



Strive for Perfection

ANGEL'S PUBLIC SCHOOL

SAMPLE PAPER HALF YEARLY EXAMS SESSION 2021 – 22 CLASS – XI

TIME: 3 HRS SUBJECT: PHYSICAL EDUCATIONS CODE - 048 M.M:70

General Instructions:

- (a) Question 1 to 30 carry 1 mark each. All are compulsory
- (b) Question 31 to 38 carry 4 marks each. Do any 7.
- (c) Question 39 and 40 carry 6 marks each. All are compulsory.

Multiple Choice Questions.

(30x1=10)

1. Where was First KHELO INDIA GAME held?
(a) Mumbai (b) Kolkata (c) Delhi (d) Punjab
2. Ancient Olympic games were held at every_____.
(a) three years (b) two years (c) Four years (d) five years
3. The five intertwined rings in Olympic flag represent_____.
(a) five pledges (b) five great players
(c) five continents (d) five Greek gods
4. The first Deaflympics were held at_____.
(a) Paris (b) India (c) Sparta (d) Rome
5. Speech therapist helps CSWN in _____.
(a) communication (b) playing (c) mobility (d) none of these
6. In which year were the first Paralympic games held?
(a) 1960 (b) 1896 (c) 776 BC (d) 1986
7. Deaflympics started in _____.
(a) 1964 (b) 1924 (c) 1954 (d) 1942
8. Which of the following is the type of speed?
(a) reaction ability (b) locomotor ability (c) acceleration ability (d) all of these
9. The component of wellness is _____.
(a) muscular strength (b) speed (c) flexibility (d) body composition
10. In which of the following games the maximum strength is used?
(a) badminton (b) basketball (c) table tennis (d) weightlifting
11. The ability to move joint in full range of motion is called_____.
(a) strength (b) speed (c) Flexibility (d) endurance
12. Which of the following is not a component of health related fitness?
(a) muscular strength (b) flexibility (c) strength (d) body composition
13. The percentage of fat, bone water and muscle in human body is called
(a) strength (b) flexibility (c) strength (d) body composition
14. Who was the first president of Indian Olympic association?
(a) Sir Dorabjitata (b) M.k. Gandhi
(c) Jawahar Lal Nehru (d) Sardar Valabh Bhai Patel
15. When was the first special Olympic held?
(a) 1966 (b) 1968 (c) 1974 (d) 1967
16. The meaning of ' Citius Altius and Fortius' is _____.
(a) swifter, higher, stronger (b) stronger, higher, swifter
(c) higher, stronger, swifter (d) none of these

17. Ancient Olympics were held in honour of the Greek god named_____.
- (a) Venus (b) Augustus (c) Zeus (d) Dien
18. Ranji trophy is related to which game?
- (a) badminton (b) cricket (c) hockey (d) baseball
19. What is the aim of physical education?
- (a) development of mental fitness (b) development of physical fitness
(c) social development (d) overall development of a person
20. The first Khelo India programme was held in _____.
- (a) 2018 (b) 2019 (c) 2017 (d) 2016
21. "Physical Education is the sum of whole education that deals with big muscle activity and their related response." Who gave this definition?
- (a) J. F. Williams (b) J. B. Nash (c) Aristotle (d) H. C. Buck
22. Wimbledon is related to _____.
- (a) hockey (b) judo (c) football (d) lawn tennis
23. What is the minimum qualification to become a coach in India?
- (a) M.P.Ed (b) B.P. Ed (c) M. Phil (d) NIS Diploma
24. Inclusion is needed to _____.
- (a) to increase motion skills (b) to Improve academic performance
(c) for social development of CSWN (d) all of these
25. The objective of Adaptive physical education is
- (a) to enhance self esteem (b) to enhance motor skills
(c) for social adjustment (d) all of these
26. What does IOC stand for?
- (a) Internal Olympic Committee (b) International Olympic Committee
(c) International Olympic Coding (d) Internal Olympic Course
27. Which of the following is not a component of physical fitness?
- (a) strength (b) flexibility (c) spiritual wellness (d) speed
28. What are the symbols of Olympics?
- (a) Olympic flag and rings (b) Olympic flame
(c) Olympic motto (d) all of these
29. Santosh trophy is related to which sport?
- (a) football (b) basketball (c) baseball (d) cricket
30. Federation cup is related to _____.
- (a) kho kho (b) kabbadi (c) cricket (d) swimming

Short Question Answers (Do any 7):

(7x4=28)

31. Write a short note on Khelo India Programme.
32. Describe any three careers in Physical Education.
33. Explain the Olympic ideals.
34. Write briefly about IOA.
35. Briefly explain the components of wellness.
36. What is the need for inclusion?
37. Describe the role of physiotherapist for CSWN.
38. What are the Olympic symbols? Describe any one of them.

Long Question Answers Questions :

(2x6=12)

39. (a) Describe the various career options in Physical Education.

OR

What are the values developed through Olympic games? Explain.

40. (a) Explain in detail the components of health related fitness.

OR

What is inclusion? Write about its impementations.