



Date: 09/12/24 GRADE: XI	TERM 2 EXAMINATION (2024-25) PHYSICAL EDUCATION	Max marks: 70 Time: 3HOURS
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MARKING SCHEME

Qn. No		Marks
1	(d) Immovable , slightly movable and freely movable joints	1
2	(b) Motor skills	1
3	(a) To collect quantitative data	1
4	(a)To assess progress of the project	1
5	(d)2	1
6	(d)All of these	1
7	(d)Both a and b	1
8	(b)Bharthi Krishna Theertha	1
9	(b) surrender to god	1
10	(b) 1894	1
11	(d) Spyridon Samaras	1
12	(c) Physical	1
13	(b) Vital capacity	1
14	(b) Sit and reach	1
15	(c)1961	1
16	(b) Both A and R are correct but R is not the correct explanation ofA	1
17	(d)I-2, II-3, III-4, IV - 1	1
18	(a)1956	1
19	On January 2018 PM Narendra Modi launched Khelo India Progrm. Mission of khelo india program. Scholarship scheme	1+1
20	PRICE Protection Rest Ice Compression Elevation	1+1

21	<p>To classify students</p> <p>To provide proper guidance</p> <p>To frame aims and objectives</p> <p>To develop abilities and skills</p> <p>To find out the rate of improvement or progress</p> <p>To motivate</p>	1+1
22	<p>Yellow – Asia</p> <p>Black – Africa</p> <p>Blue - Europe</p> <p>Green -Australia</p> <p>Red -America</p>	1+1
23	<p>Body composition is the percentage of fat, bone and muscles in human bodies.</p> <p>$BMI = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$</p>	1+1

23	Sheldon classification of body types Endomorph Mesomorph Ectomorph	1+1
24	1948-NCC & ACC 1950- Central Advisory Board of Physical Education and Recreation 1953- Rajkumary Coaching Scheme 1954-National Discipline Scheme 1961-NIS 1982-SAI	1+2

25	<p>776BC Olympia Honour of god zues The opening ceremony Games and athletes Awards 1896 Rules Opening ceremony Closing ceremony Awards</p>	1+1+1
26	<p>PULMONARY CIRCULATION Inferior venacava – Superior venacava (deoxygenated blood)- Right Atrium-Right Ventricle - Pulmonary Artery- Lungs(oxygenated blood)- Pulmonary vein SYSTEMIC CIRCULATION Left Atrium -Left Ventricle -Aorta- Arteries-Capillaries.</p>	1+2
27	<p>STRENGTH ENDURANCE SPEED FLEXIBILITY AGILITY AND COORDINATI ON Dynamic Strength Static Strength</p>	1+2
28	<p>Physical Development Mental Development Social Development Emotional Development</p>	1+2

28	Physical disability: Musculoskeletal disability Neuro muscular disability Intellectual disability Cognitive disability	3
29	1) To develop gross motorskills 2) They work closely with children and assess their academics 3) Councelling 4) Conducting physical activity	1+1+ 1+1
30	a) Pivot b) Ball and socket c) Gliding d) Hinge	1+1+ 1+1

		1+1+ 1+1
31	<ul style="list-style-type: none"> a) Gloves and helmet b) Gloves shin card c) Mouth guard,chest guard d) Helmet knee guard 	1+1+ 1+1+ 1
32	<ul style="list-style-type: none"> 1) Teaching Related Career 2) Coaching Related Career 3) Health Related Career 4) Performance Related Career 5) Career in communication and media 	1+1+ 1+1+ 1

33	<p>Joints are the connections between adjacent bones.</p> <p>Immovable or Fibrous joint: These joints do not allow movements</p> <p>Slightly movable or cartilaginous joint : These joints allow limited movements</p> <p>Freely movable joints: These are joints with wide range of movements</p> <p>Ball and socket joint</p> <p>Hinge joint</p> <p>Pivot joint</p> <p>Gliding joint</p> <p>Condyloid joint</p> <p>Saddle joint</p>	5
34	<p>Yama : First element of yoga of yoga .Yama means social behaviour</p> <p>Satya</p> <p>Ahimsa</p> <p>Asteya</p> <p>Bhramacharya</p> <p>Aparigraha</p> <p>Niyama : Rules of conduct for individuals</p> <p>Saucha</p> <p>Santosha</p> <p>Tapa</p> <p>Svadhya</p> <p>Ishvara Pranidhana</p> <p>Asana: Asanas means postures which discipline our body</p> <p>Pranayama :</p> <p>Pranayama means science of breath control</p>	1+1+1 +1+1+ 1
	<p>Long heavy bones</p> <p>Short bones</p> <p>Flat bones</p> <p>Segmental bones</p> <p>Sesamoid bones</p> <p>Sutural bones</p> <p>Long thin bones</p>	

