



विद्या सर्वार्थ साधिका

ANANDALAYA  
PERIODIC TEST – 1  
Class : XI

Subject: PHYSICAL EDUCATION

Date : 18/07/2019

M.M: 40

Time: 2 Hours

*General Instructions:*

- 1. All questions are compulsory.*
- 2. Answer for the questions carrying 1 mark can be write in one word or approximately 20- 30 words.*
- 3. Answer for the questions carrying 3 marks should be approximately 80-90 words.*
- 4. Answer for the questions carrying 5 marks should be approximately 150-200 words.*

- 1 What is the aim of Physical Education? (1)
- 2 How the winners in Ancient Olympic Games was rewarded? (1)
- 3 Write any two components of Physical fitness. (1)
- 4 Name the father of Modern Olympic Games. (1)
- 5 Write any one type of Speed. (1)
- 6 State any one objective of Physical Education. (1)
- 7 What is the full form of I O A? (1)
- 8 Explain any two components of Health related fitness (1)
- 9 Write the five colours used in the Olympic rings. (1)
- 10 What do you understand by “Wellness”. (1)

- 11 Explain the following career options in Physical Education – (3)
  - (1) As a Coach,
  - (2) As a Yoga Instructor,
  - (3) Sports Journalist
- 12 ‘What do mean by co-ordinative Ability or Agility’ with the reference to this statement? (3)
- 13 Highlight the components of positive life style (any three) (3)
- 14 Write the functions of IOC. (3)
- 15 Write a short note on the following – (3)
  - (1) Olympic and drugs,
  - (2) Olympic Motto,
  - (3) Olympic Torch
- 16 Describe “*Khelo India Program*”. (5)
- 17 Highlight any five components of wellness. (5)
- 18 Write note on “Ancient Olympic Games” (5)