



REVISION QUESTION PAPER

PHYSICAL EDUCATION

XI

GENERAL INSTRUCTIONS:

The question paper consists of 5 sections and 37 Questions.

Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.

Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.

Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.

Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.

Section E consists of Question 34-37 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	When did the first Khelo India Games were held a) 2016 b) 2018 c) 2017 d) 2019	1
2	Which of the following is a career option in the media of physical education? a) Sports journalism b) Book writing c) Sports broadcasting d) All of the above	1

3	Where was first Khelo India Games held ? a) Mumbai b) Delhi c) Hydrabad d) Kolkatta	1
4	In which year SAI started ? a) 1950 b) 1953 c) 1982 d) 1992	1
5	Under Khelo India Programme,how many talented sports persons are given scholarships every year ? a) 2000 b) 800 c) 1000 d) 1500	1
6	Under Khelo India Programme,how many talented sports persons are given scholarships every year ? a) 2000 b) 800 c) 1000 d) 1500	1
7	I.O.C was formed in a) 1886 b) 1894 c) 1892 d) 1896	1
8	Ancient Olympics games were organised in the honour of God a) Hercules b) Theodosious c) Posedon d) Zeus	1
9	The word 'Altius' in the Olympic motto means ? a) Faster b) Higher c) Heavier d) Stronger	1

10	Who is the first president of IOA ? a) Sir Dorabji Tata b) Jawaharlal Nehru c) Sardhar vallabhai pattel d) M.K Gandhi	1
11	There are eight stages of training for a yogi to go through in order to reach 'Moksha'. What is the final stage called ? a) Samadhi b) Yama c) Pranayama d) Kaicalya	1
12	Who is known as the father of modern Olympics a) Prof.Jigaro kano b) Sir Dorabji Tata c) Coubertin d) Joce Roggers	1
13	Out of the following which one is Not ashtanga yoga a) Yama b) Niyama c) Dhauti d) Pratyahara	1
14	Withdrawal of senses from the sensory object is a) Dharana b) Dhyana c) Pratyahara d) Samadhi	1
15	To develop abilities of children with special needs , it is essential to have an educational set up that is a) Inclusive b) Integrated c) Regular mainstream d) Special school	1
16	In which year National Physical Efficiency Drive established? a) 1959-60 b) 1960-61 c) 1961-62 d) 1962-63	1

17	Which of the following is the symptom of ADHD a) The person may be oversensitive or under sensitive to certain situations b) flickering mind c) frequent obstructs of anger d) repeated temper	1
18	What is the full form of ODD ? a) Oppositional Defiant Disorder b) Opposite Defiant Disorder c) Obsessive Defiant Disorder d) Obsessive Deficient Disorder	a) 1

	SECTION B	
19	Define Physical Education	2
20	What is principle of Individuality	2
21	Write a short note on Olympic value education	2
22	What is Kapalabhati ?	2
23	List the aim and objective of adaptive physical education	2
24	How does a Physical Education Teacher helps in CWSN	2

	SECTION C	
25	Describe any three types of disabilities and their causes	3
26	Mention any three symptoms and three causes of ASD	3
27	Define ashtanga yoga. Describe in brief any two elements of yoga.	3
28	Define ashtanga yoga. Describe in brief any two elements of yoga.	3
29	Enlist any five protective gears and the sports with which they are associated.	3
30	Explain the aim and objectives of Physical Education	3

	SECTION D	
31	<p>The topic for school annual debate this year is ‘Aims and Objectives of Physical Education’. While quite a few Students feel the subject should be made compulsory, some students think having this as part of the curriculum Will be a waste of time. The Principal has selected you to speak in favour of it and explain why physical education Should be made a compulsory part of the syllabus.</p> <ol style="list-style-type: none"> a) Explain physical education in brief. b) How does physical education enhance social skills? c) What are the qualities that physical education helps improve in a person? d) What is the aim of Physical Education? <p style="text-align: center;">OR</p> <p>Most students in a school did not think that PE has career opportunities. One day an international cricket Star attended the school Annual Day function as chief guest. He spoke about his struggles and how he was transformed by an active career that resulted from taking physical education subject in school seriously. He also talked about starting his own coaching academy. He explained as to how there were a lot of good career options available in PE. This gave students a clear understanding of the various career options available in PE Which only aroused their interest in the subject and most of them started taking PE seriously.</p> <ol style="list-style-type: none"> a) What career opportunities must have the cricketer talked about? b) What are the possibilities for PE in media ? c) Besides teaching in a school, what options exist for becoming trainers in PE? d) What are the possibilities of PE in Teaching? 	4

32	<p>Ritika, a student of class 11, wants to purify certain systems in her body, to get some relief from asthma. To do so, she has started practicing yogic regularly under the supervision of a yoga expert</p> <p>Based on the case given above, answer the following questions:</p> <p>1. How many types of yogic kriyas, Ritika has to practice? 2 4 6 8</p> <p>2. The type of neti kriya that may give relief to Ritika from ashtma is : a) Jal neti b) ghee neti c) dugdha neti d) tel neti</p> <p>3. which organ of Ritika gets cleaned by doing vasti kriya a) Lungs b) Heart c) Kidneys d) Large Intestine</p> <p>4. Which organ of Ritika gets cleaned by doing tratika kriya a) Heart b) lungs c) Eyes d) Small Intestine</p> <p style="text-align: center;">Or</p> <p>Pranayama is the practice of controlling the breath. This is an essential part of any yogic practice. While it is one of the eight limbs of modern yoga, it is considered among the most important aspects of yoga. Recommended to be done early morning, it has three distinct phases. While most people know about and do two or three types of Pranayama, there are, in fact, fourteen distinct types of Pranayama. It offers multiple benefits and has to be learned to get the most out of yoga practice.</p> <p>a) What are the three steps in performing Pranayama? b) What are the common types of Pranayama practised by most people? c) List the benefits the regular practice of Pranayama offers.</p>	4
33	<p>After independence in 1947, the Government of India taken various measures for development of Physical Education. Various organizations were set up and steps were taken to improve the condition of Physical Education. Based on this answer the following questions</p>	4

	a) In which year National Discipline Scheme established? b) In 1973 LCPE renamed as ----- c) In which year NIS established ? d) Elaborate NPED	
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	SECTION E	
34	Explain career options in Physical Education	5
35	Write a note on types of yogic kriyas.	5
36	Explain any four types of disorder's with their symptoms and causes.	5
37	Write a note on the opening and closing ceremonies of the ancient Olympic games.	5