

**O. P. JINDAL SCHOOL, SAVITRI NAGAR**  
**Sample Question Paper (2022 – 2023)**

**Class: XI**

**MM: 70**

**Subject: Physical Education**

**Time: 3 Hrs.**

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**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 5 sections and 37 Questions.
  - 2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. all questions are compulsory.
  - 3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
  - 4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
  - 5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
  - 6) Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
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**Section A**

1. Identify the Pranayam in figure given below:

1



- a. Padmasana                      b. Bhujangasana  
c. Vajrasana                      d. Trikonasana

2. Study of motion is termed as:

1

- a. Kinesiology                      b. Operation Science  
c. Structure Science              d. None of these



12. Exercising for longer duration with less weight is related to: 1
- a.Endurance                      b.Strength  
c.Speed                              d.Co-ordination
13. Which one of these, is included in the categories of disability? 1
- a.Physical Disability              b.Visual Disability  
c.Intellectual disability          d.All the above
14. The use of Questionnaire is: 1
- a.Test                                  b.Measurement  
c.Evaluation                        d.Analysis
15. Physical Education career option is: 1
- a.Sports photography              b.Sports administration  
c.Sports Broadcasting            d.All of above
16. A Motion that pulls a body part away from the midline of the body is: 1
- a.Abduction                        b.Adduction  
c.Distance                         d.None of these
17. Uber cup is related to: 1
- a.Table tennis                      b.Lawn Tennis  
c.Badminton                        d.None of these
- 18.Importance of sports psychology is for: 1
- a.Increasing mental maturity  
b.Understanding behavior  
c.Helpful in solving the problems  
d.All of these

### **Section- B**

- 19.Describe the Olympic awards. 2
- 20.What is Biomechanics? 2
- 21.What is the purpose of 'intelligent test'? 2
- 22.How does the sports psychology help in motor skill learning? 2
- 23.What do you mean by Inclusion? 2
- 24.Why is sex education necessary in schools? 2

**Section-C**

- 25.Explain any three principles of Biomechanics? 3
- 26.Brief explain Ancient Olympics. 3
- 27.Define Strength and discuss its types in brief. 3
- 28.Write down any nine tournaments of Football? 3
- 29.Describe the axis & planes in body Movement. 3
- 30.State the Function of blood in the body. 3

**Section-D**

31.On the basis of picture given below, answer the following questions. (4x1)4



- a. Identify the test shown in the picture above?
- b. What are the required equipment for this test?
- c. What is the purpose of the test?
- d. The time period for this test?

32. On the basis of picture given below, answer the following questions. (4x1)4



- a. Identify the Logo.
- b. What is the motto of this organization?
- c. When was first games organized .....
- d. This games is conducted after every.....years.

33. On the basis of picture given below, answer the following questions. (4x1)4



- a. Identify the logo in figure.
- b. What does it mean by this logo?
- c. When it has started?
- d. Who proposed the Olympic motto?

**Section-E**

- 34. Describe the training load and recovery. 5
- 35. Describe the various adolescents problems. 5
- 36. Define physical fitness & wellness. Elaborate the importance of physical fitness & wellness. 5
- 37. Describe the formation and objectives of Indian Olympic Association. 5

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