

LIONS SCHOOL MIRZAPUR
HALF YEARLY EXAMINATION - 2020-21

CLASS - XI
SUBJECT – PHYSICAL EDUCATION ADDITIONAL (048)

TIME-3 HRS.
M.M -70

General Instructions: -

- a) The question paper consists of 34 questions.
- b) All questions are compulsory.
- c) Question 1 – 20 carry one marks.
- d) Question 21 – 30 carry 3 marks each and should not exceed 80-100 words.
- e) Question 31 – 34 carry 5 marks each and should not exceed 150-200 words.

Section – A

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|-----|--|---|
| Q.1 | Which of the following tournament is not recognized by IOA. | 1 |
| | a) Olympic Games b) Asian Games | |
| | c) CBSE Cluster Games d) Inter-School Games | |
| Q.2 | Which of the following is not the objectives of physical development? | 1 |
| | a) Physical Development b) Social Development | |
| | c) Mental Development d) Fun & Recreation | |
| Q.3 | Ancient Olympic Games stated in the year. | 1 |
| | a) 394 b) 1896 | |
| | c) 1500 d) 776 BC | |
| Q.4 | Winner of Olympics in modern times received. | 1 |
| | a) Olive Crown b) Diamond crown | |
| | c) Medal & Certificate d) Trophy & Cash | |
| Q.5 | Strength & endurance are the components of:- | 1 |
| | a) Wellness b) Health | |
| | c) Recreation Activity d) Physical Fitness | |
| Q.6 | Which of the following is not the components of wellness. | 1 |
| | a) Physical Fitness b) Reading Newspaper | |
| | c) Playing Games d) Developing clean & safe environment | |
| Q.7 | Endurance is the ability of person to do :- | 1 |
| | a) Activity with high speed b) Powerful Activity | |
| | c) Work for Long duration d) Various action & movements | |
| | Or | |
| | Adaptive physical education is to develop. | |
| | a) Disabled person b) To train Divyang in society | |
| | c) Modify social attitude to adjust d) all of the above | |
| Q.8 | Which of the following activities are part of Paralympic games. | 1 |
| | a) Football & Rowing b) Wheel Chair & Basketball | |
| | c) Wheel Chair Tennis & Shooting d) All of the above | |

- Q.9 The prime role of physio-therapist is to:- 1
 a) Correct the speech of player b) Develop fitness of disabled
 c) minimize the injury d) council of guide players
- Q.10 Yoga is:- 1
 a) Performing ascinas b) Performing Pranayam
 c) Union of Atma & Parmatma d) To be honest
- Or
- Sukhasana is a:-
 a) Relaxing pose b) Meditative pose
 c) Palm tree pose d) Both (a) & (b)
- Q.11 Which of the following sports is a land related adventure sport. 1
 a) Mountain biking b) surfing
 c) paragliding d) Free flying
- Or
- Which of the following danger is not linked to surfing.
 a) Collisions b) Rip Currents
 c) Seabed d) Dehydration
- Q.12 In an Individual, a test is conducted to evaluate. 1
 a) Skill b) Knowledge
 c) Ability d) All of these
- Q.13 BMI of healthy person falls between. 1
 a) 30 above b) 25 to 30
 c) 15 to 20 d) 20 to 25
- Q.14 Ectomorphic person is:- 1
 a) Heavy weight shaped b) Short in height
 c) Lean & thin shaped d) Musculature
- Q.15 Sports Injuries can be prevented through in:- 1
 a) Proper warming up b) using safety equipment
 c) proper technique of skill d) All of the above
- Or
- Leader possesses.
 a) God personality b) Good moral character Intelligence
 c) Intelligence d) All the above
- Q.16 Pranayam are:- 1
 a) Slow stretching activity b) Meditating
 c) Controlling of Breath d) To follow health principle
- Q.17 Which of the following is not a pranayama? 1
 a) Anulom Vilom b) Kapal Bhatti
 c) Jal Niti d) Sitli
- Q.18 Ardh Matsyendra Asana improves:- 1
 a) Spinal flexibility b) Weight control
 c) Abdominal d) Diabetes

- Q.19 Somato type classification was developed by:- 1
a) Herbert Sheldon b) Stufflebeam
c) H.M. Barrow d) Jack Nelson

Or

Ishvara Paridhana means:.

- a) To eradicate ego b) To eradicate proud
c) To surrender to God d) To follow the path
- Q.20 In which year, the first Deaflympics was organised? 1
a) 1924 b) 1949 c) 1950 d) 1952

Section – B

- Q.21 Highlight the Aim & objectives of physical Education. 3

Or

What are the career option for Physical Education.

- Q.22 Write note on IOC. 3
Q.23 State the Olympic motto. 3
Q.24 What do you mean by physical fitness? Explain its importance. 3
Q.25 State flexibility & Explain its types. 3
Q.26 Define wellness & give any four of its component. 3

Or

Discuss the role of mediation for players.

- Q.27 Explain any two meditative asana for concentration. 3
Q.28 Explain the qualities of good leader. 3
Q.29 State the objectives of adventures sports. 3

Or

State the safety measures while performing Adventures sports.

- Q.30 How Endomorph differs from Ectomorph. 3

Section – C

- Q.31 Describe the objectives of Khelo India programme. 5
Q.32 Explain the meaning of Yoga and give it's Importance. 5

Or

Highlight the yogic techniques for cleaning inner body.

- Q.33 Define Test, measurement & Evaluation. Highlight their importance in sports. 5
Q.34 Explain the safety measures to prevent sports Injuries. 5

Or

Describe Paralympic & special Olympic.