

O. P. JINDAL SCHOOL, SAVITRI NAGAR

Periodic Test 1 (2025 –26)

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. Which one is not the Aim of Physical Education? 1
a. Intellectual development b. Mental Development
c. Physical development d. Development of Health
2. A Physical Education Teacher can provide leadership opportunities by 1
a. Recognising the Leaders b. Providing Leadership Courses
c. Giving Leadership roles d. All of the above
3. Careers options through physical education are 1
a. Sports Department b. Sports facilities management
c. Sports Journalism d. All of the above
4. Fit India Movement was Launched on..... 1
a. August, 2020
b. February, 2019
c. August, 2019
d. February, 2018
5. **Assertion (A)** There are various types of surfaces used in games.
Reason (R) They are expensive and attractive 1
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. What are the objective of Fit India Movement?	1
a. To promote fitness as easy, fun & free	
b. To encourage indigenous Sports	
c. To make fitness reach every school, college and University	
d. All of above	
7. Khelo India Programme is a Platform for	1
a. School Children	b. Everyone
c. Women's	d. None of these
8. Khelo India programme is launched in the year.....	1
a.2015-16	b.2017-18
c. 2019-20	d.2021-22
9. How does the Physical Education develop Neuro-muscular coordination?	2
10. Why was Khelo India Programme introduced in India?	2
11. Discuss Administration related career.	2
12. Discuss the importance of good sports surface.	3
13. Write a short note on Fit India Movement.	3
