



Delhi Public School, Howrah

PERIODIC TEST - I (2024-2025)

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PHYSICAL EDUCATION (CODE- 048)

Time: 3 Hours

Class- XI

Marks: 70

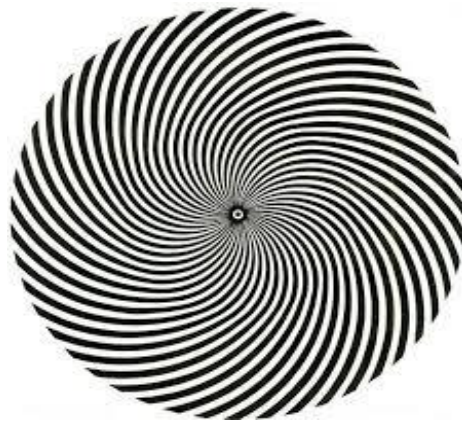
General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION: A

Answer the following by choosing the most appropriate options:

1.



“Gazing at a point”- guess the name of this Pranayama.

- a. Tarataka b. Taratka c. Trataka d. Tataka
2. Given below are two statements labelled as Assertion (A) and Reason(R).
Assertion (A): Sutra Neti plays a vital role in Pranayama.
Reason(R): Sutra Neti helps in digestive process.
- a. Both (A) and (R) are true and (R) is the correct explanation of (A).
b. Both (A) and (R) are true, but (R) is not the correct explanation of (A).
c. (A) is true, but (R) is false.
d. Both (A) and (R) are false.
3. Infra-red technology is used to help in-
- a. Teaching b. Coaching c. Officiating d. All the above
4. The Ancient Olympic Games started in-
- a. 774 BCE b. 776 BCE c. 778 BCE d. 1896

5. Match List-I with List-II and select the correct answer from the code given below:

	LIST-1		LIST-2
i.	Sheetali	1	Nose
ii.	Neti	2	Teeth
iii.	Sheetkari	3	Tongue
iv.	Nauli	4	Abdomen

CODE				
	i	ii	iii	iv
a.	3	1	2	4
b.	4	2	1	3
c.	2	3	4	1
d.	4	3	1	2

6. State the full form of "IFS"-

- a. Indian Federation of Sports
 b. Indonesian Federation of Sports
 c. International Sports Federations
 d. Indian Sports Federations

7. The word Yoga is derived from -

- a. Yog
 b. Yug
 c. Yuj
 d. Ygj

8. In today's modern world every Children with Special Needs has the right to participate in events and programmes related to physical education and sports. Sports for the divyaang are played by individuals with a disability. Sports provide many ample opportunities to the divyaangs to lead a fruitful and energetic life. Which Olympic is not for CWSN people-

- a. Winter
 b. Special
 c. Deafly
 d. Para

9. Given below are two statements labelled as Assertion (A) and Reason(R).

Assertion (A): Disorder people can't take participate in Special Olympics.

Reason(R): Deaflympics is for disorder people.

- a. Both (A) and (R) are true and (R) is the correct explanation of (A).
 b. Both (A) and (R) are true, but (R) is not the correct explanation of (A).
 c. (A) is true, but (R) is false.
 d. Both (A) and (R) are false.

10. 'Spirit in motion' is the motto of

- a. Common Wealth Games
 b. Deaflympics
 c. Paralympic
 d. Special Olympic

11. "Kumbhaka" is a part of Pranayama, which means-

- a. Exhalation
 b. Complete Exhalation
 c. Deep Inhalation
 d. Holding breath

12.



The Olympic flame was first lit in _____.

- a. 1920
 b. 1924
 c. 1928
 d. 1932

13. "Physical Education is the sum of changes in an individual caused by experience centering motor activity"- Who said this?

