iii) Speech Therapist | 3. Help a Divyang to bring stability or movement |
| (iv) Occupational Therapist | 4. Enhances self-confidence of a Divyang and helps him to make capable and strong |

Code:

	(i)	(ii)	(iii)	(iv)
(A)	2	4	3	1
(B)	2	1	4	3
(C)	4	3	1	2
(D)	3	1	2	4

13. Identity the Asnans or Kriya (1)



- (A) Jal Neti
(B) Nauli
(C) Tratak
(D) Dhouti

14. Which of the following is not source of physical activity? (1)

(A) Gym Trainer (B) Umpire (C) Agriculture Profession (D) Administration Related

15. The Olympic anthem is also called the _____. (1)

(A) Olympic Rhyme (B) Olympic Verse (C) Olympic Hymn (D) Olympic Song

16. Which Pranayam should be avoided during winter? (1)

(A) Sheetkari (B) Bhramari (C) Surya Bhedana (D) Ujjayi

17. Physical fitness and wellness is important because it _____. (1)

(A) Improve total efficiency (B) Better quality of work
(C) Improves growth and development (D) All the above

18. Traditional games help to promote _____. (1)

(A) Emotional Wellness (B) Passive flexibility (C) Social Wellness (D) All the above

SECTION - B

19. Highlight the prime motive for the Fit India Movement? (2)

20. Write a brief note on the National Olympic Committees. (2)

21. How meditation does benefit the students? (2)
22. List the categories of Physical disabilities. (2)
23. Write the advantages that a healthy lifestyle offers. (2)
24. What is the meaning of physical fitness? Enlist its components. (2)

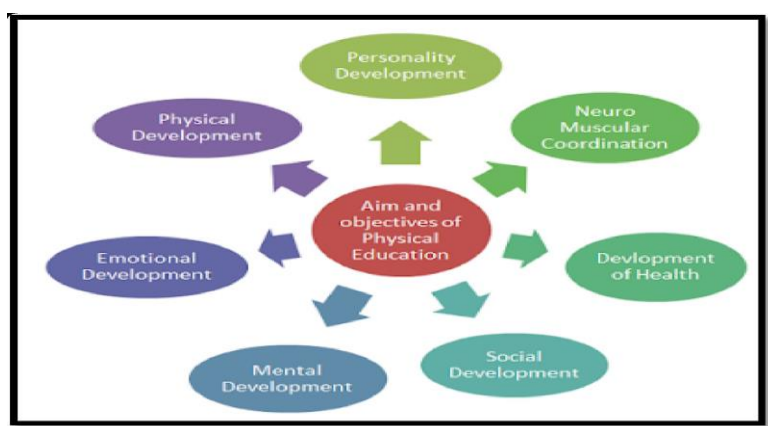
SECTION -C

25. What do you mean by playing surface? What role does it play in improving performance in sports? (3)
26. Write a note on the symbols and ideals of Olympic Games. (3)
27. What is the purpose of Asthang Yoga? (3)
28. What role does Physical Education Teacher play in the life of children with special needs? (3)
29. Explain the role of the leader in holding her/his team together. (3)
30. Explain any three main causes of disability? (3)

SECTION – D

31. A Gymnast wants to improve his flexibility in lower limbs. After constant efforts of two months, he could manage to improve slightly. On the basis of above answer the following statement:
 - (a) What do you mean by flexibility? (1)
 - (b) What methods he would adopt to improve further? (1)
 - (c) If he does not take any external help for the expansion of range of motion, then it would be termed as: _____ (2)

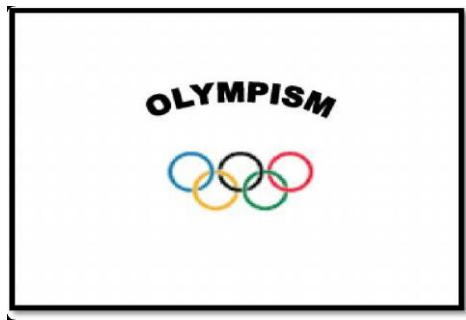
32. According to National Planning of Physical Education and Recreation, the ‘aim of Physical Education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as it will help him to live happily with others and build him up a good citizen’.



On the basis of given picture answer the following questions.

- (a) _____ provides the individual ample opportunities for social contact and group living which help her/him to adjust in different situations and build relationships. (1)
- (b) Competitions are an indispensable part of sports and games and are marked by success and failure. Justify. (1)
- (c) _____ is a creative medium for communication, expression and aesthetic appreciation. (1)
- (d) _____ helps in developing control and balance among different body parts (1)

33. Olympic mascots have been a key part of the Games since 1968. They are tasked with giving concrete form to the Olympic spirit, spreading the values highlighted at each edition of the games, promoting the history and culture of the host city and giving the event a festive atmosphere.



On the basis of above given picture answer the following questions.

- (a) Where was the first Olympic flag used? (1)
(b) In which Year first time summer an Olympic medal was introduced? (1)
(c) First time the Olympic oath was taken in _____ (1)
(d) Expand 'NOC'. (1)

SECTION - E

34. What do you mean by traditional games? Please explain the role of traditional games in the promotion of wellness. (5)
35. Explain about adopted physical education. Discuss its aims and objectives. (any four) (5)
36. What are the special guidelines to be followed before and while performing Yogasanas? (5)
37. List the various career options in physical education in India. Discuss in specific the health related career options. (5)