

PT4/ANNUAL EXAMINATION, 2022-23
PHYSICAL EDUCATION

Time - 3 hrs.

Class – XI

M.M. – 70

Name of the student _____ Section _____ Date - 22.02.2023 (Wednesday)

GENERAL INSTRUCTIONS:

- The questions paper consists of 5 sections and 37 Questions.
- Section-A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- Sections-B consist of questions 19-24 carrying 2 marks each and attempt any 5.
- Sections-C consist of question 25-30 carrying 3 marks each and attempt any 5.
- Sections-D consist of question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- Section-E consists of Questions 34-37 carrying 5 marks each and Attempt any 3.

SECTION - A (18x1=18)

- Q1. Which of the following is NOT a technological advancement in the field of sports?
(a) Instant replays. (b) Sensor tools. (c) RFID chips. (d) Digital Contact Tracing.
- Q2. The Olympic Games were revived in
(a) 1800 (b) 1996 (c) 1896 (d) 1894
- Q3. Dhyana is a process of complete constancy of
(a) Mind (b) Soul (c) Limbs (d) Heart
- Q4. Refers to the permanent reduction in physical and mental capacity of an individual
(a) Deficiency (b) Disability (c) Dysfunction (d) None of these
- Q5 Identify the kriyas



- (a) Vastra-dhauti (b) Danda dhauti (c) Neti (d) Kapal Bhati
- Q6. Strength and endurance are the components of
(a) Physical fitness (b) Wellness (c) Health (d) Recreation activity
- Q7. Tool for the collection of information in numeric form
(a) Test (b) Measurement (c) Evaluation (d) Assessment
- Q8. The joints are also called synovial joints
(a) Slightly movable (b) Freely moveable (c) fixed (d) hinge
- Q9. Which of the following movement is the opposite of pronation?
(a) Circumduction (b) Supination (c) Adduction (d) Abduction

Q10. The term flexion refers to:

- (a) Turning (b) Bending (c) Twisting (d) Straightening

Q11. Which of the following is not a cycle under the principle of cyclicity?

- (a) Macro (b) Meso (c) Micro (d) Mini

Q12. Match the following vitamins with their functions

- | | |
|-----------------------------------|-----------------------------|
| (a) Development in shape | (i) Mental development |
| (b) Alertness and concentration | (ii) Social development |
| (c) Team spirit and co-ordination | (iii) Emotional development |
| (d) Pleasure and Hope | (iv) Physical development |
- (a) a-i, b-iv, c-ii, d-iii (b) a-iii, b-i, c-iv, d-ii
(c) a-iii, b-i, c-ii, d-iv (d) a-iv, b-i, c-ii, d-iii

Q13. Where is the headquarter of the international Olympic

- (a) Geneva (b) Paris (c) London (d) Lausanne

Q14. Which of the following is the role of special educator?

- (a) Help special children in speaking
(b) Activates the muscles of weak body part.
(c) Provides counselling to the special children
(d) Develops appropriate curriculum

Q15. Exercising for a longer duration with less weight is related to

- (a) Endurance (b) Strength (c) Speed (d) Co-ordination

Q16. If the height of the child is in feet, it is classified under

- (a) Evaluation (b) Test (c) Measurement (d) None of these

Q17. Given below are two statement labelled Assertion (A) and reason (R)

Assertion (A) - Adolescence is a stage of rapid development.

Reason (R) - In this stage changes happen in the physical, mental, emotional, and social spheres of young people.

In the context of above two statements which one of the following is correct?

