



Date:- 09/12/2024	SECOND TERMINAL EXAMINATION (2024-25)	Max Marks: 70
Grade: XI	PHYSICAL EDUCATION (048)	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	Physical activities are essential during the growing stages of a child to develop his/her a) Listening skills b) Motor skills c) Communication skills d) Problem solving skills	1

3	For what purpose measurement is taken a) To collect quantitative data b) To collect qualitative data c) Both a and b d) None 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	How many types of endurance are there a) 5 b) 4 c) 3 d) 2	1
6	Wellness is important in persons life because it a) Improves health of a person b) Make the person socially active c) Improves the quality of life d) All of these	1
7	Which of the following statements is correct regarding disability ? a) It affects activities, capabilities of individual b) It disturbs the normal functioning c) It is curable d) Both a and c	1
8	Who said 'Oneness of man with God 'is yoga a) Agam b) Bharti Krishna Theertha c) Patanjali d) Bhagawad Gita	1
9	Ishwara Pranidhana means to a) Eradicate Ego b) Surrender to god c) Eradicate proud d) Follow the path of bhramacharya	1

10	<p>In which year International Olympic Committee was formed</p> <ul style="list-style-type: none"> a) 1892 b) 1894 c) 1896 d) 1919 	1
11	<p>The Olympic Anthem was composed by</p> <ul style="list-style-type: none"> a) Pierre de Coubertin b) Narinder Dhruv c) Demetrios Vikelas d) Spyridon Samaras 	1
12	<p>Musculoskeletal and neuromuscular are the two categories of ----- disability</p> <ul style="list-style-type: none"> a) Cognitive b) Intellectual c) Physical d) Sensory 	1
13	<p>The maximum volume of air expelled after a maximum inspiration is called</p> <ul style="list-style-type: none"> a) Tidal volume b) Vital capacity c) Residual volume d) Respiratory minute volume 	1

14	<p>Which of the following health and fitness related tests is conducted to measure flexibility?</p> <ul style="list-style-type: none"> a) Back scratch test b) Sit and reach test c) Illinois agility test d) Plate tapping test 	1
15	<p>In which year NIS formed?</p> <ul style="list-style-type: none"> a) 1961 b) 1962 c) 1964 d) 1960 	1
16	<p>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</p> <ul style="list-style-type: none"> 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	Write a short note on Khelo India Games	2
20	Explain PRICE method	2
21	Describe how test , measurement and evaluation important in sports.	2
22	Mention the colours and the continents the five rings in the Olympic flag represent.	2
23	What is body composition? How it measures? OR	2
	Briefly explain Sheldon classification of body types	2

SECTION C

24	Write a short note on development of physical education after independence	3
25	Briefly explain the ancient and modern Olympics	3
26	Describe pulmonary and systemic circulation	3
27	List the components of physical fitness. Explain any one	3
28	What are the main objective of physical education? 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 ?

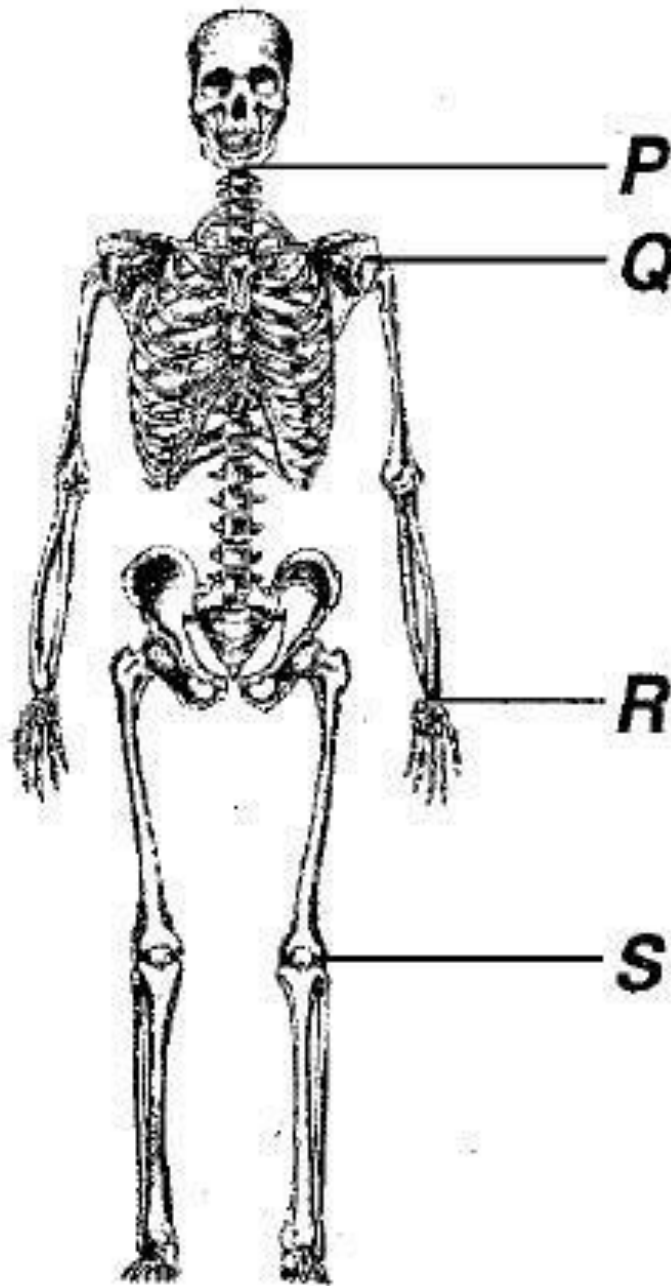
4

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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SECTION E		
32	Explain the career options in physical education	5
33	Classify the types of joints present in our body. Explain immovable joints	5
34	<p>Explain any four elements of yoga in detail</p> <p style="text-align: center;">OR</p> <p>Explain the types of bones present in our body</p>	5

