

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. 1

Reason (R) They are expensive and attractive

 - 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
