



ANANDALAYA
SUMMATIVE ASSESSMENT - 1
Class : XI

Subject: PHYSICAL EDUCATION
Date : 19/09/ 2016

M.M: 70
Time: 3 Hours

General Instructions:

1. All questions are compulsory.
2. Answer for the questions carrying 1 mark should be approximately 20- 30 words.
3. Answer for the questions carrying 2 marks should be approximately 50-60 words.
4. Answer for the questions carrying 3 marks should be approximately 80-90 words.
5. Answer for the questions carrying 5 marks should be approximately 150-200 words.

1. What do the rings in the Olympic flag represent? (1)
2. What is Aasana? (1)
3. Mention any harmful effects of Doping. (1)
4. Write the essential elements of positive sports environment. (1)
5. What do you mean by Evaluation? (1)

6. What are the ideals behind the organization of ancient Olympic Games? (2)
7. What is the meaning Meditation? (2)
8. Explain the function of WADA. (2)
9. Write short note on Endomorphic Somato-type. (2)
10. Clarify the concept of Sports environment. (2)
11. Highlight harmful effects of prohibited Steroids. (2)
12. Explain the prevention and management of Diabetes. (2)

13. List down the Sports awards in India and explain any one. (3)
14. What are the objectives of organizing Modern Olympic Games? (3)
15. Write any three Yogasana with their effects. (3)
16. Describe the responsibilities of Athlete. (3)
17. Discuss any three needs of proper Sports environment. (3)
18. Explain the testing procedure of Body Mass Index with example. (3)
19. Write any three foremost incidents of Rio Olympic Games 2016. (3)
20. Write short notes in brief on the following: (5)
 1. Olympic Motto
 2. Olympic Flag
 3. Olympic Flame
 4. Olympic Awards
 5. Olympic Oath

21. Converse the any five elements of "Yoga". (5)
22. Describe the Doping Test Procedure. (5)
23. Write in details the components of Health –Related Fitness. (5)
24. What do you mean by Test and Measurement? Elucidate the importance of test and measurement in the field of sports. (5)
25. Discuss about the organizational set up of CBSE Sports. (5)