



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIODIC TEST – 1
Class: XI


Subject : Physical Education (048)
Date : 20-07-2024

M.M: 40
Time: 1 Hr 30 min.

General Instructions:

1. The question paper consists of 5 sections.
2. Section A consists of question 1-10 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 11-14 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any three.
4. Sections C consist of questions 15-17 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any two.
5. Sections D consist of questions 18 & 19 carrying 4 marks each and are case studies.
6. Section E consists of questions 20 & 21 carrying 5 marks each and should not exceed 200-300 words.

Section -A

1. Which one of these is not a type of pranayama? (1)
(A) Bharamari (B) Bhastrika (C) Suryabhedhi (D) Dhauti
 2. A synthetic sports playing surface used specially in games like Football _____. (1)
(A) Grass (B) Clay & cinder (C) Polygrass (D) AstroTurf
 3. The Yama component of yoga teaches us the value of _____. (1)
(A) moral discipline (B) time (C) study (D) social behaviour
 4. The logo given represent Government's highly motivated sports programme at the grass root level. The programme strives to promote _____. (1)
(A) Sports For Excellence (B) Sports for All
(C) Only option (A) (D) Both (A) & (B)
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5. Which of these means non-violence for all creatures? (1)
(A) Ahimsa (B) Satya (C) Asteya (D) Brahmacharya
 6. Which of these do not help in maintaining a healthy lifestyle? (1)
(A) Regular exercise (B) Balanced diet (C) Adequate rest (D) Irregular routine
 7. The ability to achieve balance between work and leisure time, addressing workplace stress and building relationships with co-worker is called _____. (1)
(A) Occupational wellness (B) Intellectual wellness
(C) Financial wellness (D) Emotional wellness
 8. Health minister of India introduced Rajkumari Amrit Kaur Coaching Scheme for games and sports in 1953 post-independence. The purpose of this scheme to streamline coaching programme in India since there were no professional coaching programme running that time. In order to implement this scheme, National Institute of Sports was set up in _____. (1)
(A) 1970 (B) 1961 (C) 1965 (D) 1980

9. Fit India movement was launched by the Government in _____ (1)
 (A) 2019 (B) 2020 (C) 2021 (D) 2022
10. _____ involves a player hitting the selected target marble using one of his marbles. (1)
 (A) Gutte (B) Lattoo (C) Kho-Kho (D) Kancha

Section -B

11. Explain the meaning of wellness and physical fitness. (2)
12. How does yoga help in curing and preventing diseases? Give any four points. (2)
13. List down the components of physical fitness. (2)
14. Neuromuscular coordination is one of the important objectives of physical education. Explain with example. (2)

Section-C

15. What are regional games? List down and describe any one of them. (1+2)
16. Briefly explain any two Pranayam techniques. (3)
17. Write a short note on career in sports photography and sports dietitian. (3)

Section -D

18. Some students of class XII are interested in making a career in physical education. The teacher introduced them to various options available in the subject. Many of them decided to continue the subject in their higher studies/college after knowing the options. (4)
 On the basis of the given information, answer the following question:
- 18.1. A diploma or bachelor's degree in physical education makes you eligible to become a _____ in gym, health and weight control centers.
- 18.2. Professional sportsperson participates in competitive _____ events.
- 18.3. The sportsperson who has an interest in writing may find career opportunities in the field of sports _____.
- 18.4. _____ provide individual and group/team nutrition counselling and education to enhance the performance of athletes.
19. The given image shows a type of Yogic kriya. Identify it and answer the questions that follow: (4)



- 19.1 The Yogic kriya shown in the image is _____.
- 19.2 This Kriya helps in developing _____.
- 19.3 It should be done by blink less gaze at a small point until _____.
- 19.4 This Kriya strengthens the _____ muscles.

Section-E

20. Define physical education. Explain its role in day- to- day life in modern times (1+4)
21. What is Ashtanga yoga? Explain the elements of yoga in detail. (1+4)