

**O. P. JINDAL SCHOOL, SAVITRI NAGAR**

**Half Yearly Examination (2018 – 2019)**

Set-A

**Class: XI**

**MM: 70**

**Subject: Physical Education**

**Time: 3 Hrs.**

Name: \_\_\_\_\_

Class / Section: \_\_\_\_\_

Roll No.: \_\_\_\_\_

**General Instructions:**

- i) All the questions are compulsory.*
- ii) Questions of 1 marks should answer in 10 to 20 words.*
- iii) Questions of 3 marks should answer in 60 to 80 words.*
- iv) Questions of 5 marks should answer in 120 to 150 words.*

1. Define Physical Education. 1
2. Elucidate the meaning of Integrated Physical Education. 1
3. What is Physical Fitness? 1
4. Discuss Lifestyle. 1
5. What do you mean by Ancient Olympic Games? 1
6. When and who has got credit to start modern Olympic Games? 1
7. "Yoga is Spiritual Kamdhenu" Justify. 1
8. Discuss Yogic Kriyas. 1
9. What is NIS? 1
10. What is 'Deflympics'? 1
11. What is the need of Special Educator in children with special needs? 1
12. Discuss the Aims & Objectives of Physical Education. 3
13. What is Adapted Physical Education? Discuss. 3
14. What are the Components of wellness? 3
15. Discuss the importance of Positive lifestyle. 3
16. Write short notes on any one of Following: 3
- i) Olympic Motto, ii) Olympic Flag ,iii) Olympic Flame.**
17. Discuss International Olympic Committee(IOC) 3
18. What are the relaxation techniques of Yog-Nidra? Discuss. 3
19. How Shavasana is very Effective in Sharping Memory? 3
20. What are the career Options in Physical education? Discuss. 5
21. What are the Components of Positive Lifestyle? 5
22. Explain Importance of Physical Fitness. 5
23. Discuss 'Rajiv Gandhi khel Ratna award' and 'Chacha Nehru award'. 5
24. What are the Elements of Yoga? Discuss. 5
25. How Yoga is contributing in Prevention and Management of Lifestyle Diseases? 5
26. What are the role of various professionals for children with special needs? 5