



Date:- 08/12/2023	<b>SECOND TERMINAL EXAMINATION (2023-24)</b>	Max Marks: 70
Grade: XI	<b>PHYSICAL EDUCATION (048)</b>	Time : 3 hours

**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 5 sections and 34 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 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choices available.
- 4) Sections C consist of Question 24- 28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available.
- 5) Sections D consist of Question 29-31 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 32-34 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

Question NO	SECTION A	MARKS
1	Joints are classified into ;  a) Immovable and slightly movable joints only b) Slightly movable and freely movable joints only c) Freely movable joint only d) Immovable, slightly movable and freely movable joints	1
2	Which of the following blood cells contain haemoglobin  a) Red blood cells b) White blood cells c) Platelets d) Bone marrow	1

3	In an individual a test is conducted to evaluate a) Skill b) Knowledge c) Ability d) All of the above	1
4	What is the objective of evaluation  a) To assess progress of project b) To appreciate the subject c) To understand the subject d) None of these	1
5	Which is not a type of dynamic strength  a) Maximum strength b) Explosive strength c) Static strength d) Strength endurance	1
6	Acceleration ability means to a) Run at a slow pace b) React promptly to signal c) Complete an activity in a minimum time d) Gain highest speed	1
7	Which of the following is the symptom of ODD a) Act in a way to annoy others b) Is over sensitive to sound and odour c) Cannot focus on specific matters d) Repeat word , phrases or actions	1
8	In which position Nauli kriya is performed  a) Sitting position b) Couch position c) Kneeling position d) Prone position	1
9	Tapa means  a) Self purification b) Contentment c) Self study d) Self discipline	1

10	In which year International Olympic Committee was formed a) 1892 b) 1894 c) 1896 d) 1919	1
11	The Olympic Anthem was composed by a) Pierre de Coubertin b) Narinder Dhruv c) Demetrios Vikelas d) Spyridon Samaras	1
12	Musculoskeletal and neuromuscular are the two categories of ----- disability a) Cognitive b) Intellectual c) Physical d) Sensory	1
13	Which of the following is not a component of physical fitness a) Endurance b) Alertness c) Strength d) Agility	1
14	Which of the following health and fitness related tests is conducted to measure flexibility? a) Back scratch test b) Sit and reach test c) Illinois agility test d) Plate tapping test	1
15	In which year Kothari Commission formed? a) 1961 b) 1962 c) 1964 d) 1960	1
16	Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R) Assertion: Yama is the first element of yoga Reason : Satya, Ahimsa, Asteya, Brahmacharya ,Aparigraha are five rules of yama  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	1

17	Match the following:  I. Segmental bone      1. Vertebrae II. Sesamoid bone      2. Ribcage III. Sutural bone      3. Patella IV. Long thin bone      4. Skull. a) I-1,II-2,III-3,IV-4 b) I-2,II-4,III-1,IV-3 c) I-1,II-3,III-2,IV-4 d) I-2,II-3,III-4,IV-1	1
18	In which year National Syllabus of physical activities was formed a) 1956 b) 1957 c) 1954 d) 1952	1

**SECTION  
B**

19	Mention any two symptoms and causes of SPD	2
20	Explain PRICE method	2
21	Mention the colours and continents the five rings in the Olympic flag represents.	2
22	Define ashtanga yoga. Describe in brief any one Anga or element of yoga	2
23	Explain the career options in physical education OR	2
	List the functions of skeletal system	2

**SECTION C**

24	List the aims and objectives of adaptive physical education	3
25	Briefly explain the values of Olympic games	3
26	Describe the Khelo India Programme	3
27	Explain the functions and properties of muscle.	3
28	Briefly explain Sheldon classification of body types OR	3
	Describe any three types of disabilities and their symptoms	3

## SECTION D



29

Abhimanyu is a physical education teacher. It makes him very sad to know that there are many children with disabilities in his school who are unable to participate in physical education activities and so he decides to include participate of such students also in physical education activities. He started contribute in the physical improvement of a disabled child through special organisation, suitable venue and appropriate and improved material. He also requests to the principal for the availability of various professionals in the school for children with disabilities.

