

**O. P. JINDAL SCHOOL, SAVITRI NAGAR**

**Half Yearly Examination (2023–24)**

**Class: XI**

**MM: 70**

**Subject: Physical Education**

**Time: 3 Hrs.**

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

**General Instructions:**

- i. The question paper consists of 5 sections and 34 questions.
  - ii. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
  - iii. Section B consists of questions 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
  - iv. Section C consists of questions 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available.
  - v. Section D consists of questions 29-31 carrying 4 marks each and are case studies. There is internal choice available.
  - vi. Section E consists of questions 32-34 carrying 5 marks each and are long answer types and should not exceed 200-300 words. There is internal choice available.
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**Section – A**

1. The foundation of physical education was laid in 1
- a. England                      b. Greece
- c. USA                            d. Italy
2. Identify the given activity of Yoga. 1



- a. Asana                            b. Pranayama
- c. Meditation                    d. Kriya
3. Where is the headquarters of Indian Olympic association? 1
- a. Kolkata                        b. New Delhi
- c. Chandigarh                    d. Mumbai

4. The first Modern Olympic games were held in Athens, Greece in which year ? 1
- a. 1893                      b.1894  
c. 1896                      d.1861
5. The aim of adaptive physical education is to help whom? 1
- a.Adults                      b.Differently abled students  
c.Athletes                    d.All the above
6. Which of the following is not a component of physical fitness? 1
- a.Speed                      b.Flexibility  
c.Strength                    d.Cardivascular Enduranace
7. Fit India Movement was launched on..... 1
- a. August, 2020              b.February, 2019  
c.August, 2019              d.February, 2018
8. "The knowledge of Shiva and Shakti is Yoga" is said by. 1
- a.Ved Vyas                    b.Patanjali  
c.Agam                        d.Bhagwad Gita
9. The role of speech therapist for children with special needs are. 1
- a.Improves physical movements  
b.Improves mental calculations  
c.Improves communication  
d. None of these
10. What does a person require to maintain physical fitness? 1
- a.Efficient motor mechanism    b.Efficient organic mechanism  
c.Efficient mental functioning    d.All of the above
11. Which one is not the Teaching career? 1
- a.Primary school Teacher    b.Middlle school Teacher  
c.High school Teacher        d.Coaching
12. Choose the event of Ancient Olympic. 1
- a.High Jump                    b.Basketball  
c.Wrestling                    d.Baseball

13. The word 'Pranayama' is composed of two words, 'Prana' means life and 'ayama' means..... 1

- a. Concentration                      b. Control
- c. Meditation                            d. None of these

14. Which Disability etiquette should follow for person with speech difficulties? 1

- a. Give attention to the person.
- b. Don't speak with louder voice
- c. Introduce the person first while meeting.
- d. Use calm and Comfortable voice.

15. **Assertion (A)** In the Ancient Olympic Games, less attention was paid to awards. 1

**Reason (R)** More emphasis was laid on respect and honour.

In the context of above two statements, which one of the following is correct?

**Codes**

- 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

16. Match the following: 1

List I	List II
A. Santosh	i. Non-Possessiveness
B. Brahmacharya	ii. Purity
C. Saucha	iii. Contentment
D. Aparigraha	iv. Celibacy

**Codes**

- |       |     |    |    |  |      |    |     |    |
|-------|-----|----|----|--|------|----|-----|----|
| A     | B   | C  | D  |  | A    | B  | C   | D  |
| a.iii | iv  | ii | i  |  | b.i  | ii | iii | iv |
| c.ii  | iii | i  | iv |  | d.iv | i  | iii | ii |

17. **Assertion (A)** Physical fitness refers to the maximum capacity of all systems of body. 1

**Reason (R)** Physical fitness is requires regular exercise and nutritional food.

In the context of above two statements, which one of the following is correct?

**Codes**

- 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

18. What is the role of Physiotherapists? 1
- a. To manage special needs children with movement disorder.
  - b. To help special needs children to develop fine and gross motor skills
  - c. To build communication of children with special needs
  - d. To work for the overall development of children with special needs.

**Section- B**

19. Why was 'Khelo India Programme' introduced in India? 2
20. What does the Olympic flame signify? 2
21. What do you mean by 'Yogic Kriyas'? 2
22. How adaptive sports are different then normal sports? 2
23. Define 'Wellness'. 2

**Or** Discuss 'Olympic Flag'.

**Section- C**

24. Write short note on playing surface? 3
25. What was the aim behind starting of Modern Olympic games? 3
26. Explain the First element of Yoga. 3
27. Explain the role of a counsellor in developing a supportive environment for children with special needs. 3
28. Why is person required to be physically fit? 3

**Or** What are the types of Disability? Explain briefly.

**Section- D**

29. In relation to the given picture, answer the following questions. 4

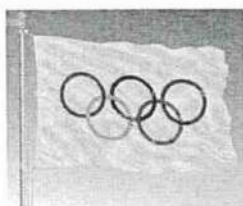


- i. What is the motto of khelo India youth games?
- ii. Khelo India programme launched in the year.....
- iii. Where were the first khelo India games held?
- iv. ....won the first khelo India.

**Or** Khelo India programme has launched by ministry of .....

30. In relation to picture given below, answer the following questions.

4



- i. What do you mean by Olympic motto 'Citius, Altius, Fortius'?
  - ii. The five rings of the Olympic symbol are in five different colors i.e. Red, Green, Yellow, Blue and.....
  - iii. Olympic games were held in ancient Greece in the honour of Greek God.....
  - iv. .... is the first city in the world to be awarded both summer and winter Olympics.
- Or** .....ceremony marks the end of the Olympic games

31. Identify the picture and answer the questions.

4



- a. This event is for .....people.
  - b. It is known as .....physical education.
  - c. In this disability the disability type is.....
  - d. Use of wheelchair is helping in.....games also apart from wheelchair race.
- Or** This condition of disability is called which disability?

#### Section -E

32. Define Physical education. Explain the aims & objectives of Physical education. 5
  33. Discuss in details about International sports federation. 5
  34. What is Yoga? Discuss 'Astanga Yoga' in brief. 5
- Or** Enumerate the objectives of adaptive physical education.

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