

**O. P. JINDAL SCHOOL, SAVITRI NAGAR****Half Yearly 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:**

- The question paper consists of 5 sections and 37 questions.
- Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 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 5.
- 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 5.
- Section D consists of questions 31-33 carrying 4 marks each and are case studies.
- 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 3.

**Section A**

- “Physical education is that field of education which deals with..... activities and their related responses.” 1
  - Big Muscle
  - Small Muscle
  - Bone Related
  - Joint Related
- Which of the following is not an objective of Physical Education? 1
  - Physical Development
  - Psychological Development
  - Social Development
  - Spiritual Development
- Match List I with List II. 1

List I	List II
1. Physical Education	i. Wholesome development of Individual
2. Objective of Physical Education	ii. Related with big muscle Activities
3. Aim of Physical Education	iii. Guides People to remain fit and participate in sports activities
4. Khelo-India Programme	iv. Physical, Social, Psychological, Intellectual Development

a. i, iii, iv, ii

b. iv, iii, ii, i

c. iii, ii, iv, i

d. ii, i, iv, iii.

4. The carrier options through physical education are: 1
- a. Physical Education Teacher      b. Sports Journalists  
c. Administrator      d. All of these
5. Where is the headquarter of SAI (Sports Authority of India)? 1
- a. Mumbai      b. Kolkata      c. Delhi      d. Bangaluru
6. Winners of Ancient Olympic games were receiving awards 1
- a. Animals & food grains      b. Diamond crown  
c. Medal & certificate      d. Trophy and cash
7. When did the first winter Olympic started in? 1
- a. 1900 at Paris (France)      b. 1924 at Chamonix (France)  
c. 2018 at Pyeong Chang (South Korea)      d. 2010 at Vancouver (Canada)
8. Match the List I with List II 1

List I	List II
1. Citius, Altius, Fortius	i Paralympic
2. Spirit in Motion	ii 1924
3. Winter Olympic Starts	iii Summer Olympic Games
4. Paralympic Starts	iv 1968

- a. i, ii, iii, iv      b. iv, iii, ii, i      c. iii, i, ii, iv      d. iv, i, iii, ii
9. Given Below are the two statements, one labelled as Assertion(A) and the other as Reason(R). 1
- Assertion(A):** Modern Olympic Games were started in 1896 from Athens.
- Reason(R):** Coubertin started summer Olympic Games by forming IOC in 1894.
- Select the correct answers to these questions from codes a, b, c & d.
- a. Both (A) and (R) are true and (R) is the correct explanation of (A)  
b. Both (A) and (R) are true and (R) is not the correct explanation of (A)  
c. (A) is true and (R) is false  
d. (A) is false and (R) is true.

10. Identify the picture.

1



- a. Pierre D Coubertin                      b. Sir Dorabji Tata  
c. Guttman                                      d. Eunice Kennedy Shriver

11. Which of the following is an element of Yoga?

1

- a. Surya Namaskar                      b. Dhouti Kriya  
c. Pranayam                                      d. Vaman Kriya

12. How many parts of Astanga Yoga are there?

1

- a. 4    b. 6  
c. 8    d. 10

13. Identify the picture.

1



- a. Jalaneti                                      b. Sutraneti  
c. Vaman kriya                                      d. Dhouti Kriya

14. Given Below are the two statements, one labelled as Assertion(A) and the other as Reason(R).

1

**Assertion(A):** Asanas can be performed at any time.

**Reason(R):** Sukhasana is easy cross legs sitting and it should be done while taking meal.

**Select the correct answers to these questions from codes a,b,c & d.**

- a. Both (A) and (R) are true and (R) is the correct explanation of (A)  
b. Both (A) and (R) are true and (R) is not the correct explanation of (A)  
c. (A) is true and (R) is false  
d. (A) is false and (R) is true.

