

Session 2025 - 26
Half Yearly Examination
Subject: Physical Education (048)
Class: XI

TIME: 3 HOUR

M.M 70

General Instructions:

1.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.

2. Section 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.

3. Section 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.

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

5. 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.

	Section A	
1	How many objectives of physical Education are there? a) Three b) Five c) Six d) Four	[1]
2	Which of the following is not a career option in the performance - related sector? a) Professional players b) Sports Dietician c) Sports management d) Sports planning officers	[1]
3	Sports Photography is an example of a career in:	[1]

	a) Media sector b) Training sector c) Performance sector d) Health sector	
4	Which of the following is a traditional career in physical education? a) Health b) Media c) Training d) Management	[1]
5	Physical Education is the sum of changes in an individual caused by experience centring motor activity. Who said this? a) Charls A. Butchar b) Millions c) Cassidy d) Prince martin	[1]
6	Assertion (A): RFID chips are used to time individual contestants in an event. Reason (R): They are tiny devices with build in antennas that relay wireless signals to tracking stations. 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]
7	The ability to overcome resistance for a longer duration is called: a) Strength b) Endurance c) Flexibility d) Speed	[1]

8	Which of the following is not a characteristic of static strength? a) It can be measured by dynamometer b) This strength is not experienced directly c) It is not usually applied in sports d) It is also called isotonic strength	[1]
9	Assertion (A): Healthy life style prevents diseases. Reason (R): Strength is the ability to perform a joint action through a range of movements. 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]
10	Ancient Olympics were held as a part of: a) Curriculum b) Religious Festivals c) Dignity d) Competition	[1]
11	The Olympic flag displays how m any interlocking rings in the centre? a) Four b) Three c) Two d) Five	[1]
12	In which BC, the Ancient Olympic Games were started? a) 776 BC b) 772 BC c) 775 BC d) 778 BC	[1]

13	Assertion (A): In the Ancient Olympic Games, less attention was paid to awards. Reason (R): More emphasis was laid on respect and honour. 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]
14	Who is the writer of yoga sutra? a) Maharshi Patanjali b) Ved Vyas c) Swami Vivekananda d) Baba Ramdev	[1]
15	Nauli is the method of massaging and strengthening the _____. a) heart b) abdominal organs c) mind d) lungs	[1]
16	Assertion (A): Everyone should do yoga daily. Reason (R): Yoga helps in avoiding various lifestyle disease such as diabetes, obesity and cardiovascular disease. 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	Which of the following term is defined as a blip in the usual functioning of a person ? a) Impulsive b) Domain	[1]

	c) Disorder d) Disability	
18	What is the role of physiotherapist? a) Help special needs children to develop fine and gross motor skills b) To manage special needs children with movement disorder c) To build communication of children with special needs d) To work for the overall development of children with special needs	[1]
	Section B	
19	What is the aim of physical education?	[2]
20	What is strength?	[2]
21	Explain the Olympic Values?	[2]
22	Describe the Olympic flag?	[2]
23	What is the meaning of meditation?	[2]
24	What is the objective of adaptive physical education?	[2]
	Section C	
25	Write about the Fit - India Program.	[3]
26	Enlist the components of Wellness.	[3]
27	What are the roles of I.O.C.?	[3]
28	Discuss lifestyle and stress management through Yoga.	[3]
29	Name the different shatkarmas.	[3]
30	Explain the role of a counsellor in developing a supportive environment for children with special needs.	[3]
	Section D	
31	Naveen Singh, a HOD of the Physical Department explains the objectives of Physical Education.  Look at the image carefully. 1. _____ development is shown in the above picture.	[4]

	a. Physical b. Neuro - Muscular c. Social d. Emotional 2. This objective helps to develop a better _____. a. endurance b. flexibility c. strength d. coordination 3. Reaction time becomes _____ through participation in physical activities. a. faster b. longer c. less d. irrelevant 4. This objective promotes accurate and _____ functioning of the body. a. smooth b. rigid c. erratic d. limited	
32	Aastha saw a flag, in which five circles of a different color have made on white cloth, she asked his father about the flag.  Identify the flag: 1. Rings of five different colors represent the five _____.	[4]

	a. oceans b. continents c. countries d. sports 2. This flag is known as _____. a. Olympic flag b. World Flag c. International Flag d. Peace Flag 3. This flag was created by _____. a. Pierre de Coubertin b. Juan Antonio Samaranch c. Thomas Bach d. Baron Coubertin 4. This flag was created in _____ and released in _____. a. 1900, 1904 b. 1910, 1912 c. 1913, 1914 d. 1920, 1924	
33	Sanjay, has faced some problems while walking, running, and in standing. His parents consult the doctor and he told them that he has some disability.  Analyzing the above picture and line: 1. Sanjay has _____ disability.	[4]

	a. mental b. physical c. emotional d. learning 2. This disability is related to the physical _____ of the body parts and the _____ organs. a. growth, reproductive b. development, sensory c. structure, cognitive d. functioning, sense 3. The nature of this disability is _____. a. physical b. severe c. temporary d. emotional 4. While suffering from this disability, the functioning of the body is _____. a. enhanced b. normal c. limited d. improved	
	Section E	
34	What are the career option in physical education?	[5]
35	How can healthy threat be prevented through lifestyle change? Discuss in detail.	[5]
36	Discuss the procedure, contraindications, and benefits of Bhastrika and Bhramari Pranayama.	[5]
37	Discuss the different types of disability etiquette in details?	[5]