



Date: 19/02/24 GRADE: XI	ANNUAL EXAMINATION PHYSICAL EDUCATION	Max marks: 70 Time: 3HOURS
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MARKING SCHEME

Qn. No	SECTION A	Marks
1	(b)2018	1
2	(b) 1950	1
3	(d) Spyridon Samaras	1
4	(b)2020 , Japan	1
5	(c)One nasal cavity	1
6	(a)Self purification	1
7	(d)Both (a) and (b)	1
8	(d)SPD	1
9	©Static strength	1
10	(a) Maximum strength	1
11	(a)600M run / walk test	1
12	(d)All of the above	1
13	(d) Extension	1
14	(b) Adduction	1
15	(d) Both (a) and (b)	1
16	(c)1961	1
17	(d) Principle of rest	1
18	(c) Removing psychological barriers	1
19	Physical development Mental development Emotional development Social development	1+1

20	Long heavy bones Short bones Flat thin bones Segmental bones Sesamoid bones Sutural bones Long thin bones	1+1
21	In Sheldon's system humans were classified as to body build in terms of three extreme body types: endomorphic, or round, fat type; mesomorphic, or muscular type; and ectomorphic, or slim, linear type	1+1
22	Teaching related career Coaching related career Career in media and communication Health related career Performance related career	1+1

23	Define shape and body type Act as a lever Formation of blood cells Supports the whole body Protect the vital organs Reservoir of minerals	1+1
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24

Basically test, measurement and evaluation are interrelated, interdependent and follow a continuous process. Test. Test is a tool to obtain information to determine the specific characteristics or qualities of an individual regarding knowledge, physical abilities, skill abilities, etc.

25	<p>Attention Deficit Hyper activity Disorder (ADHD): This a behavioural disorder which is characterized by inattentive mind , hyper activity and impulsiveness of a person</p> <p>Sensory Processing Disorder(SPD):It is a neurological disorder in which response to sensory informations are not expressed properly.</p> <p>Oppositional Deficient Disorder(ODD): It is a mental disorder in which the individual opposes others.</p> <p>Obsessive Compulsive Disorder(OCD): it is an anxiety disorder.</p> <p>Autism Spectrum Disorder (ASD)</p>	1+1+1
26	<p>Flexion: It is the movement which decreases the angle at the moving joint</p> <p>Extension : It is the movement which increases the angle at the moving joint.</p> <p>Abduction : It is the movement which moves the body part away from the imaginary central line.</p> <p>Adduction ; It is the movement which moves the body towards the imaginary central line.</p>	1+2
27	<p>Yama Niyama Asana Pranayama Prathyahara Dharana Dhyana Samadhi</p>	1+2
28	<p>Axis is an imaginary line around which an objects moves or rotates.</p> <p>Sagittal Axis Frontal Axis Vertical Axis</p> <p>A plane is an imaginary surface that passess through a body and bisects it</p> <p>Sagittal or Longitudinal plane Frontal or coronal plane Transverse or horizontal plane</p>	1+2
29	<p>Khelo India Program</p> <p>Khelo India Programme is a national yojana/scheme for the development of sports in India. It was launched in the year 2018 by the then Sports Minister Col. Rajyavardhan Singh Rathore in Delhi. This program has been launched to improve the sports culture in India.</p> <p>Aimed at mainstreaming sports as a tool for national development, economic development, community development and individual development, the Union Cabinet approved the execution of the revamped 'Khelo India' program by consolidating the 'Rajiv Gandhi Khel Abhiyan' (formerly called the 'Yuva Krida</p>	3

	& Khel Abhiyan'), the 'Urban Sports Infrastructure Scheme' and the National Sports Talent Search System Programme'. The program strives to promote "Sports for Excellence" as well as "Sports for All".	
30	The Ancient and Modern Olympics are similar in that both games have sporting events but the reasons they're held are different. The Ancient Olympics were part of a religious festival to the Greek God, Zeus, whereas the Modern Olympics are a sports competition for athletes from all countries of the world. The first recorded Olympics were held at Elis in the Greek city-state of Olympia in 776 BC. The competitors were freeborn Greek men and boys. Only male spectators were allowed to watch the naked runners race a distance of 192 metres. However, one woman, the Priestess of the Goddess Demetra was permitted to enter the stadium which held forty thousand spectators. These Ancient Olympics were held at Olympia every fourth summer. The Greeks called this period of time an Olympiad. The Modern Olympics are also held every fourth year and they are numbered by Olympiads. The first Modern Olympic Games was held at Athens in Greece 1500 years after the last Ancient Olympics. The games were revived by a Frenchman, Baron De Coubertin, so that nations would come together in peace and friendship. Three hundred nations and eleven athletes from thirteen countries attended the first Modern Olympiad, in 1896. Summer and Winter Olympics are held in modern times.	1+1+ 1+1
31	<p>(a) Prana – Life force Ayama – Control</p> <p>(b) Puraka , Kumbhaka , Racheka</p> <p>(c) Nadishodhana Pranayama Sithali Pranayama Anulom Vilom Pranayama Kapalabhati Pranayama</p> <p>(d) Improves concentration Improve efficiency of lungs Relieve stress</p>	
32	<p>(a) 2018</p> <p>(b) The Khelo India programme has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation</p> <p>(c) Khelo India Programme is a national programme for the development of sports. Under the Khelo India programme, the High-Powered Committee would grant annual financial assistance of INR 5 lakh per annum for 8 years to talented athletes identified in important disciplines at various levels.</p> <p>(d) Delhi</p>	1+1+ 1+1

33	(a) Flexibility , Speed , Endurance ,Strength, body composition (b) 600 M Run / Walk (c) Sit and reach (d) BMI	1+1+ 1+1
34	Speed Endurance Strength Agility Body composition Muscular strength Muscular endurance	1+1+ 1+1+ 1
35	Dhauti – cleansing of the mouth & food pipe Basti – Cleansing of the large intestine (lower abdomen) Neti – cleansing of the nasal passages Nauli – Strengthening of the abdominal organs Trataka – purification of the eyes Kapalbhati –Cleansing of the frontal area of the brain	1+1+ 1+1+ 1

36	Immovable Joints Slightly movable Joints Freely Movable Joints Ball and socket joint Hinge joint Pivot joint Saddle joint Condylloid joint Gliding joint	5
37	Principle of specificity Principle of overload Principle of individuality Principle of progression Principle of reversibility Principle of recovery Principle of balance Principle of continuity Principle of transfer of training Principle of variety	1+1+1 +1+1+ 1

