

O. P. JINDAL SCHOOL, SAVITRI NAGAR

Periodic Test 1 (2023 –24)

Class: XI

MM: 20

Subject: Physical Education

Time: 1 Hr.

General Instructions:

**All the questions are compulsory.*

**Questions of 1marks will in form of MCQ .*

**Question of 2 marks will be answer in 30-40 words*

**Questions of 3marks will be answer in 50-60 words.*

1. According to definition of Physical Education which one is not the part of Physical Education. 1
 - a. Personality Development
 - b. Mental Development
 - c. Neuromuscular coordination
 - d. Development of Health
2. Which of the following is not the objectives of Physical Education? 1
 - a. Physical Development
 - b. Social Development
 - c. Emotional Development
 - d. Technical Development
3. Career options through physical education are 1
 - a. Sports Department
 - b. Sports facilities management
 - c. Sports Journalism
 - d. All of the above
4. Inter-state Athletic championship is organized by 1
 - a. Athletic Federation of India
 - b. The state Athletic Association
 - c. Association of Indian Universities
 - d. All England Championship
5. **Assertion (A)** Asian Games are organized by International Association of Athletics Federation. 1

Reason (R) Olympic game began in ancient Greece.

- 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. A is False, but R is true
6. In which BC,the Ancient Olympic Games were started? 1
- a. 778 BC b.776 BC
 - c. 772 BC d.775 BC
7. The Olympic flag displays how many Interlockings in the centre? 1
- a. Three b. Five
 - c. Two d. Six
8. The International Olympic Committee was established by whom? 1
- a. Baron piere de Coubertin b.Carl Lewis
 - c. Jesse Owens d.Jim Thorpe
9. How does the Physical Education develop Neuro-muscular coordination? 2
10. Why was Khelo India Programme introduced in India? 2
11. What were the winners awarded with in the ancient Olympics Games? 2
12. Discuss the Career opportunities available in Teaching. 3
13. Who Started the Modern Olympic Games? What was his aim behind it? 3
