

LIONS SCHOOL, MIRZAPUR
HALF YEARLY EXAMINATIONS 2021-22
TERM -1

Class: XI
Subject: Physical Education, Additional (048)

Maximum Marks: 70
Time: 3:00Hrs.

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1. The question paper consists of 30 questions and all are compulsory
 2. Section-A: Question 1-12 carry 01 mark each and are Multiple Choice Questions
 3. Section-B: Questions 13-16 carry 02 marks each and shall not exceed 40-60words
 4. Section-C: Questions 17-26 carry 03 marks each and shall not exceed 80 -100words
 5. Section-D: Questions 27 - 30 carry 05 marks each and shall not exceed 150-200words

SECTION-A

Q.1- What is the aim of physical education

- A) Physical development
- B) Psychological development
- C) Motor development
- D) All of these

OR

In which city, Khelo India Youth Games were played?

- A) New Delhi
- B) Pune
- C) Chennai
- D) Mumbai

Q.2- Khelo India Youth Games will be organised

- A) Every 4th year
- B) Every 2nd year
- C) Once every year
- D) Twice every year

Q.3- How many winners were awarded during ancient Olympics?

- A) 4
- B) 3
- C) 2
- D) 1

OR

The place where the Olympic Flame lit before Olympic Games is

- A) Capital city of host nation
- B) Capital city of Asia

- C) Olympia
- D) Athens

Q.4- In which year, International Olympic Committee (IOC) was constituted?

- A) 1892
- B) 1894
- C) 1896
- D) 1919

Q.5- Which of the following is a component of physical fitness?

- A) Agility & Flexibility
- B) Speed & Strength
- C) Endurance
- D) All of these

Q.6- Which of the following statements correctly defines strength?

- A) The power that helps to lift and carry objects.
- B) The capacity to move a body part or whole body at a faster rate.
- C) The ability to resist fatigue.
- D) The ability to stretch muscles using external help.

Q.7- Wellness is important in person's life because it

- A) Improves health of a person
- B) Make the person socially active
- C) Improves the quality of life
- D) All of these

OR

In an individual, a test is conducted to evaluate

- A) Skill
- B) Knowledge
- C) Ability
- D) All of these

Q.8- For what purpose measurement is taken?

- A) To collect quantitative data
- B) To collect qualitative data
- C) Both (A) and (B)
- D) None of these

Q.9- The main categories of somatotypes are

- A) Endomorphs and mesomorphs
- B) Ectomorphs and mesomorphs
- C) Endomorphs and ectomorphs

D) Mesomorphs, endomorphs and ectomorphs

Q.10- Which of the following is not the function of skeletal system?

- A) It helps in the formation of blood cells
- B) It serves as a reservoir of minerals
- C) It provides energy to the body
- D) It provides protection to vital organs

Q.11- Joints are classified into.....

- A) Immovable and slightly movable joints only
- B) Slightly movable and freely movable joints
- C) Freely movable joints only
- D) Immovable, slightly movable and freely movable joints

Q.12- Kinesiology deals with the

- A) Study of movements
- B) Study of speed of running
- C) Study of throwing angle
- D) Study of jumping distance

SECTION-B

Q.13-Write the Oath of modern olympic games.

Q.14-Write any two components of wellness.

Q.15-Give the name of tests to measure explosive strength, speed and flexibility.

Q.16-Describe the importance of kinesiology in the field of sports.

SECTION-C

Q.17-Describe the khelo India programme.

Q.18-What is the importance of physical education programmes in modern times?

OR

What is the role of the physical education in the educational process?

Q.19-Explain the eligibility criteria to participate in special olympics.

Q.20-Write a short note on winter olympics.

Q.21-What is body composition?

OR

Why is healthy lifestyle important?

Q.22-Explain briefly the components of physical fitness.

Q.23-Explain the procedure of calculating BMI.

OR

What is the significance of calculating Body Mass Index (BMI)?

Q.24-What are the advantages of being an Endomorph?

Q.25-What is gliding joint? Give an example.

Q.26-What is dynamic equilibrium?

SECTION-D

Q.27-What are various reasons for the improvement in olympic records in olympic sports competitions? Explain.

OR

What is IOA? How does it work? Name the first and current president of IOA.

Q.28-What is the importance of test, Measurement and evaluation in physical education?

OR

Describe the components of physical fitness.

Q.29-Differentiate between:

A) Static flexibility and Dynamic flexibility

B) Dynamic strength and Static strength

C) Endurance and Speed

Q.30-Our body consists of many organs, arranged in systems. Make the list of various systems of our body. Explain the structure and functions of any one system.