



विद्या सर्वार्थ साधिका

ANANDALAYA

PERIDOC TEST - 1

Class: XI

Subject: Physical Education (048)

Date : 19-07-2025

M.M : 40

Time : 1 Hr 30 min

General Instructions:

1. The question paper consists of 5 sections and 21 Questions.
2. Section A consists of question No. 1 – 12 carrying 1 mark each and is Multiple Choice Type Question. All questions are compulsory.
3. Section B consists of question No. 13 – 16 carrying 2 marks each and is very short answer types and should not exceed 60-90 words.
4. Section C consists of question No. 17 – 18 carrying 3 marks each and is short answer types and should not exceed 100-150 words.
5. Section D consists of question No. 19 carrying 4 marks and its case studies.
6. Section E consists of question No. 20 – 21 carrying 5 marks each and the answer should not exceed 200-300 words.

SECTION - A

1. Which of the following is not the objective of Physical education? (1)
(A) Physical development (B) Psychological development
(C) Social development (D) Spiritual development
2. Olympic flag consists of interlock of _____ rings. (1)
(A) Red, Blue, Black (B) Red, Green, Black
(C) Red, Black, Blue, Green, Yellow (D) Black, Brown, Blue, Green, Yellow
3. To stabilize and focus the mind on one object, image, sound or idea is called _____. (1)
(A) Dharna (B) Dhyana (C) Samadhi (D) Pratyahara
4. The type of surface used in outdoor games and sports are _____. (1)
(A) Grassy or Clay (B) Artificial Turf & Wooden
(C) Synthetic & PU (D) All
5. The word “Communiter” in the Olympic motto means _____. (1)
(A) Faster (B) Together
(C) Heavier (D) Stronger
6. There are eight stages of training for a yogi to go through in order to reach “moksh” (release). (1)
What is the final stage called?
(A) Samadhi (B) Yama (C) Pranayama (D) Kaivalya
7. When was Fit India movement launched? (1)
(A) On 28th August 2018 (B) On 29th August 2019
(C) On 28th August 2020 (D) On 29th August 2021
8. Match List I with List II: (1)

List – I	List - II
1. Ancient Olympic Games	i. 1927
2. Modern Olympic Games	ii. 1894
3. IOC	iii. 1896
4. IOA	iv. 776

(A) 1 - i, 2 - ii, 3 - iii, 4 - iv

(B) 1 - iv, 2 - iii, 3 - ii, 4 - i

(C) 1 - iv, 2 - iii, 3 - i, 4 - ii

(D) 1 - iv, 2 - i, 3 - iii, 4 - ii

9. Which Pranayam should be avoid during winters? (1)
 (A) Sheetkari (B) Bhramari (C) Surya Bhedhana (D) Ujjayi
10. The sports gears are important part of _____. (1)
 (A) fun and recreation activities (B) competitive games and sports
 (C) sports equipments (D) All
11. The first president of IOA was _____. (1)
 (A) Sir Dorabji Tata (B) Dr. A. G. Noehren
 (C) Baron de Coubertin (D) Maharaja Bhupendra Singh
12. Which of the following is not an element of Yoga? (1)
 (A) Anulom Vilom (B) Kapal Bhati (C) Jala Neti (D) Sitli

SECTION – B

13. How does physical education contribute to an individual's development? (2)
14. From where and how is the Olympic torch brought to the host city? (2)
15. How can Yoga contribute in enhancing personal power? (2)
16. 'Physical educations can develop neuromuscular coordination'. Explain. (2)

SECTION –C

17. What is Olympic flag? What is the role of rings in Olympic flag? (3)
18. Differentiate between Dhyana and Samadhi. (3)

SECTION – D

19. The path of yoga is a flight of eight steps. Efficiency in yoga is attained through step – by – step process. These are also known as eight elements of yoga. They are for the individual to think about and ponder over with a rational mind because yoga is not about mindlessly accepting externally imposed rules – it is about finding the truth for oneself and connecting with it. On the basis of your knowledge of elements of yoga, answer the following question: (4)
1. Which is the last element of yoga?
 2. The last three limbs of Ashtanga Yoga are the essential stages of meditation. Name them.
 3. Name the five Yamas or code of conduct towards the outside world.
 4. What is the meaning of Pranayam?

SECTION – E

20. Explain in detail the physical education development in India after independence. (5)
21. Explain the main five points of "Mission and role of International Olympic Committee" in your own words. (5)