O. P. JINDAL SCHOOL, SAVITRI NAGAR

Periodic Test 1 (2026 –27)

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.*

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1. Which of the following is not the objectives of Khelo-India Programme? 1

   a. Political organization in Games & Sports b.Development of playfield

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

2. Qualification essential for the career in Physical Education Teacher is: 1

   a. L.L.B. b. M.B.B.S.

   c. B.P.Ed. d. B.Tech.

3. Fit India Movement was Launched on…….. 1

   a. August, 2020 b. February,2019

   c. August,2019 d. February,2018

4. **Assertion (A)** Khelo India is the programme to develop & promote the games & sports at grass root level in India.

   Reason (R) It is a Political Organisation which works for publicity. 1

   Given below are two statements,one labelled as assertion (A) and the other as reason(R) Select the correct answer 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 ,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

5. Ancient Olympic Games started in the year: 1

a.394 b.1896 c.1500 d.776 BCE

6. Headquarter of IOC is at: 1

a. London b. Lausanne

c.Paris d. New york

7. When was Indian NOC was Formed? 1

a.1896 AD b.1927

c. 1947 d.1961

8. Match List I with List II: 1

List I	List II
1.Citius,Altius,Fortius	i.1928
2.Olympic Torch	ii.1924
3.Winter Olympic starts	iii.Summer Olympic Games
4.Olympic Flag	iv.1920

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

9. How does Physical Education contribute to an Individuasl's development? 2

10. Why was Khelo India Programme introduced in India? 2

11. Write a note on Ancient Olympic Games. 2

12. Discuss the Career opportunities available in Teaching. 3

13.Discussd the functions of IOC & NOC. 3

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