



Date:08/11/23 GRADE: XI	TERM 2 EXAMINATION (2023-24) 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	(a) Red blood cells	1
3	(d) All of the above	1
4	(a)To assess progress of the project	1
5	(c)Static strength	1
6	(d)Gain highest speed	1
7	(a)Act in a way to annoy others	1
8	(b)Couch position	1
9	(d)Self discipline	1
10	(b) 1894	1
11	(d) Spyridon Samaras	1
12	(c) Physical	1
13	(b) Alertness	1
14	(b) Sir and reach	1
15	(c)1964	1
16	(b) Both A and R are correct but R is not the correct explanation of A	1
17	(d)I-2, II-3, III-4, IV - 1	1
18	(a)1956	1
19	Symptoms Has poor coordination and body balance. Is over sensitive to sound and odour Does not respond to extreme hot, cold or pain Causes Genetic factors Birth complications	1+1
20	P -Protect R -Rest I -Ice C -Compression E -Elevation	1+1

21	According to Patanjali , the path of yoga includes ashtanga which literally means eight limbs. Samadhi is the last stage of yoga where a Yogi tries to merge himself with the divine spirit.	1+1
22	Yellow – Asia Black - Africa Blue - Europe Green -Australia Red -America	1+1
23	Teaching sector Training sector Health related sector Performance related sector Media and communication	1+1

23	Defines shape and body size Act as lever Supports the whole body Protect the vital organs	1+1
24	To ensure that every child with special needs is provided with services that meet unique need . To develop gross motor skills To motivate each and every CWSN To enhance self confidence	1+2

25	Excellence Friendship Respect	1+1+1
26	On January 31 st Prime Minister Narendra Modi launched the first Khelo India Programme. Mission of khelo India program Khelo India School games Selection criteria	1+2
27	Excitability Extensibility Contractility Elasticity To produce and control movement of the body To maintain posture To pump blood throughout the body	1+2
28	Sheldon classification of body types Endomorph Mesomorph Ectomorph	1+2
28	Physical disability: Musculoskeletal disability Neuro muscular disability Intellectual disability Cognitive disability	3
29	1) To develop gross motor skills 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	<p>Components of physical fitness</p> <ul style="list-style-type: none"> 1) Endurance <ul style="list-style-type: none"> Short term endurance Long term endurance 2) Strength <ul style="list-style-type: none"> Static strength Dynamic strength 3) Speed <ul style="list-style-type: none"> Reaction Ability Acceleration ability Speed of action 4) Flexibility <ul style="list-style-type: none"> Passive flexibility Active flexibility 5) Agility and coordinative abilities 	1+1+ 1+1+ 1

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

