



# ANGEL'S PUBLIC SCHOOL

## SAMPLE PAPER

HALF YEARLY EXAMS SESSION 2025 – 26

CLASS – XI

TIME : 3 HRS.

SUBJECT – PHYSICAL EDUCATION

M.M:50

### General Instructions:

All questions are compulsory.

Answer according to the marks allotted.

### ✓ Multiple Choice Questions

(2 mark each):

1. What is the main objective of planning in sports?  
(a) Increase cost of training (b) Avoid last minute problems  
(c) Reduce spectators (d) Improve diet plans
2. Which vitamin is essential for the absorption of calcium?  
(a) Vitamin A (b) Vitamin B12 (c) Vitamin D (d) Vitamin K
3. Which asana is most effective for controlling diabetes?  
(a) Bhujangasana (b) Pawanmuktasana (c) Vajrasana (d) Mandukasana
4. CWSN refers to:  
(a) Children with Soft Nature (b) Children with Social Needs  
(c) Children With Special Needs (d) Creative Writing and Sports Network
5. Which of the following is a motor development characteristic in early childhood?  
(a) Walking and running skills (b) Developing language  
(c) Emotional maturity (d) Hormonal changes

### SECTION – B SHORT ANSWER

(Answer any 5 questions)

(2x5=10)

6. List two objectives of planning in sports.
7. Write two differences between knockout and league tournaments.
8. How is obesity linked to lifestyle diseases?
9. Mention any two asanas useful for asthma patients.
10. What is the role of diet in sports performance?
11. State any two advantages of physical activities for children with special needs.
12. Write any two benefits of exercise for pregnant women.

### SECTION – C SHORT ANSWER II

(Answer any 5 questions)

(3x5=15)

13. Explain any three types of fixtures used in sports tournaments.
14. Discuss any three psychological benefits of yoga.
15. Write a note on the role of nutrition in enhancing sports performance.
16. Suggest three ways to make physical education inclusive for CWSN.
17. Describe the motor development stages in children.
18. What are the special considerations while training women athletes?

### SECTION – D LONG ANSWER (5 MARKS EACH)

(Answer any 3 questions)

(5x3=15)

19. Describe in detail the importance and steps of planning in sports.
20. Explain the role of diet before, during, and after competition.
21. Describe five yoga asanas for preventing diabetes and their benefits.
22. What problems do women face in sports participation and how can they be overcome?