- a) Both Assertion (A) and Reason (R) are true and Reason (R) is correct explanation of Assertion.
b) Both Assertion (A) and Reason (R) are true but Reason (R) is not the correct explanation of Assertion (A)
c) Assertion (A) is true but Reason (R) is False.
d) Assertion (A) is False but Reason (R) is true

Q18. Match the following vitamins with their functions

- | | |
|---------------------------|----------------------|
| (a) Gliding joint | (i) Thumb joint |
| (b) Hinge joint | (ii) Wrist joint |
| (c) Saddle joint | (iii) Shoulder joint |
| (d) Ball and socket joint | (iv) Elbow joint |
- (a) a-ii, b-i, c-iv, d-iii (b) a-ii, b-iv, c-i, d-iii
(c) a-ii, b-i, c-iii, d-iv (d) a-iv, b-i, c-ii, d-iii

SECTION - B (Attempt Any five)

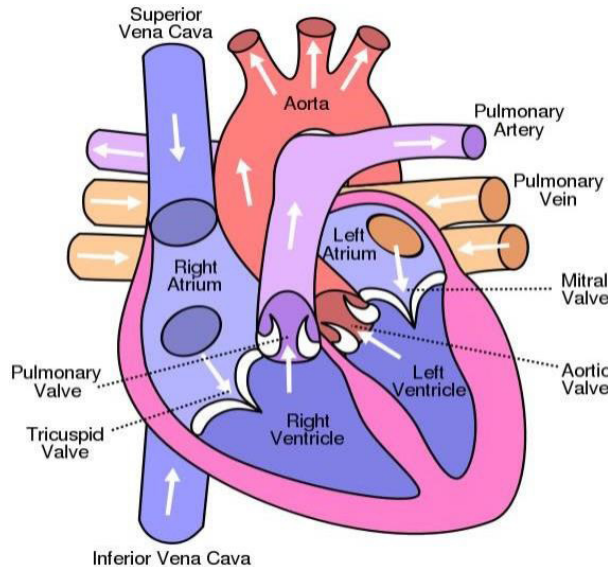
- Q19. What do you mean by doping? Which two agencies regulate doping related activities?
- Q20. Why is study of sports psychology Important?
- Q21. Define Flexion and Extension.
- Q22. Enlist the various components of physical fitness.
- Q23. What is the meaning and aim of adapted physical education?
- Q24. What do you mean by yogic Kriyas? Enlist the yogic kriyas?

SECTION - C (Attempt Any five)

- Q25. Create a mind map including Objective of Adaptive Physical Education.
- Q26. Write about any two examples of Technological Advancement.
- Q27. Write about the FIT India movement.
- Q28. Define Training Load and Overload.
- Q29. Enlist the professionals who are required for work with CWSN and write what is the main role of counsellor for children with special needs.
- Q30. State any Six functions of bones.

SECTION - D

- Q31. Observe the given figure and answer the questions.



- (a) Where does the deoxygenated blood return to _____.
- (b) Pulmonary vein carries which type of the blood _____.
- (c) The human heart is a _____ chambered muscular organ.
- (d) _____ is the main artery of circulation of pure blood to the body.

OR

- (d) The left atrium receives blood from the _____.

- Q32. Ramesh is a child with intellectual and physical disability. He is also having difficulty in communication. He is very good in his academics and love to play with ball. His parents got him admission in a normal school where he love to go every day by school bus.



Based on the case answer the following questions.

(a) Which professional can cure his communication problem?

(b) What type of disability shown in Picture?

(c) Which professional can help his physical disability?

(d) Name the teacher who is specialty trained to work with CWSN

Q33. Raman is a student of class 11. One day a medical checkup camp arrived in his locality. Raman participated there as a volunteer. Most of the people were advised to practice yogic kriyas on regular basis. The local body of the locality hired a yoga instructor and people started the practice of yogic kriyas under his/her guidance. Some of these kriyas are shown below.



Figure 1



Figure 2



Figure 3

Based on above case study and picture answer the following questions.

(a) The yogic kriya (1) can be identified as

(b) Yogic Kriyas are also called

(c) How many types yogic kriyas

(d) Kapalbharti is associated with

OR

(d) Identify the yogic kriya no (iii).

SECTION - E (Attempt Any Three)

Q34. Define physical education. Explain the aim and objectives of physical education?

Q35. Write a short note on following symbols of Olympic.

(i) Olympic Flag (ii) Olympic motto (iii) Modern Olympic Awards

Q36. How the traditional Games and regional Games are promoting wellness.

Q37. What do you mean by adolescence? Explain in detail the problems of adolescence.

