

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

CLASS – XI
SUB- PHYSICAL EDUCATION(OPT 048)
GENERAL INSTRUCTIONS -

TIME: 3 HRS
M.M 70

- 1- The question paper consists of 30 questions and all the questions are compulsory.
- 2- Question 1-12 carrying 01 mark each and are multiple choice questions.
- 3- Question 13-16 carrying 02 marks each and shall not exceed 40-60 words.
- 4- Question 17-26 carrying 03 marks each and shall not exceed 80-100 words.
- 5- Question 27-30 carrying 05 marks each and shall not exceed 150-200 Words.

Q-1. To whom Greeks dedicated Olympic Games.

- | | |
|-----------|----------|
| a) Zeus | b) Hera |
| c) Appolo | d) Diana |

OR

Who is the founder of special Olympics?

- a) John F. Kennedy
- b) Eunice Kennedy shriver
- c) Pierre de Coubertin
- d) Thomas Bach

Q.2-Which of the following objectives is not the objective of physical education as mentioned by H Clarke?

- a) Physical Fitness
- b) Worthy use of leisure time
- c) Culture
- d) Social efficiency

Q-3.The carrier option through Physical Education

- a) Physical Education teacher
- b) Sports Journalist
- c) Administration
- d) All of the above

OR

In which year Khelo India School Games were organised

- A) 2015
- B) 2016
- C) 2017
- D) 2018

Q-4. In which year the first Winter Olympic was organised

- A) 1896
- B) 776BC
- C) 1924
- D) 1910

Q-5. The level at which speed is calculated is

- A) Reaction Ability Only
- B) Acceleration Ability Only
- C) Speed of Body Movements Only
- D) All of These

Q.6-Acceleration Ability means

- A) To run at a slow pace
- B) To react promptly to the signals
- C) To complete an activity in minimum time
- D) To gain highest speed

Q-7. Which is not a type of Dynamic strength

- A) Maximum strength
- B) Explosive strength
- C) Static strength
- D) Strength Endurance

OR

What is the objective of evaluation?

- A) To assess merit
- B) To appreciate the subject
- C) To understand the subject
- D) None of these

Q.8-In an individual a test is conducted to evaluate

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

Q-9. Waist Hip Ratio of a person is calculated to find out the

- A) Size of waist
- B) Size of hip
- C) Fat stored around the waist and hip
- D) Fat stored around the waist and thigh

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

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

Q-11. Which of the following blood cell contains haemoglobin

- A) Red Blood Cell
- B) White Blood Cell
- C) Platelet
- D) Bone Marrow

Q.12 Which of the following is not the component of health related fitness?

- a) Speed
- b) Muscular Strength
- c) Muscular Indolence
- d) Flexibility

Q.13- How were the winners of the ancient Olympic Games awarded?

Q.14- What is body composition?

Q.15- Explain the procedure of calculating BMI.

Q.16- What is a gliding joints? Give an example.

OR

Explain the functions of skeletal system.

Q.17- Write four principles of adaptive or adapted Physical.

Q.18- Define Physical Education. What are the principles of integrated physical education ?

Q.19- Write a note on Olympic Flame.

OR

What is the Olympic Symbols and Motto?

Q.20- What is Olympic Oath?

Q.21- Describe any two factors affecting physical fitness and wellness.

OR

Define physical fitness and wellness in detail.

Q.22- Name the components of positive lifestyle. Describe any three components of positive lifestyle.

Q.23- What do you mean by test and measurement?

Q.24 – What is the importance of test and measurement.

Q.25- What is importance of Anatomy and Physiology?

Q.26- Mention briefly about freely movable joints.

OR

What are the functions of skeletal system ?

Q.27- Describe the procedures for height and weight measurements.

Q.28- What is Body Mass Index (BMI) ? How is it calculated ?

OR

Discuss the skinfold measurement in detail.

Q,29- What are the types of bones?

OR

Describe the components of Health related fitness.

Q.30- Explain the development of values through Olympic movement.