

**O. P. JINDAL SCHOOL, SAVITRI NAGAR****Periodic Test 1 (2024 –25)****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 objective of Physical Education? 1
  - a. Personality Development      b. Mental Development
  - c. Educational 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)** Khelo India programme is for the school going children 1  
**Reason (R)** Fit India programme is for every citizen.
  - 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 Career opportunities available in Teaching. 3
13. What is the Difference between a Teacher and a Coach? Explain. 3

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