- a. Prince Martin
 b. J B Nash
 c. Williams
 d. Cassidy

14. MUGA stands for-

- a. Mumbai University Games Association
 b. Manipur Under 19 Games Association
 c. Multi Uses Grass Arena
 d. Multi Utility Games Area

15. Where was first Khelo India Games held?
 a. Gujrat b. Oddisha c. Delhi d. Uttar Pradesh
16. Watching others play and enjoy which in turn motivates the Child with special need to participate is a part of which kind of strategy?
 a. Mental b. Physical c. Psychological d. Social
17. First time the Olympic oath was taken in 1920 at -
 a. Rome b. Antwerp c. Greece d. Berlin
18. Who is the writer of 'Yogsutra'?
 a. Vedyas b. Baba Ramdev c. Maharshi Patanjali d. Panini

SECTION: B

19. If you find out a child in your locality has ASD, then how do you explain this term to his/her family? 2
20. After completion of your PE course, what career option does a PE student have in the sports industry? 2
21. State the previous Motto of Olympic. 2
22. Describe few important things to remember while performing Yoga Nidra. 2
23. Quote the Olympic Creed. 2
24. As a PE student what will be your suggestion on the Yogic concept to manage any healthy lifestyle? 2

SECTION: C

25. If any person has any problems in their stomach and digestive track, as a PE student, what kind of Yogic Kriyas would you suggest for him/ her? Write its procedures and benefits. (1+1+1) = 3
26. Describe the meaning of Olympic rings with a diagram. (2+1) = 3
27. List down any six roles of various professionals for CWSN. 3
28. Appraise the objectives with any six verticals of the Khelo India Programme. 3
29. Dramatize the ways to perform the Surya Bhedhana Pranayama with its benefits. (1.5+1.5) = 3
30. Paraphrase the values of Olympic. 3

SECTION: D

31. According to APENS, Adapted Physical Education is Physical Education which has been adapted or modified to make it as appropriate for a person who is differently-abled, as it is for a person without disability. It is basically a Physical Education Program specially designed for differently-abled students so that physical education activities are safe, achievable, enjoyable, and therefore a successful experience. (1+2+1) = 4

- a. APENS stands for _____.
- b. The aim of Adapted Physical Education is _____.
- c. APE generally refers to school-based programs for students aged _____.
- d. Adapted Physical Education could be adapted or modified in the area of _____.

OR

- d. The basic difference between PE & APE is _____.

32. The opportunities in the field of physical education were teaching and training only till 1990. There are ample employment opportunities for people in the field of physical education due to increase in interest towards training and increase in number of activities. Physical Educationists can be defined this career options in two ways. These are called traditional career also. (2+1+1 = 4)

- a. Two types of career options are _____ & _____ which we can find in PE.
- b. SAI stands for _____.
- c. The headquarter of SAI is situated at _____.

OR

- c. Anchoring in a sports competition falls under _____ branch of PE career.

33.



The headquarters of the Olympic Committee is situated at Lausanne, Switzerland. It was formed on June 23, 1894, by Pierre, Baron De Coubertin. This committee is comprised of 105 active members and 32 honorary members. Its first president was a Greek named Demetrius Vikelas.

In the International Olympic Committee, there are members from different countries. In the present which includes the President, Vice-Presidents, and Executive Board Members. 1X4 = 4

- a. In IOC, total _____ board members are there from different countries.
- b. The number of Vice president in the IOC committee is _____.
- c. The President of International Olympic Committee is chosen by the total members of _____.
- d. The Executive Board is chosen by the members of different countries in a _____ ballot.

OR

- d. After the expiry of IOC President's tenure, his/her working period can be extended once only for _____ years.

SECTION: E

34. As per Olympic Charter, explain any 10 Missions and Roles of International Olympic Committee. 5
35. We can see a drastic change and improvement in Physical Education in India after August, 1947. Hypothesize all those things and explain it briefly. 5
36. "The main aim of yoga is to control over the mind. This is Possible only by following the eight-fold Paths or eight steps of Yoga."- Construct a brief note on the eight limbs of Yoga. 5
37. Give a short description on Disorder and Disability. Point out any eight causes of Disability and Disorder. (1+4) = 5