LIONS SCHOOL MIRZAPUR HALF YEARLY EXAMINATION - 2020-21

TIME-3 HRS.

CLASS - XI

SUBJECT – PHYSICAL EDUCATION OPTIONAL (048) M.M -70 General Instructions: a) The question paper consists of 34 questions. b) There are 9 internal choices. c) All questions are compulsory. d) Answer to multiple choice objective types in section A question carries 1 marks each. e) Answer to any question in section B carrying 3 marks should be in approximately 80-90 words. f) Answer to any question in section C carrying 5 marks should be in approximately 150-200 words. Section - A Physical Education comes through:-1 Q.1 a) Reading & Writing b) playing video games c) Activities of Big muscle d) watching sports Q.2 The career option through Physical Education. 1 a) Physical Education Teacher b) Sports Journalist c) Administrator d) All of the above Q.3 The objective of Khelo-India programme are: -1 a) Political Organization In Games & Sports b) Development of playfield c) Searching new talented players. d) Providing coaching to player Olympic torch symbolised:-1 Q.4 a) Lighten the stadium b) To welcome athlete c) Link between ancient & modern Olympic d) None of the above Q.5 **IOC Stands for:-**1 b) Indian Olympic committee a) International Olympic Committee c) International Olympic Council d) None of the above Ancient Olympic games started in:-1 Q.6 a) 394 b) 1896 c) 1500 d) 776 BC Physical fitness is the ability of the Individual to do:-1 Q.7 a) Daily routine work with joy b) Heavy weight training c) Recreational & fun activity d) All of the above

Or

	Strength & Endurance are the components of:-			
	a) Wellness	b) Health		
	c) Recreation Activity	d) Physical Fitness		
Q.8	Endurance is the ability of person to:-			
	a) Activity with high speed	b) Powerful activity		
	c) Work for long duration	d) various actions & movement		
Q.9	Which of the following is a type of strength:-			
	a) Static strength	b) Dynamic Strength		
	c) Strength Endurance	d) both (a) & (b)		
Q.10	Adaptive physical education in for:-		1	
	a) School Students	b) college students		
	c) CWSN	d) Girls only		
Q.11	Who said "Yoga Chitta Vritti Nirodha"?			
	a) Agam	b) Bharti Krishan Tirth		
	c) Patanjali	d) Mentioned in Bhagwad		
Q.12	Which organ is benifitted from Tratak.		1	
	a) Liver	b) Kidneys		
	c) Digestion system	d) Eyes		
		Or		
	Sukhasana is a:-			
	a) Relaxing Pose	b) Meditative pose		
	c) Palm tree pose	d) Both (a) & (b)		
Q.13	Which of the following is leadership quality?			
	a) Attractive personality	b) Intelligence		
	c) Assertiveness	d) All of these		
		Or		
	Which of the following is not considered as a leadership quality:-			
	a) Communication skill	b) Emotional Stabilty		
	c) organising ability	d) Fair complexion		
Q.14	In an individual a test is conducted to evaluate.		1	
	a) Skill	b) Knowledge		
	c) Ability	d) All of the above		
Q.15	Waist – hip ratio is calculated to find.		1	
	a) Size of waist	b) Fat stored around waist & hip		
	c) size of hip	d) fat stored around waist & thigh		

Q.16	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.17	Which of the following is not the component of health – related fitness.			
	a) speed	b) muscular strength		
	c) muscular endurance	d) flexibility		
Q.18	Khelo India programme supports.	1		
	a) Sports for women	b) Sports for CWSN		
	c) Promotion of rural games	d) All of these		
Q.19	In which year Khelo India programme started?		1	
	a) 2014	b) 2016		
	c) 2018	d) 2019		
Q.20	How many types of endurance are there:-		1	
	a) 5	b) 4		
	c) 3	d) 2		
		Or		
	Acceleration – ability means.			
	a) To run at a slowpace	b) To gain highest speed		
	c) To react promptly	d) To complete activity in mir	nimum time	
	Secti	on – B		
Q.21	21 What do you understand by the term physical education? Explain.			
		Or		
	Highlight the Aim & objective of physical education.			
Q.22	Highlight three objective of Khelo India program.		3	
Q.23	State the Olympic motto.		3	
Q.24	What are the objectives of modern O	llympic games.	3	
		Or		
	What are the functions of IOC?			
Q.25	Discuss any three components of physical fitness.		3	
Q.26	State flexibility & its types.		3	
Q.27	Explain the concept of Adaptive physical education.		3	
Q.28	Highlight the elements of Yoga.		3	
	•	Or		
	Explain the meaning of Yoga & give its Importance.			
Q.29	Define adventure sports. List down some common sports.		3	
Q.30	Explain the testing procedure of body mass index.			

Section - C

Q.31 Discuss the career option through Physical Education. 5

Or

Highlight the main features of modern Olympic games. 5

Q.32 How do you improve your concentration through yogic technique? Explain the relaxative technique used in yoga.

Q.33 Explain any 5 qualities of good leader. 5

Or

Discuss the safety measures that should be taken while adventures sports.

Q.34 Define test, measurement & evaluation. Highlight their importance in sports.

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