



Delhi Public School, Howrah

PERIODIC TEST - II (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) Sections 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) Sections 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) Sections 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

(All questions are compulsory)

Answer the following by choosing the most appropriate options:

1.



The Fit-India programme was started in -

A. 2021

B. 2019

C. 2017

D. 2018

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

	Institute		Year
i.	Netaji Subhas National Institute of Sports	1	1927
ii.	Sports Authority of India	2	1957
iii.	Lakshmibai National Institute of Physical Education	3	1982
iv.	Indian Olympic Association	4	1961

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

3. In 1927, the first President of IOA was _____.

A. Sir Dorabji Tata

B. Dr. A.G. Noehren

C. Coubertin

D. Maharaja Bhupender Singh

13. The smallest bone of human body is _____.
A. Stapes B. Radial C. Femur D. Phalanges
14. The heart is made up of _____ tissue.
A. Connective B. Epithelial C. Cardiac D. Muscle
15. Ligaments connect _____.
A. Muscles to organ B. Bone to bone C. Bone to muscles D. Blood vessels to bone
16. Flexion and Extension movement comes under _____.
A. Gliding B. Angular C. Rotation D. Circumduction
17. In which of the following do we study the cause for the motion of an object?
A. Anatomy B. Physiology C. Kinetics D. Kinematics
18. "Recreation and Wellness"- is related with the _____.
A. Ahara B. Vihara C. Achara D. Vichara

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

SECTION: B

(Attempt any 5 questions)

19. India has a rich heritage of traditional games that embody its culture and values. Name any four such timeless Indian games that continue to promote enjoyment, physical fitness, and teamwork? 2
20. When performing an anthropometric assessment to evaluate an individual's physical fitness and body composition, which key body part circumferences are commonly measured? 2
21. Classify the anatomical planes and axes used in kinesiology. 2
22. Identify and discuss four prevalent factors responsible for causing disabilities and disorders, explaining the impact of each? 2
23. Elaborate on the origins and meaning of the Olympic flag, and describe how its design and symbolism have developed over time since its inception? 2
24. What is the full form of OCOGs, and what are their main functions in organizing the Olympic Games? 1+1= 2

SECTION: C

(Attempt any 5 questions)

25. Wellness encompasses multiple essential components that together promote a person's overall health and well-being. Identify these components and explain how they contribute to maintaining a balanced and fulfilling life? 3
26. Considering that the importance of Test, Measurement, and Evaluation varies from person to person, can you explain two key significances of these processes from the perspectives of an athlete, a coach, and a training programme? 3
27. Synovial joints are classified based on the shape of their articulating surfaces, which determines their movement types and ranges. Can you identify these classifications and provide examples of their locations? 3
28. How can kinetics be distinguished from kinematics in Biomechanics? 3
29. Which guidelines are important to maintain prior to practicing yoga? 3
30. List out six verticals of the Khelo India programme and provide a brief overview of each. 3

SECTION: D

Read the text carefully and answer the following questions:

31. A physical disability is the long-term loss or impairment of parts of an individual's body function, resulting in a limitation of physical functioning, mobility, dexterity or stamina. Due to the functional loss, the individual experiences inability to perform normal movements of the body, such as walking and mobility, sitting and standing, use of hands and arms, muscle control, etc. As there are different types of Physical Disabilities, Paralympics Committee divides athletes in groups by the degree of activity limitation related to the impairment and/or specific to the tasks in the sport.

