No. of Printed Pages/Questions: 06/29

O. P. JINDAL SCHOOL, SAVITRI NAGAR

Half Yearly Examination (2026- 27)

Class: XI **MM: 50**

Subject: Physical Education **Time: 2 Hrs.**

(Fifteen Minutes Extra will be given for reading the Question Paper.)

General Instructions:

i. The question paper consists of 5 sections and 29 questions.

ii. Section A consists of question1-15 carrying 1 mark each and is multiple choice questions. All questions are compulsory.

iii. Section B consists of questions 16-20 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 4.

iv. Section C consists of questions 21-24 carrying 3 marks each and are short answer . types and should not exceed 100-150 words. Attempt any 3.

v. Section D consists of questions 25 & 26 carrying 4 marks each and are case studies.

vi. Section E consists of questions 27 to29 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 2.

Section A

1.Physical Education is the activity related with 1

a. Reading and Writing b.Playing video Games

c.Activities of big muscles d.Watching sports matches

2.Which of the following is not an objective of Physical Education? 1

a. Physical Development b. Psychological Development

c. Social Development d. Spiritual Development

3. Fit India Programme started in India in: 1

a.2021 b.2019

c.2017 d.2015

4.The carrier options through physical education are: 1

a.Physical Education Teacher b.Sports Journalists

c.Aministrator d.All of these

5.Which of the following is not an objective of Khelo-India Programme: 1

a.Political Organisation in games & sports b.Development of playfield

c.Searching new talented players d.Providing coaching to players

6.Ancient Olympic games started in the year: 1

a.394 b.1896

c.1500 d.776 BCE

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 Vancuver(Canada)

8.Match the List I with List II 1

List I	**List II**
1.Ancient Olympic Games	i 1927
2.Modern Olympic Games	ii 1894
3.IOC	iii1896
4.IOA	iv 776

a.i,ii,iii,iv b.iv,iii,ii,i c.iv,iii,i,ii d.iv,i,iii,ii.

9.Given Below are the two statements, one lebelled as Assertion(A) and the other as Reason(R). 1

Assertion(A): Ancient Olympic Games were played at Olympiad.

Reason(R): These traditional games were played in honour of their God Zeus whose temple was at Olympiad.

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

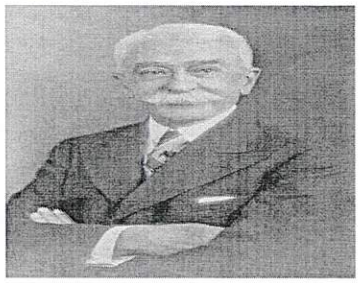
a.Both (A) and (R)are true and (R) is the correct explanation of (A)

b.Both (A) and (R)are true and (R) is the 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

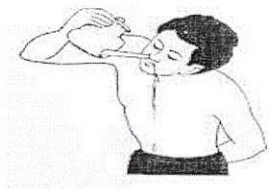
c.Pranayam d.Vaman Kriya

12.What do you mean by Astanga Yoga? 1

a.4 Limbs of Yoga b.6 Limbs of Yoga

c.8 Limbs of Yoga d.10 Limbs of Yoga

13.Identify the picture. 1



a.Jalaneti b.Sutraneti

c.Vaman kriya d.Dhouti Kriya

14. Given Below are the two statements, one lebelled as Assertion(A) and the other as Reason(R). 1

Assertion(A): Shat Kriya cleans and purifies the internal organs of the body.
Reason(R): These are very difficult and it should be practiced under expert guidance.
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 the not the correct explanation of (A)
c. (A) is true and (R) is false
d. (A) is false and (R) is true.

15. Match the List I with List II 1

List I	List II
1.Neti	i Cleans Lower Respiratory tract nostril to lungs
2.Nauli	ii Abdominal muscles and Internal Organs
3.Kapal Bhati	iii.Cleans digestive tract up to stomach
4.Dhauti	iv.Cleans upper nasal from throat to Nostril

a.ii,i,iii,iv. b.iii,i,iv,ii. c.iv,ii,i,iii. d.ii,iv,iii,i.

Section-B

16. What is the importance of good sports surface? 2

17. What do you mean by Health related career? 2

18. Discuss the objective of Modern Olympic Games 2

19. Explain meaning of Yoga. 2

20. Explain briefly about Niyama. 2

Section-C

21. Discuss Teaching and Coaching career in Details. 3

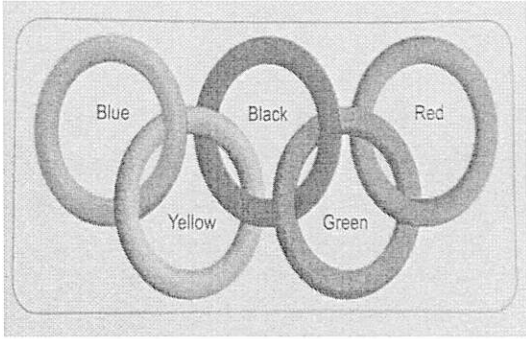
22. Highlight the main features of Ancient Olympic Games 3

23. Describe Jal Neti and Ghrita Neti With benefits. 3

24. Discuss about International Olympic Committee. 3

Section-D

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



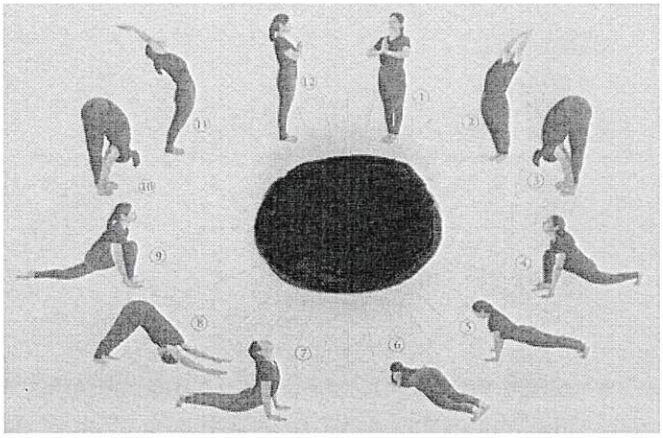
i.What does the above figure represent?

ii.This was designed by... ... ...

iii.What is the new Olympic Motto?

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

26. 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 ?

Section-E

27. Explain the changing trends in Physical Education. 5

28. Briefly Explain the opening of the Ancient Olympic games. 5

29. List down the Elements of Yoga and Explain Yama. 5

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