



ANANDALAYA

Periodic Test - 2

Class: XI

Subject : Physical Education (048)

Date : 12-09-2025

M.M: 70

Time : 3 Hours

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question No. 1 – 18 carrying 1 mark each and is Multiple Choice Type Question. All questions are compulsory.
3. Section B consists of question No. 19 – 24 carrying 2 marks each and is very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consists of question No. 25 – 30 carrying 3 marks each and is short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of question No. 31 – 33 carrying 4 marks each and is case studies.
6. Section E consists of question No. 34 – 37 carrying 5 marks each and is short answer types and should not exceed 200-300 words. Attempt any 3.

SECTION – A

1. (1)



Identify the Pranayam from the given below:

- (A) Bhastrika (B) Sheetli (C) Bhramari (D) Kapalbhati

2. The first Olympic torch was lit in _____ (1)

- (A) 1896, Athens, Greece (B) 1924, Paris, France
(C) 1920, Antwerp, Belgium (D) 1928, Amsterdam, Netherlands

3. Match List I and List II and select the correct answer: (1)

- | List – I | List – II |
|------------|--------------------|
| (a) Yama | 1. Meditation |
| (b) Niyama | 2. Concentration |
| (c) Dharna | 3. Self-Discipline |
| (d) Dhyana | 4. Moral Codes |

CODE

Sr. No.	(a)	(b)	(c)	(d)
(A)	4	3	2	1
(B)	3	2	1	4
(C)	2	1	3	4
(D)	1	2	3	4

4. Which game is the origin of Ludo? (1)

- (A) Chaupar (B) Gilli Danda (C) Kalarippayattu (D) Shatranj

5. A person having Athletic built – up is known as _____ (1)

- (A) endomorphic (B) mesomorphic (C) ectomorphic (D) ambivert

6. Physical education uses the body as a means to exhibit our feelings which develop the quality of _____. (1)
 (A) expression (B) creativity (C) emotion (D) intellectuality
7. The agency which checks the Doping in India is _____. (1)
 (A) WADA (B) NADA (C) IOA (D) SAI
8. Given below are two statements one is labeled as Assertion (A) and other is labeled as Reason (R). (1)
 (A): Asana is the posture for doing Yoga.
 (R): The term asana means sitting in a particular posture which is comfortable and which could be maintained steadily for a long time.
In the context of the above two statements which one of the following is correct?
 (A) Both (A) and (R) are true and (R) is correct explanation of (A).
 (B) Both (A) and (R) are true but (R) is not the correct explanation of (A).
 (C) (A) is true but (R) is false.
 (D) (A) is false but (R) is true.
9. "State of complete physical, mental, and social wellbeing and not merely an absence of disease or infirmity is a definition of _____. (1)
 (A) wellness (B) health (C) fitness (D) healthy lifestyle
10. Administrative guidelines for the test are _____. (1)
 (A) expensive & unrealistic approach
 (B) good at papers and difficult to administer
 (C) easy to conduct and have educational value
 (D) no instruction should be given during test
11. "Physical education is the sum of man's physical activities selected as to kind and conducted as to outcomes" this definition is given by _____. (1)
 (A) Jesse Feiring William (B) Charles A Bucher
 (C) Jay B Nash (D) Delbert Oberteuffer
12. Sports administration cannot have opportunity to opt as career of _____. (1)
 (A) Manager of competition (B) Manager of sports club
 (C) Manager of School (D) Manager of Swimming pool
13. "Helping others to feel safe from violence" is an example of which of the following Olympic value? (1)
 (A) Friendship (B) Respect (C) Excellence (D) Trust
14. Which of the following is played with the help of animals? (1)
 (A) Mallakhamb (B) Atya Patya (C) Polo (D) Kalaripayattu
15. WHR is calculated by _____. (1)
 (A) multiplying waist by hip measurement (B) adding hip by waist measurement
 (C) dividing hip by waist measurement (D) subtracting waist from hip measurement
16. In which country is the next Olympic Games going to be held? (1)
 (A) Australia (B) Japan (C) USA (D) Greece
17. Recently, who has been elected as the new chairman of the International Cricket Council (ICC)? (1)
 (A) Jay Shah (B) Shashank Manohar (C) Gudakesh Motie (D) Lorcan Tucker
18. What is the name of the first Indian woman to win medal at the Olympics? (1)
 (A) PV Sindhu (B) Saina Nehwal (C) Karnam Malleswari (D) P.T. Usha