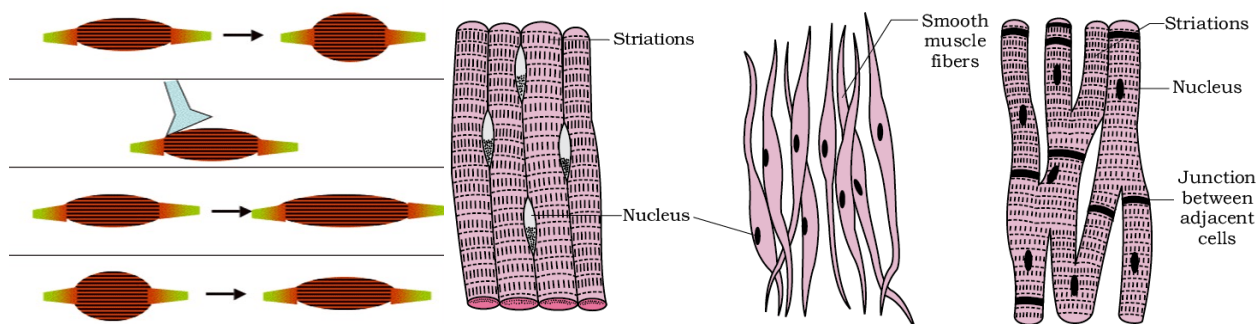
4

- a. _____ is the removal of a limb by trauma, medical illness, or surgery.
i. Dwarfism ii. Locomotor Disabilities iii. Amputation iv. Cerebral Palsy
- b. _____ means a medical or genetic condition resulting in an adult height of 4 feet 10 inches (147 centimeters) or less.
i. Amputation ii. Cerebral Palsy iii. Locomotor Disabilities iv. Dwarfism
- c. A person's inability to execute distinctive activities associated with movement of self and objects resulting from affliction of musculoskeletal or nervous system or including both is called _____.
i. Locomotor Disabilities ii. Amputation iii. Cerebral Palsy iv. Africa
- d. _____ is caused by damage to the parts of the brain that control movement, balance, and posture.
i. Cerebral Palsy ii. Dwarfism iii. Amputation iv. Locomotor Disabilities

32. Yama and Niyama are foundational ethical principles in the practice of yoga, outlined in Patanjali's *Yoga Sutras* as the first two limbs of the Eightfold Path. Yamas are moral restraints or guidelines for how we interact with the world. Niyamas are personal observances or disciplines that guide inner behavior. Together, Yama and Niyama provide a moral and ethical foundation that supports spiritual growth and a harmonious life, both on and off the yoga mat. 4

- a. "Asteya" means _____.
 i. self-discipline ii. self-study iii. non-possessiveness iv. non-stealing
- b. "Santosh" means _____.
 i. contentment ii. self-discipline iii. non-possessiveness iv. truthfulness
- c. "Aparigraha" means _____.
 i. truthfulness ii. non-possessiveness iii. contentment iv. surrender to a higher power
- d. "Ishvara pranidhana" means _____.
 i. self-study ii. truthfulness iii. surrender to a higher power iv. cleanliness

33. Based on the picture given below, answer the following questions.



1X4 = 4

- a. Functional property of skeletal muscle refers to its ability to respond to a stimulus, usually from a nerve signal is called _____.
 i. Contractility ii. Extensibility iii. Excitability iv. Elasticity
- b. What is the term for the muscle's ability to contract or shorten forcefully when stimulated?
 i. Extensibility ii. Contractility iii. Elasticity iv. Excitability
- c. Slow twitch muscle fiber also known as _____.
 i. Glycolytic ii. Oxidative iii. Oxidative - Glycolytic iv. None of these
- d. What do we call the muscle's ability to return to its original shape and length after being stretched or contracted?
 i. Elasticity ii. Extensibility iii. Excitability iv. Contractility

SECTION: E

(Attempt any 3 questions)

34. When we examine physical fitness, it is generally divided into two main categories: health-related fitness and skill-related fitness. Both are crucial for athletes and individuals involved in sports. Can you briefly explain the components of each category and their importance in enhancing overall athletic performance? 5
35. Imagine you have been appointed as a test administrator in the field of Physical Education and Sports. As a part of your responsibilities, you are required to follow specific guidelines related to the planning, management, execution, and supervision of tests. The entire process of test administration is systematically divided into three distinct phases. Can you identify these phases and explain the purpose of each within the context of effective test administration? 5
36. Bones are a fundamental part of the human skeletal system, essential for providing structure, protection, and support to the body. They can be classified in two distinct ways—based on the type of bone tissue and on their shapes and sizes, elaborate on these two classifications and describe the various types of bones included in each. 5
37. The human body is capable of performing a wide variety of movements through the interaction of bones, muscles, and joints. Define and explain the different types of body movements, along with examples where applicable. 5