



ANANDALAYA
ANNUAL EXAMINATION

Class : XI

Subject: Physical Education

Date : 14/02/2020

M.M: 70

Time: 3 Hours

General Instruction:

- All questions are compulsory.
- Question paper carried three section namely Section A, B and C
- Answer for the questions carrying 1 mark can be write in one word or approximately 10- 20 words.
- Answer for the questions carrying 3 marks should be approximately 80-90 words.
- Answer for the questions carrying 5 marks should be approximately 150-200 words.

SACTION – A

State whether the following statement are True or False

1. Physical education is also known as physical training in Commonwealth Countries. (1)
2. The Olympic medals are awarded to the country and not the athlete. (1)
3. Nutrition is of no great importance for general well-being. (1)
4. Helping children with their speech is the function of a Physiotherapist. (1)
5. Sukhasana is done in standing position. (1)

Fill in the blanks

6. In CWSN, S stand for..... (1)
7. Mountaineering is a type ofSports. (1)
8. Sheldon classification of Somototype has.....types. (1)
9. Study of structure of the human body is known as (1)
10. Psychology is the study of mind and..... (1)
11. Which is not a part of Grand Slam in Tennis? (1)
(1) Wimbledon (2) French Open (3) Davis Cup (4) U S Open
12. Select the correct colour sequence of the ring of the Olympic flag. (1)
(1) Blue, Red, Yellow, Black, Green (2) Blue, Black, Green, Yellow, Red
(3) Blue, Yellow, Red, Black, Green (4) Blue, Black ,Red, Green, yellow
13. Integration of eye, hand and foot movements is called (1)
(1) Speed (2) Balance (3) Agility (4) Coordination
14. Adoptive Physical Education aim to (1)
(1) Promote Physical Fitness (2) Enhance social adjustment
(3) Develop motor skills (4) All above the all
15. The last stage of Yoga is (1)
(1) Yama (2) Dhyana (3) Samadhi (4) Niyama
16. Objectives of adventures sports include (1)
(1) To increase Physical Fitness (2) To decrease Physical Fitness
(3) To reduce stress and concentration (4) Explore to nature
17. For Sports such as rowing, we primarily need upper body (1)
(1) Strength (2) Flexibility (3) Endurance (4) All of the above

18. Who is more stable at the same height (1) (1)
 (1) A fat person (2) A thin Person (3) Both (4) None of the above
19. Infancy ends at (1) (1)
 (1) 4 years (2) 1 years (3) 2 years (4) 1 month
20. Banned substance are tested in (1) (1)
 (1) Urine (2) Stool (3) Breath (4) Nails

SECTION – B

21. How does Physical Programme help in preparing individuals for a healthy social life? (3)
22. What importance does the Olympic Flame have? (3)
23. State speed and its types? (3)

OR

Differentiate between IOC and IOA

24. Amit is a student of Class 11. He is physical impaired (differently abled). He has different leg lengths. Instead he is very good in sports but never takes in any activity. Mr. Ajay Sharma, the Physical Education teacher of his school, used to observe him and judged his capabilities to excel in sports. He encouraged Amit to participate in sports. He helped him to boost confidence and hone his skills. As a result of this motivation and support, he contested in National games and performed well. (3)

Answer the following questions based on the above passage:

- (1) What do you understand by the term disability?
 (2) What is leg length?
 (3) What are the values shows by the Physical Education Teacher?

25. What are the advantages of Yoga for students? (3)

OR

Write a short paragraph on Paragliding.

26. “Adventure sports are dangerous” Comments and explain. (3)
27. How Endomorph different from Ectomorph? (3)
28. Express Equilibrium and its types. (3)
29. Talk about the characteristic development in childhood stage. (3)
30. You have noticed your friend using enhancing drugs for winning sports competition. How would you guide him for not using these drugs? (3)

OR

How will **Khelo India** help develop sports in modern India/

SECTION - C

31. Explain the elements of yoga in brief. (5)
32. Explain the five qualities of leader. (5)

OR

Importance of Kinesiology and Biomechanics in Sports.

33. How Adolescence problem can manage? (5)
34. Explain the components of health related fitness in brief. (5)

OR

Highlight the principles of sports training in sports.