



Delhi Public School, Howrah

PERIODIC TEST - I (2025-2026)

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 (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.



SAI in sports stands for -

- | | |
|--------------------------------|-------------------------------|
| A. Sports Association of India | C. Sport Association of India |
| B. Sports Authority of India | D. Sport Authority of India |

2. Match the Olympic place with the year and select the correct answer from the code given below:

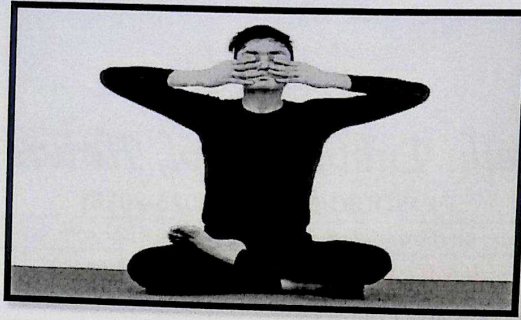
	Olympic Place		Olympic Year
i.	Antwerp	1	2000
ii.	Sydney	2	1908
iii.	London	3	1896
iv.	Athens	4	1920

CODE				
	i	ii	iii	iv
A.	4	1	3	2
B.	2	4	1	3
C.	1	2	3	4
D.	4	1	2	3

3. State the exact number of members required to elect the President of International Olympic Committee.

- | | |
|------|-------|
| A. 4 | C. 12 |
| B. 8 | D. 32 |

4. Identify the name of this pranayama.



- A. Sheetalī
- B. Bharmari

- C. Anulom-Vilom
- D. Sheetkari

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

Assertion (A): Jala Neti plays a vital role in Pranayama.

Reason(R): Jala 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.

6. The pranayama which involves "Gazing at a point" is -

- A. Tarataka
- B. Taratka

- C. Trataka
- D. Tataka

7. The word Yoga is derived from -

- A. Yog
- B. Yug

- C. Yuj
- D. Ygj

8. World Disability Day is celebrated on-

- A. 3rd September
- B. 3rd October

- C. 3rd November
- D. 3rd December

9. Given below are two statements labelled as Statement I and Statement II.

Statement I: Stress and anxiety can be reduced by regular practice of Yoga.

Statement II: Practicing breathing techniques drives away insomnia in large amount.

- 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. APE generally refers to the school students aged _____ years.

- A. 3-21
- B. 3-19

- C. 7-21
- D. 5-1

11. The Ancient Olympic Games was started in-

- A. 774 BCE
- B. 776 BCE

- C. 778 BCE
- D. 1896

12. Match asanas with their pose and select the correct answer from the code given below:

	Asana		Pose
i.	Padmasana	1	Cow pose
ii.	Swastikasana	2	Thunderbolt pose
iii.	Vajrasana	3	Ankle lock pose
iv.	Gomukhasana	4	Lotus pose

CODE				
	i	ii	iii	iv
A.	4	1	3	2
B.	4	3	2	1
C.	1	2	3	4
D.	4	1	2	3

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

- A. Martin L.
B. K. Williams

- C. J. B. Nash
D. Cassidy

14. ADHD is _____ types of disorder.

- A. Mental
B. Physical

- C. Emotional
D. Genetics

15. Where was first Khelo India Games held?

- A. Gujrat
B. Punjab

- C. New Delhi
D. Chandigarh

16. Which year marked the first year of women participation in Olympic?

- A. 1900
B. 1896

- C. 1936
D. 1914

17. The 'FIT-India' movement was launched in -

- A. 29th August 2017
B. 29th August 2018

- C. 29th August 2019
D. 29th August 2021

18. How much annual scholarship shall each selected athlete receive under the 'Khelo-India' scheme?

- A. Two lakhs
B. Three lakhs

- C. Five lakhs
D. Eight lakhs

SECTION: B

19. Hypothesize the previous motto of Olympic.

2

20. Quote the Sanskrit sloka said by Saint Patanjali on Yoga.

2

21. State the disability called 'Cerebral Palsy'.

2

22. Identify the name of the courses related with the Physical Education subject.

2

23. What are those cleansing techniques (kriyas) through one can stay healthy from inside and outside both.

2

24. State the vision of Khelo India.

2

SECTION: C

25. Describe the point on which APE can be different but not a separate subject from PE.

3

26. What are those values made by Olympic for the development of a sportsperson? Explain it in your own words.

3

27. Objectives is an important part through that we can achieve the aim of PE. Elaborate any six objectives of Physical Education in your own words?

