

O. P. JINDAL SCHOOL, SAVITRI NAGAR

Annual Examination (2025 –26)

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 37 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 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any five
 - iv. Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any five.
 - v. Section D consists of questions 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 - vi. Section E consists of questions 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any three.
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Section-A

1. Which of the following is not an objective of Khelo India program? 1
a. Political organization in games & sports b. Development of Playfield
c. Searching new talented players d. Providing coaching to players
2. The carrier options through Physical education are: 1
a. Physical education teacher b. Sports Journalists
c. Administrator d. All of these
3. Ancient Olympic games started in the year: 1
a. 394 b. 1896 c. 1500 d. 776 BC
4. Winner of Olympics in modern time receives: 1
a. Olive crown b. Diamond crown
c. Medal & Certificate d. Trophy & Cash

5. Identify the Asana.

1



- a. Padmasana b. Vajrasana c. Trikonasana d. Paschimottanasana

6. Which of the following is not a Asana?

1

- a. Vajrasana b. Gomukhasana c. Kapal Bhati d. Sukhasana

7. The Role of Physical Education Teacher for Divyang person is :

1

- a. To Train Divyang person related to physical fitness
b. To overcome and manage injuries of Divyang person
c. To guide Divyang person's behavior and social adjustments
d. To assist parents for educating Divyang child

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

1

Assertion (A) The role of Adaptive Physical Education is to develop overall personality of

CWSN.

Reason (R) It trains CWSN to improve their health, social qualities and fitness

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

9. Speed is the ability of a person to do:

1

- a. Activity with high speed b. Powerful activity
c. Work for long duration d. Various actions and movements

10. For 200 Meter race the required fitness component is:

1

- a. Flexibility b. Anaerobic endurance
c. Strength d. Coordinative Ability

11. Which of them is not the importance of Test & Measurement in Sports?

1

- a. Improve & evaluate performance b. Classify player & selection
c. To Criticize player d. To motivate & set norms

12. Match the following.

1

List I	List II
A Test	i) Data obtained after conducting test
B Measurement	ii) Questionnaire to collect data
C Evaluation	iii) Type of test
D Measuring blood pressure	iv) Subjective judgement of the performance in the test

	A	B	C	D
a.	i,	ii,	iv,	iii
b.	ii,	i,	iv,	iii
c.	iii,	ii,	i,	iv
d.	ii,	iv,	i,	iii

13. Physiology is a science which studies:

1

- a. Human body
- b. Forces acting on body
- c. Human structure
- d. Functions & relationships of all the organs

14. Hip Joint is a type of :

1

- a. Immovable Joints
- b. Hinge Joint
- c. Pivot Joint
- c. Ball & Socket Joint

15. Extension is the movement in which:

1

- a. Body parts move away
- b. The angle of joint reduces
- c. The angle of joint increases
- d. Combination of all movements

16. Biomechanics helps in:

1

- a. Improving techniques
- b. Improving designs of sports equipments
- c. Improving performance
- d. All of these

17. Sports Psychology deals with :

1

- a. Human behavior
- b. Body & its organs
- c. Behaviour of sportspersons
- d. Forces acting on the body

18. Team Cohesion means

1

- a. Team work and coordination with team members
- b. Good understanding between team members
- c. Good socialization and recreation between team members
- d. All of these

Section-B

- | | |
|--|---|
| 19. What do you mean by Good Health? | 2 |
| 20. What do you mean by Test & Measurement? | 2 |
| 21. Explain the mechanism of breathing. | 2 |
| 22. What do you mean by bio mechanics in sports? | 2 |
| 23. State Psychology and Sports Psychology. | 2 |
| 24. What do you mean by Adolescence? | 2 |

Section-C

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|--|---|
| 25. Write a note on Fit-India Movement. | 3 |
| 26. Explain the objectives of Modern Olympic games. | 3 |
| 27. What do you mean by Shat Kriya? | 3 |
| 28. What are causes of Disability? Discuss any three. | 3 |
| 29. Highlight the components of Health related fitness. | 3 |
| 30. What do you understand by the term evaluation of the Test? | 3 |

Section-D

31. Michael Phelps, the American swimmer, is the most decorated athlete of all time. He has 28 medals, 23 of them are gold medals. In Beijing Olympics, he won 8 gold medals at a single Olympics. In 2004 Athens Olympics, he won 6 gold medals and two bronze medals at a single Olympics. In 2012 London Olympics, he won four gold and two silver medals and in Rio Olympics in 2016, he won five gold and one silver. (4x1=4)

- i) Michael Phelps belongs to.....
- ii) He became the first athlete to win .. at a single Olympics.
- iii) He won.....and.....medals in Rio Olympics.
- iv) He participated in 2004 Olympics, 2008 Olympics, 2012 Olympics and 2016 Rio Olympics in.....

Or

He won a total of.....medals in various Olympic games out of which 23 were gold medals.

32. Mainly, there are two types of career options in the field of Physical Education. The first type of career option is related to teaching and coaching in physical education. These are called traditional careers in physical education. The second type of career is related to emerging careers in physical education, i.e., health-related careers, administration-related careers, sports performance related careers and media-related careers.

(4x1=4)

1. Sports Department is related to.....related career.
2. Sports Journalism is related to career in.....
3. Coaching career is related to..... career.
- 4..... is a career for those who have a keen interest in photography.

Or

Health & weight control clubs are related to..career.

33. Observe the picture given below and answer the following questions:

(1x4=4)



1.

a. The test shown in the above picture No.1 is conducted to check the fitness.

- a. Muscular b. Cardiovascula c. Respiratory d. Skeletal

b. The test shown in the picture no.2 is known as.



2.

- a. Anthropometric Test b. Abdomen Test c. Medical Test d. Achievement Test

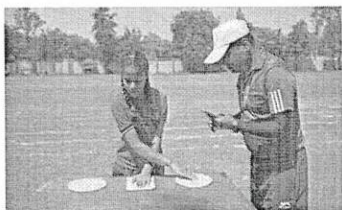
c. The test shown in the picture no 3 is conducted for.....



3.

a. Lower body strength b. Abdominal Strength c. Balance d. Flexibility

d. This test is shown in picture no 4 is known as.....



a. Plate Tapping b. Flamingo Balance c. BMI d. Arm motor ability

Or

If the BMI of a person is 17 he will be in category of

Section-E

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|---|---|
| 34. Define Anatomy & Physiology. Highlight the importance of these subjects. | 5 |
| 35. What do you mean by Kinesiology? Why it is so important in the field of Physical Education? | 5 |
| 36. Write the various principles of Biomechanics. Discuss. | 5 |
| 37. Discuss the adolescence needs, problems and management. | 5 |