Based on the above case study answer the following questions.

1. What are the objectives of adapted physical education?
2. What is the role of special educator for a CWSN?
3. What is the role of counsellor for CWSN ?
4. What is the role of physical education teacher for CWSN ?

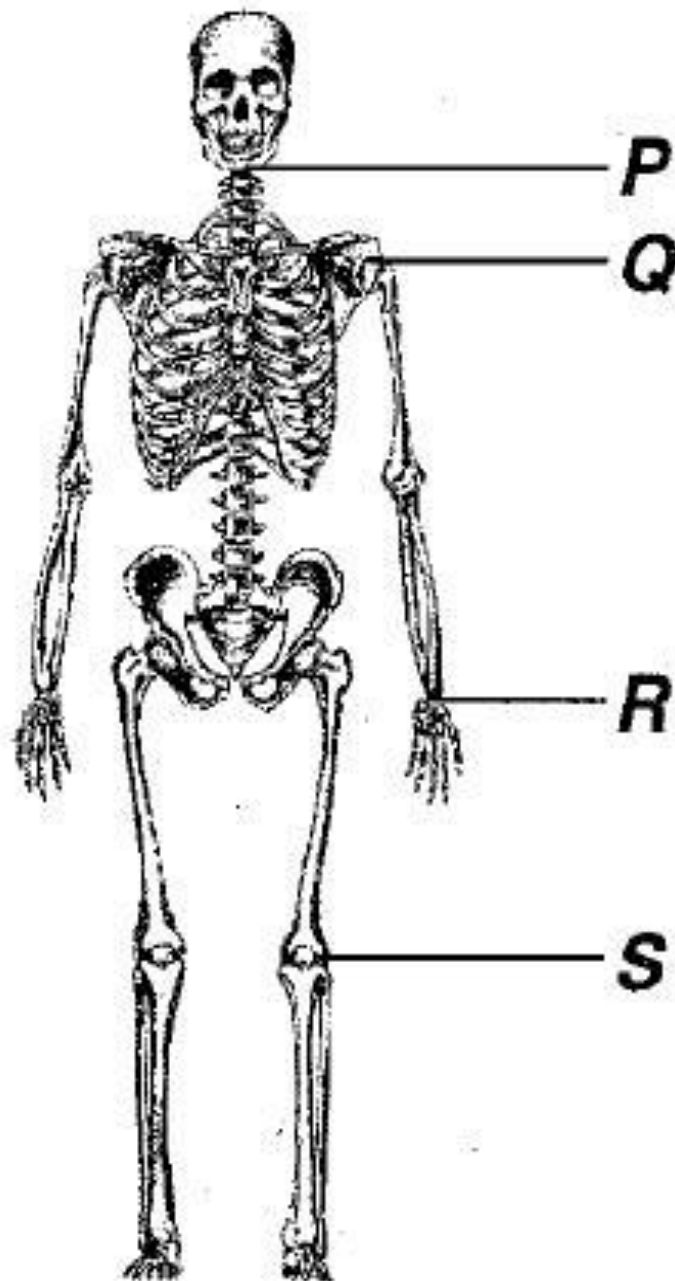
4

4

30

Based on the picture given below identify the type of joints

4



- a) Name the joint letter 'P' represents
- b) Name the joint letter 'Q' represents
- c) Name the joint letter 'R' represents
- d) Name the joint letter 'S' represents

31	<p>Sports is one of the most effective physical activities that provide innumerable health benefits. Ensuring safety in sports is essential to prevent any sports injuries. It is important that we take care of our body while performing sports and even fitness activities.</p> <p>a) What are the protective gears that a person should wear in cricket ?</p> <p>b) What are the protective gears that a person should wear in football ?</p> <p>c) What are the protective gears that a person should wear in boxing ?</p> <p>d) What are the protective gears that a person should wear in cycling?</p>	5
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<b>SECTION E</b>		
32	Explain the components of physical fitness and its type	5
33	Explain any four elements of yoga	5
34	Classify the types of joints present in our body. Explain immovable joints OR Describe how test , measurement and evaluation are important in our life.	5

