

O. P. JINDAL SCHOOL, SAVITRI NAGAR

Annual Examination (Set -1) (2023 – 2024)

Class: XI

MM: 70

Subject: Physical Education

Time: 3 Hrs.

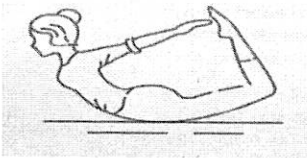
(Fifteen Minutes Extra will be given for reading the Question Paper.)

General Instructions:

- i. The question paper consists of 5 sections and 34 questions.
- ii. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- iii. Section B consists of questions 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- iv. Section C consists of questions 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available.
- v. Section D consists of questions 29-31 carrying 4 marks each and are case studies. There is internal choice available.
- vi. Section E consists of questions 32-34 carrying 5 marks each and are long answer types and should not exceed 200-300 words. There is internal choice available.

Section-A

1. Identify the given Asana. 1



- a. Bhujangasana b. Dhanurasana
c. Makarasana d. Padmasana

2. According to J B Nash the objectives of Physical Education are 1

- a. Neuromuscular Development b. Organic Development
c. Interpretative Development d. All of the above

3. The Olympic Flag displays how many Interlockings in the centre? 1

- a. Three b. Five
c. two d. six

4. The First Modern Olympic Games were held in Athens, Greece in which year? 1

- a. 1893 b. 1894
c. 1896 d. 1861

5. Which of the following is not a characteristic of static strength? 1
- a. It is also called Isotonic strength
 - b. It can be measured by dynamometer
 - c. It is not usually applied in Sports
 - d. This strength is not experienced directly

6. Which component of wellness refers to “As the ability to work with different people, to communicate well and interact with the community”?
- 1
- a. Emotional Wellness
 - b. Intellectual Wellness
 - c. Social Wellness
 - d. Environmental Wellness

7. Which of the following is/are the indigenous sports of India? 1
- a. Kho-Kho
 - b. Kabaddi
 - c. Archery
 - d. All of these

8. What is the role Physiotherapists? 1
- a. To manage special needs children with movement disorder
 - b. To help special needs children to develop fine and gross motor skills
 - c. To build communication of children with special needs.
 - d. To work for the overall development of children with special needs

9. Given below are two statements labeled as Assertion(A) and Reason(R). 1

Assertion (A) Special educators work is to work for the overall development of children with special needs.

Reason (R) In Inclusive education students with special needs spends most of their time with normal student.

In the context of above two statements ,which one of the following is correct?

- a. Both A and R are true and R 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. A is false, but R is True

10. What does person require to maintain physical fitness? 1
- a. Efficient motor mechanism
 - b. Efficient organic mechanism
 - c. Efficient mental functioning
 - d. All of the above

11. Is a type of movement that takes place when the angle decreases between two bones attached to a joint. 1
- a. Flexion
 - b. Adduction
 - c. Abduction
 - d. None of the above

12. Which of the following is not a part of the circulatory system? 1

- a.Heart
- b.Lungs
- c.Blood
- d.Blood vessels

13. According to its Greek meaning, Psychology came to be understood as 1

- a.Scientific study of soul
- b.Study of behavior
- c.Study of mind
- d.study of consciousness

14.The weight of the heart is 1

- a.100gms
- b.300gms
- c.200gms
- d.400gms

15.What among the following does regular physical exercise results in? 1

- a.Improved functional status
- b.Improved quality of life
- c.Improved cognitive abilities
- d.All of the above

16. Match the following. 1

| List I | List II |
|----------------|------------------|
| A. Sprain | (i) Bone |
| B. Dislocation | (ii) Skin |
| C. Laceration | (iii)Joint |
| D. Fracture | (iv)Soft Tissues |
| | |

Codes

- a. (iv) (iii) (i) (ii)
- b. (iv) (iii) (ii) (i)
- c. (iii) (i) (ii) (iv)
- d. (i) (iv) (ii) (iii)

17. Match the following. 1

| List I (Name of bone) | List II (Number of bone) |
|--------------------------|-----------------------------|
| A.Ribs | (i) 26 |
| B.Vertebra column | (ii) 1 |
| C.Sternum | (iii)64 |
| D.Upper Limbs | (iv)24 |
| | |

