



विद्या सर्वार्थ साधिका

ANANDALAYA

MID TERM EXAMINATION

Class : XI

Subject: PHYSICAL EDUCATION

Date : 25/09/ 2019

M.M: 40

Time: 1.30 Hours

General Instructions:

- All questions are compulsory.
- Answer for the questions carrying 1 mark can be write in one word or approximately 20- 30 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.

- 1 What is the full form of SOB? (1)
- 2 Yoga is a union of _____. (1)
- 3 Explain any one quality of Leader. (1)
- 4 Slow stretching activities called _____. (1)
- 5 First Deaflympics was organized in which place and year? (1)
- 6 What do you mean by Rock Climbing? (1)
- 7 List down any two elements of Yoga. (1)
- 8 What do you understand by I. P. Ed. (1)
- 9 Write an objective of adventure sports. (1)
- 10 Sitting in cross leg position is called _____. (1)
- 11 Cite three examples of how Integrated Physical Education can be done in Classroom. (3)
- 12 Write down the steps of Tarasana. (3)

- 13 Discuss Deaflympics in details. (3)
- 14 Briefly explain any three qualities of a leader. (3)
- 15 During the summer vacations, Shubhangi decided to join a yoga camp with one of her friend, Spruha. Their Yoga instructor taught the different asana like Meditative, Relative asana and Pranayam. He told them about importance of yoga in one's life. "Yoga is nothing but discipline". Yoga helps to become creative, focused and develops encouraging qualities in life. He recommended them to practice asana and breathing exercises every day. He suggested them to live healthy and maintained positive lifestyle by adopting healthy eating habits. After rejoining school, they continue to practice yoga. They felt some physiological changes as well as psychological changes in them. (3)

Answer the following questions based on the above passage:

1. What do you mean by Meditative Asana?
 2. What is the importance of Yoga in our life?
 3. What are the values shown by Shubhangi and Spruha during the camp?
- 16 Explain the role of a leader in Sports. (5)
- 17 Briefly enlighten the safety measures to be followed during physical activities (5)
- 18 List down the elements of Yoga. Explain any four. (5)