SECTION - B

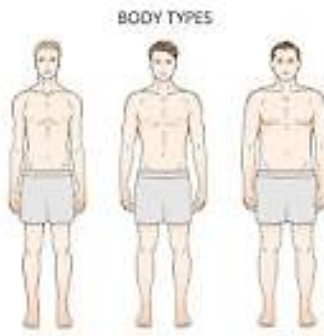
19. How wearable gears helps in sports? (2)
20. Discuss any one value education quality of Olympic. (2)
21. What are the contraindications of Vastra Dhauti? (2)
22. Mention the components of physical fitness and explain anyone in detail. (2)
23. Explain the 'PRICE' procedure for soft tissue injuries. (2)
24. Write a note on 'Indian regional games for wellness'. (2)

SECTION - C

25. Define Test, measurement and evaluation and highlight their importance in sports. (3)
26. "A leader's responsibility is to see that the plans of the group are put into execution" Elaborate. (3)
27. How is BMI Test conducted? Give index for its various categories. (3)
28. Write any three objectives of NIS. (3)
29. Who was the founder president of IOC? Explain his contribution. (3)
30. What do you know about Asthang yoga? Explain any one. (2+1)

SECTION - D

31. A somato type refer to one of the three body types associated with differences in shape, size, muscularity and the muscle to fat ratio. It was originally believed that person's somato type was unchangeable and that certain physiological and psychological characteristics were even determined by whichever one a person aligns to. (4)



On the basis of given information answer the following questions.

- a) How many somato types are there?
 - b) Picture B represents _____ body shape.
 - c) Ectomorphs are generally_____.
 - d) Somato type was introduced by_____.
32. Ravi is a 16-year-old student who spends long hours studying and often uses his mobile phone, which has started to affect his body posture. His Physical Education teacher advised him to practice yoga and stretching exercises to improve his posture and maintain healthy joints. During the sports period, Ravi enjoys running and cycling, which strengthen his heart and lungs, helping the entire body to work efficiently for long periods of time. His coach explained that such aerobic exercises improve endurance and allow the body to work without getting fatigued quickly. However, Ravi sometimes skips regular exercise, and due to lack of (4)

physical fitness, he finds it difficult to perform daily life activities with energy and ease.

Based on this case study answer the following question.

- a) Which exercise improves body posture to maintain healthy joints?
- b) Which exercise helps the entire body to work for long periods of time?
- c) Name the exercise which helps the body to work for long time without getting fatigue?
- d) Due to lack of _____ performance of daily life activities decreases.

33. The Olympic symbol is made of five interlinked rings to celebrate the sporting friendship and cooperation between the people of all five continents. It reflects the unity of athletes across the globe who come together to compete in the spirit of sportsmanship. The Olympic Games also have their anthem, motto, oath, and flag, each carrying a deep symbolic meaning that promotes peace, excellence, and fair (4)



Based on this case study answer the following questions.

- a) The Olympic Anthem is also called the_____.
- b) The Olympic motto: Citius, Altius, Fortius means_____.
- c) Is Olympic oath taken by any athlete of any participating country?
- d) The five rings in the Olympic flag represent_____.

SECTION - E

34. Ria is a badminton player. During her practice she got a strain injury on her leg. (5)
a) What first – aid step should be followed by her for faster recovery from injury?
b) What preventing steps should be considered by Ria?
35. Discuss Test administration guidelines by giving suitable example. (5)
36. How yoga can help in active lifestyle and stress management? (5)
37. Write a short note on: (5)
a) Olympic flag
b) Olympic symbol
c) Olympic flame