Codes

| A | B | C | D | A | B | C | D |
|---------|------|-------|------|--------|-------|------|-------|
| a.(i) | (ii) | (iii) | (iv) | b.(ii) | (iii) | (iv) | (i) |
| b.(iii) | (iv) | (i) | (ii) | d.(iv) | (i) | (ii) | (iii) |

18. Which of the following is/are a requirement for a long distance runner? 1
- a. Good cardiovascular endurance
 - b. Good strength
 - c. Good height
 - d. All of the above

Section – B

19. What may adolescents become victims of if their problems are not managed in time? 2
20. Briefly discuss the concepts of pronation and supination. 2
21. Write a short note on blood as a part of circulatory system. 2
22. Discuss the short and long-term courses available in the field of physical education in India by giving examples. (1+1=2)
23. How does physical education develop the ability and capacity of an Individual? 2

OR

Describe the ceremonies associated with the Olympic flame. 2

Section- C

24. Explain Coordinative abilities in detail. 3
25. What are Asanas and how are they beneficial? (1.5+1.5=3)
26. Explain any three points of importance of Biomechanics in brief. (1+1+1=3)
27. Write the procedure for performing push-ups for men? 3
28. Explain the three types of blood vessels in the human body. (1x3=3)

OR

Explain the Physical, Mental, and adjustment problems of adolescents. (1+1+1=3)

Section-D

29. Biomechanics and Newton's laws of motion find tremendous application in modern sports. Not only is their knowledge important to enhance performance, it also helps prevent sports injuries.

In relation to the pictures given below, answer the following questions. (4x1=4)

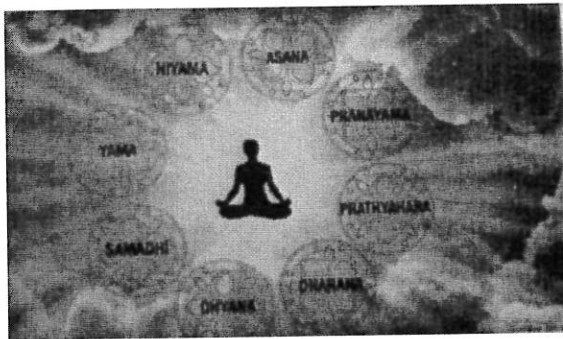


- i. While catching a fast moving Cricket ball, a fielder in the ground gradually pulls his hand backward with the ball. To reduce..... .
- ii. In the second picture, what kind of force is applied when throwing a ball?
- iii. Among the above two pictures, Newton's second law is applied on..... .
- iv. A Cricketer pulls his hands back while catching a fast moving cricket ball. He is using the Newton's.....law.

OR

If a cricket layer stops a fast moving ball suddenly , then large momentum of ball will be reduced to zero in a very short time. Name the law used in this.

30. In relation to the picture given below, answer the following questions.

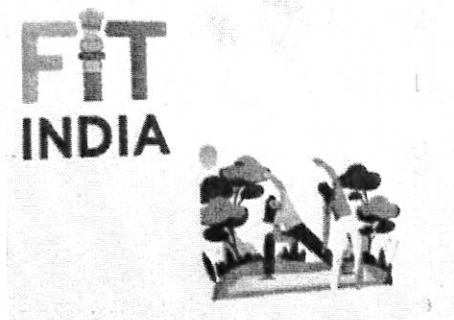


- i.are ethical practices that are related to the individual's body and senses.
- ii. Which among the above Yoga involves controlled breathing?
- iii. Which Yoga means to control our mind and sense?
- iv. is the ultimate union of an individual's soul with God.

OR

..... Is a process of complete constancy of mind.

31. In relation to the given picture, answer the following questions.



- i. When did the Fit India Movement was launched?
- ii. The mission of the Fit India Movement was.....
- iii. What is the main motto of Fit India movement?
- iv.had launched the Fit India movement in India.

Section- E

32. Elucidate five reasons for the importance of Physiology. (1x5=5)
33. Explain Newton's Law of Motion and their application in sports. (2x3=5)
34. Briefly describe any five skills required in the field of physical education and sports. (1x5=5)

OR

Describe the steps of team cohesion. What are the factors that affect team cohesion. (2+3=5)