3

28. As a PE student what do you feel about the importance of yoga on the basis of this modern situation?

3

29. Pen picturize the ways to perform the Kapalbhathi with its benefits via a diagram.

(1+1+1) = 3

30. One should know the disability etiquettes, through which they can help the CWSN person. Find out and describe those etiquettes.

3

SECTION: D

31. The Olympic symbol is five interlocked rings of equal proportions of five different colours. The colour sequence of the rings from left to right is, blue, yellow, black, green and red, where blue, black and red rings are placed at the top, the yellow and green rings are placed at the bottom. The five rings reflect the union of the five continents.

4

A. Yellow ring stands for _____.

i. America

ii. Australia

iii. Asia

iv. Europe

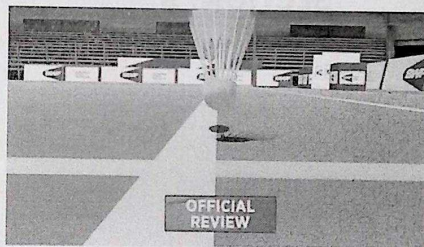
- B. Black ring stands for _____.
- | | | | |
|---------|------------|----------------|-------------|
| i. Asia | ii. Africa | iii. Australia | iv. America |
|---------|------------|----------------|-------------|
- C. Red ring stands for _____ sports.
- | | | | |
|------------|---------------|-------------|------------|
| i. America | ii. Australia | iii. Europe | iv. Africa |
|------------|---------------|-------------|------------|
- D. Blue ring stands for _____ sports.
- | | | | |
|--------------|----------|--------------|------------|
| i. Australia | ii. Asia | iii. America | iv. Europe |
|--------------|----------|--------------|------------|

32. The Yogic asanas stretch and tone every muscle and joint of the body, as well as the spine, and skeletal muscles, the organs, as well as nerves, keeping the entire system in radiant health. By releasing physical and mental tension, a person liberates a vast amount of energy. The yogic breathing practice known as Pranayamas, revitalize the body and help to control the mind, leaving the person calm and refreshed. Relaxation helps control anxiety, hypertension and other discomforts of the mind and body. Yogic concept considers health as a holistic way and sees the person as a whole. There are total five approaches to manage any healthy life style and emerge victorious.

4

- A. "Vihara" means _____.
- | | |
|----------------------------|-----------------------|
| i. Recreation and wellness | ii. Right conduct |
| iii. Right thinking | iv. Food and wellness |
- B. "Ahara" means _____.
- | | |
|--------------------|-----------------------|
| i. Right behaviour | ii. Food and wellness |
| iii. Right conduct | iv. Right thinking |
- C. "Achara" means _____.
- | | |
|--------------------|-----------------------------|
| i. Right thinking | ii. Recreation and wellness |
| iii. Right conduct | iv. Food and wellness |
- D. "Vichara" means _____.
- | | |
|----------------------------|--------------------|
| i. Recreation and wellness | ii. Right conduct |
| iii. Food and wellness | iv. Right thinking |

33.



1X4 = 4

- A. The technology is used in the badminton is _____.
- | | | | |
|--------|----------|----------|---------|
| i. VAR | ii. GATE | iii. DRS | iv. GPS |
|--------|----------|----------|---------|
- B. Technology used in Football is called _____.
- | | | | |
|----------------|---------|----------|----------|
| i. Senso-Meter | ii. DRS | iii. VAR | iv. GATE |
|----------------|---------|----------|----------|
- C. Led light technology is used in _____ sports.
- | | | | |
|-----------------|------------|--------------|----------------|
| i. Table Tennis | ii. Boxing | iii. Cricket | iv. Volleyball |
|-----------------|------------|--------------|----------------|
- D. Laser technology is used in _____ sports.
- | | | | |
|-----------------|------------|-----------------|--------------|
| i. Table Tennis | ii. Karate | iii. Basketball | iv. Baseball |
|-----------------|------------|-----------------|--------------|

SECTION: E

34. We can see a drastic change and improvement in Physical Education in India after August, 1947. Explain the post-independence development of Physical Education in India. 5
35. Professions related with the CWSN, play a vital role for the improvement of the special children. Describe any five professionals and their area of specialization. 5
36. Identify the roles of International Olympic Committee (IOC) and National Olympic Committee (NOC). (3+2) = 5
37. What are the eight limbs of yoga defined by Maharishi Patanjali. 5