

O. P. JINDAL SCHOOL, SAVITRI NAGAR

Annual Examination (2022 – 2023)

Class: XI

MM: 70

Subject: Physical Education

Time: 3 Hrs.

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 short answer types and should not exceed 200-300 words. Attempt any 3.
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Section-A

1. Identify the Pranayam in figure given below.

1



- a. Bhramari Pranayam b. Sheetal Pranayam
c. Anulom vilom Pranayam d. Ujjayi Pranayam

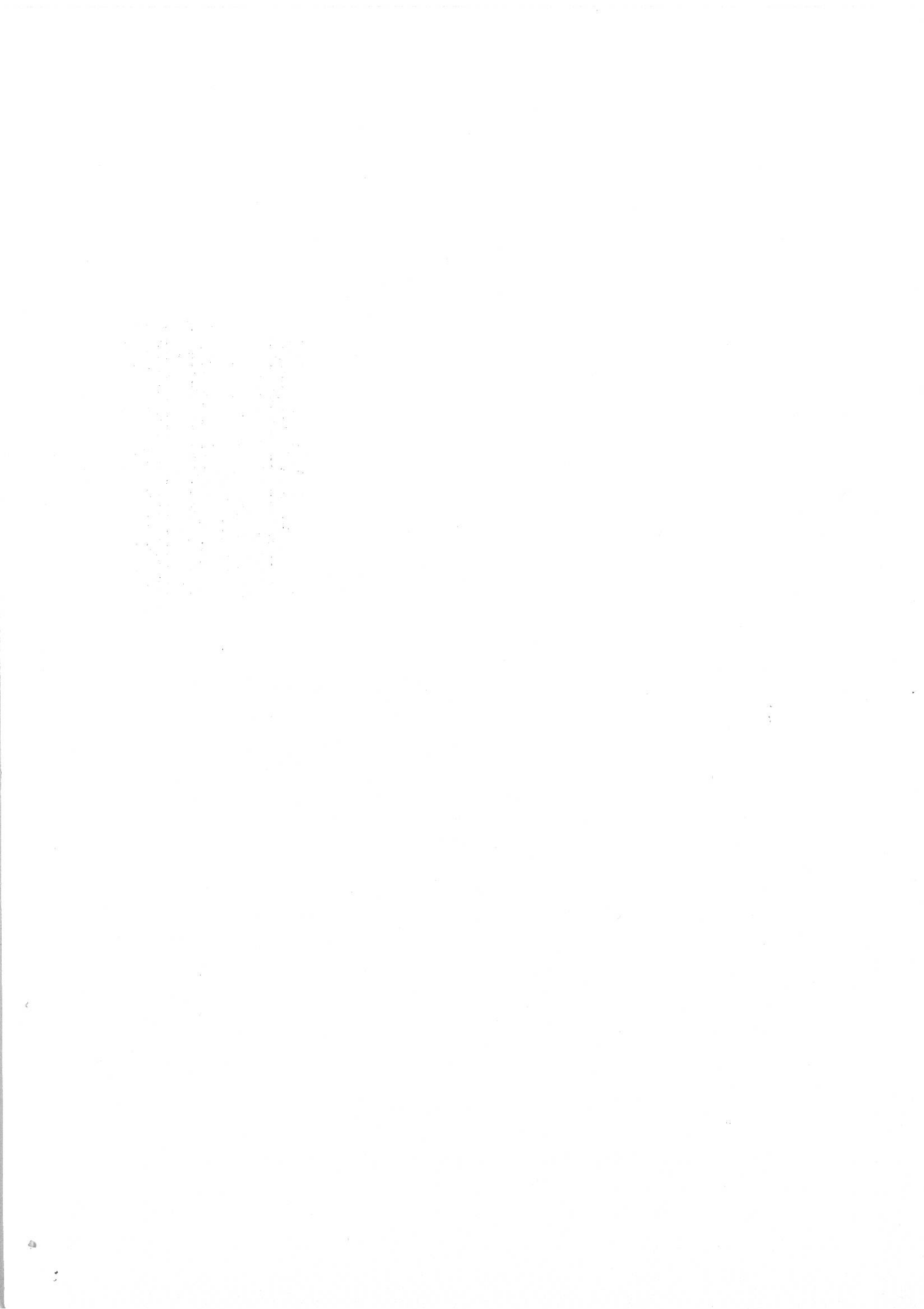
2.....is the study and analysis of the methods of human activities in sports. 1

- a. Anatomy b. Physiology
c. Biomechanics d. Kinesiology

3. Ribs are the bones which lie under the category of:

1

- a. Long bones b. Short bones
c. Flat bones d. Sesamoid bones



13. Where is the headquarter of international Paralympic committee located? 1
a. Dusseldorf b. London
c. Bonn d. Paris
14. By whom the Sit & Reach Test was developed? 1
a. Wells & Dillon b. Brouha & others
c. Guilford and Murphy d. None of these
15. The sport which is not included in the Olympic is: 1
a. Cricket b. Hockey
c. Football d. Athletics
16. Biomechanics does not help in improvement of players in terms of: 1
a. Playing Technique b. Learning Process
c. punctuality d. Performance
17. "Physical Education is the set of experiences a person receives through physical movements", Who said this: 1
a. H. C. Buck b. D. Oberteuffer
c. J. B. Nash d. R. Cassidy
18. Sex education should be given in : 1
a. Infancy b. Adulthood
c. Childhood d. Adolescence

Section-B(Attempt any Five)

19. Write a short note on Olympic Flag. 2
20. Write any three types of Movements. 2
21. What is 'test'? List any four type of tests. 2
22. Discuss any two adolescent problems. 2
23. What do you mean by asanas? Discuss the types of asanas. 2
24. Why is team cohesion useful in Sports? 2

Section-C(Attempt any Five)

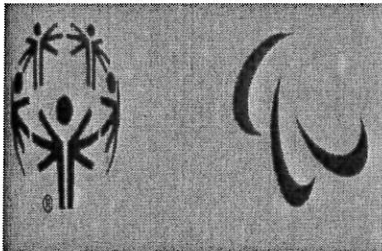
25. How is the study of Kinesiology helpful in Sports? 3
26. Discuss about opening ceremony of Modern Olympic Games. 3
27. Discuss any three components of health related fitness. (1x3)3
28. Enumerate the objectives of physical education in brief. 3
29. Discuss how Biomechanics can improve the game of sports person. 3
30. Write the Functions of respiratory systems? 3

Section-D

31. On the basis of picture given below, answer the following questions. (4x1)4



- a. Identify the test shown in the picture above?
- b. What are the required equipment for this test?
- c. What is the purpose of the test?
- d. The time period for this test?
32. On the basis of picture given below, answer the following questions. (4x1)4



- a. Identify the Logo.
- b. What is the motto of this organization?
- c. Until 1965, the games in this organization were known as.....
- d. Second picture games are conducted after every.....years.



33. On the basis of picture given below, answer the following questions.

(4x1)4



- a. Identify the person portrayed in figure.
- b. He is from which country?
- c. When he has born?
- d. What is the credit of this person?

Section-E(Attempt any three)

- 34. Explain any five Principals of Sports training. (1x5)5
- 35. Define Sports Psychology and describe its importance in physical education and sports. 5
- 36. Explain the importance of Physical fitness and wellness. 5
- 37. Write down the details about International Olympic Committee. 5

Handwritten mark or signature.