- 15.** The sub-Discipline of Physical Education dealing with Divyang people is: 1
- a.Special Education                      b.Occupational Education  
c.Adaptive Physical Education        d.Inclusion Education
- 16.** Disability types are: 1
- a.Physical & Cognitive disability     b. Certain condition which disturbs the person activity  
c.Blood and Chronic Neurological    d. All
- 17.** The Prime role of Physiotherapist is to: 1
- a. Correct the speech of player  
b. Develop fitness of disabled  
c. Minimize the injury or deformity through exercises  
d. Council and guide player for good behavior
- 18.** Which of them is the Disability Etiquette. 1
- a. Show positive attitude and follow social ethics  
b. Explain before helping and listen them carefully  
c. Offer to help and speak clearly  
d. All of these

### Section-B

- |  |   |
|--|---|
| <b>19.</b> What is the primary goal of Physical Education?             | 2 |
| <b>20.</b> Write a Note on Khelo-India Programme.                      | 2 |
| <b>21.</b> Discuss Ancient Olympic Games.                              | 2 |
| <b>22.</b> Explain meaning of Yoga.                                    | 2 |
| <b>23.</b> Discuss the concept of Adaptive Physical Education.         | 2 |
| <b>24.</b> Discuss the role of Physical education teacher in a school. | 2 |

### Section-C

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|--|---|
| <b>25.</b> Give a list of career options in physical education. Discuss any Two. | 3 |
| <b>26.</b> Highlight the main features of Modern Olympic games.                  | 3 |
| <b>27.</b> Discuss any two Sports Federations.                                   | 3 |
| <b>28.</b> Describe Jal Neti and Ghrita Neti With benefits.                      | 3 |

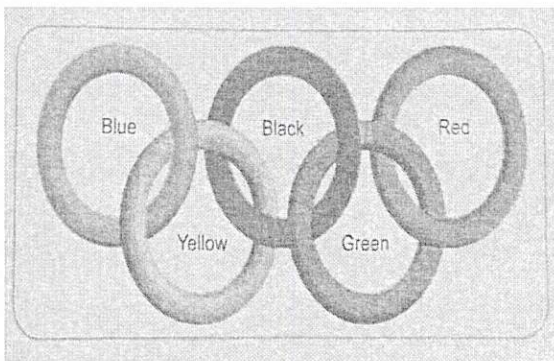


29. What do you mean by Disability. Discuss its types? 3

30. Describe the procedure of performing Vastara Dhaouti. 3

**Section-D**

31. In relation to the picture given below, answer the following questions. (1x4)



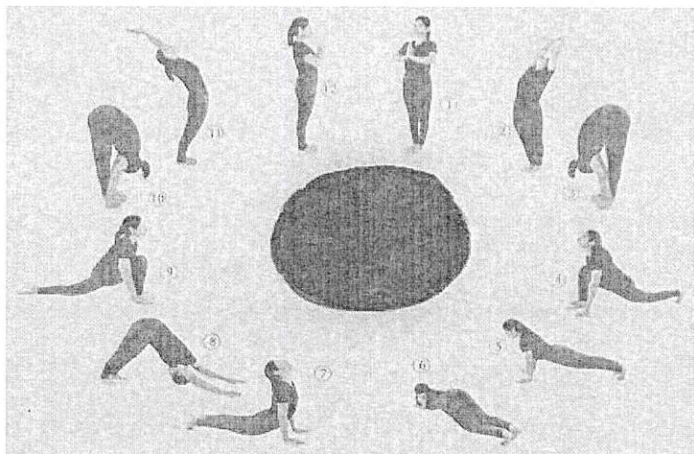
i. What does the above figure represent?

ii. This was designed by.....

iii. What is the new Olympic Motto?

iv. The Olympic anthem has been composed by.....

32. In relation to the given picture, answer the following questions. (1x4)



i. Activity shown in the picture is called .

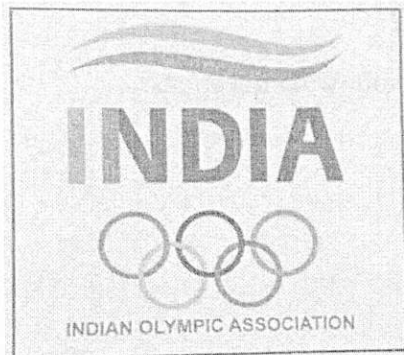
ii. Identify Asana number 7 ?

iii. Identify Asana number 3 ?

iv. Identify Asana number 1 ?

33. Identify the picture and answer the questions:

(1x4)



- i. IOA was formed in the year.....
- ii. The first President of IOA was.....
- iii. The head office of IOA is at.....
- iv. Who is the Present President of IOA?

**Section-E**

- 34. How Technology is helping in developing the standard of Sports. 5
- 35. Discuss the qualities gained through Olympic Value Education. 5
- 36. Explain any three Asana and their benefits. 5
- 37. Discuss in brief 'Astanga Yoga'. 5

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