



Date: 07/11/23 GRADE: XI	MT2 (2023-24) PHYSICAL EDUCATION	Maxmarks: 20 Time: 50 min
---	---	--

MARKING SCHEME

Qn. No	SECTION A	Marks
1	(a)Endurance	1
2	(a) Short term endurance	1
3	(d) Agility	1
4	(c)Body Mass Index	1
5	(c) Protect	
	SECTION B	
6	According to WHO health is a state of complete physical, mental and social wellbeing not merely an absence of disease or infirmity.	2
7	Test is a method or a procedure used to assess a person's skills and abilities. Measurement is a technique of collecting data Evaluation is a method used for assessing the progress of a program.	2
8	Body composition Formula of calculating BMI	2
	SECTION C	
9	Static flexibility Dynamic flexibility Endurance Speed	3
10	To prepare a physical education curriculum Assess the achievement of program.	3

11	Endomorph Mesomorph Ectomorph	3
----	-------------------------------------	---

