

ARMY PUBLIC SCHOOL SHILLONG
ANNUAL EXAMINATION-2022-23
CLASS - XI
SUBJECT: - PHYSICAL EDUCATION

TIME ALLOWED: 3 HRS

MAX. MARKS: 70

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 37 Questions.
- 2) Section A consists of 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Sections B consists of 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- 4) Sections C consists of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- 5) Sections D consists of Question 31-33 carrying 4 marks each and case studies. There is internal choice available.
- 6) Sections E consists of 34-37 carrying 5 marks and long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION-A (All questions are compulsory)

1 X 18=18

1. "Astro Turf" is related _ _
A) Goal post B) Sports equipment C) Players D) Playing ground
2. Warming-up is necessary for preparing the body
A) physically B) mentally C) emotionally D) Only A and B
3. In modern society crime attracts _ _
A) Senior citizen B) Educated people C) Youth D) Children
4. What is the period of transition from childhood to adulthood known as ?
A) Infancy B) Later childhood C) Adolescence D) Adulthood.
5. "Physical Education is the set of experiences that a person receives through physical movement." Whose statement ?
A) AR Vaiman B) D.Ober Tuffer C) Rosalind Cassidy D) H.C.Buck
6. Identify the following activities.



- A) Yoga B) Limbering down C) Skill practice D) Aerobic exercises

CONT-2

7. What is the main goal of physical education?
A) Physical development
B) Mental development
C) Social development
D) All round development
8. How many objectives of physical education are there?
A) Four B) Five C) three D) Two
9. Exercising is important for _ _
A) Everyone B) children C) Youth D) Senior citizen
10. Which of the following is a career option in the media of physical education?
A) Sports Journalism
B) Book writing
C) Sports broadcasting
D) All of the above
11. Who is the first President of Indian Olympic association (IOC)?
A) Sir Dorabji tata
B) Jawaharlal Nehru
C) Sardar Vallabh Bhai Patel
D) D) M.K.Gandhi
12. Who is the Father of Modern Olympics?
A) Prof Jigaro Kano
B) Sir Dorabji Tata
C) P.B.D.Coubertin
D) Jocr Rogges
13. Where was the 2021 Olympics held?
A) Los Angles B) India C) Mexico D) Tokyo
14. Identify the picture:



- A) Ancient Olympic Symbols
B) Modern Olympic Symbols
C) Khelo India Symbols
D) International Olympic Committee
15. What are the two sub-categories of equilibrium based on the position of centre of gravity?
A) Static and dynamic B) Stable and potential
C) Physical and mental D) Unstable and neutral
16. Ancient Olympic Games was organized in the honour of god _ _ ?
A) Hercules B) Theondosis C) Poseidon D) Zues
17. How many rings Olympic symbols have ?
A) Three B) Two C) Five D) Four

CONT-3.

18. Where is the headquarter of IOC?
A) New York B) Switzerland C) Paris D) France

SECTION-B (Attempt any five)

2 X 5= 10

19. Differentiate between Growth and development.
20. Write a short note on motto of Olympic Games.
21. What do you mean by Yoga? Explain shortly.
22. Write any two differences between disability and disorder.
23. What are the two types of warming up ?
24. What do you mean by Sports Psychology?

SECTION-C (Attempt any five)

3 X 5 = 15

25. What do you mean by Sports Training? Explain shortly.
26. What do you mean by test, measurement and evaluation?
27. List down the importance of test and evaluation in the field of physical education.
28. Explain the components of wellness.
29. What are the components of physical fitness? Which component is more important for a weight lifter?
30. List down the problems of adolescence. Explain any two in details.

SECTION-D

4 X 3=12

31. **CASE BASED QUESTIONS:**

The International Olympic Committee consists of President, Vice President and the members of Executive Board.

On the basis of the case given, answer the followings:

1. For what term period will the President be elected?
A) 8 years B) 12 years C) 20 years D) None of these
2. How many Vice-Presidents are elected for a term of four years?
A) 5 B) 4 C) 3 D) Both A and B
3. When is the President eligible for a re-elected?
A) Four years after the expiry of his/her term
B) Eight years after the expiry of his/her term
C) Right after the expiry of his/her term
D) Never again
4. Venue for the next Olympic Games 2024 is _ _
A) Tokyo B) Athens C) Paris D) None of these

32. **CASE BASED QUESTIONS:**

A person is well-versed in anatomy, physiology, biomechanics, kinesiology and neuroscience.

On the basis of the case given, answer the following questions:

1. Identify the possible occupation of the person describe above?
A) Special education counsellor
B) Physiotherapist
C) Speech therapist
D) All of these

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CONT-4.

2. A physiotherapist is needed for _ _
 - A) Encourage students to participate in class activities.
 - B) Chalking out a plan for special educator counsellors.
 - C) Assist teachers in speech training.
 - D) Medical consultant and supervision.
3. Which of the following roles will such a person play?
 - A) Devise a suitable platform for students to perform activities at tournaments.
 - B) Design programmes and activities that involve promotion of balance, strength, coordination.
 - C) Diagnose the exact type of speech disorder and devise plan to rectify it.
 - D) Conduct spiritual wellness session.
4. A physiotherapist is usually well-versed in related disciplines such as _ _
 - A) Anatomy, physiology, biomechanics, kinesiology and neuroscience
 - B) Psychology, anatomy, biomechanics, kinesiology and neurology
 - C) Anatomy, physiology, psychology, kinesiology and neurology
 - D) Psychology, anatomy, biomechanics, physiology and neurology

33. **CASE BASED QUESTIONS:**

An expert has been called to demonstrate different yogic kriyas in a school campus and also train the students.

On the basis of the case given, answer the following questions:

1. Which of the following kriyas will be taught to children for training the eyes and mind?
 - A) Kapalbhati
 - B) Trataka
 - C) Vasti
 - D) Dhauti
2. The expert tells the students to perform Nauli regularly. What are the benefits of Nauli?
 - A) Removes toxins from the body
 - B) Enhances the power to focus
 - C) Cleanses the rectum
 - D) Strengthen liver
3. Which of the kriyas will help in cases of Sinustis?
 - A) Trataka
 - B) Neti
 - C) Dhauti
 - D) Vasti
4. `Yog Nitra` is performed at the _ _ _
 - A) Beginning
 - B) Interval
 - C) End
 - D) None of these

SECTION-E (Attempt any three)

5 X 3=15

34. Describe the Aim and Objectives of Physical Education.
35. How can you manage the problems of adolescence. Explain in details.
36. Explain in details the role of various professional for children with special needs.
37. List down the Principles of sports training. Explain any four in details.

