



INDIAN SCHOOL SOHAR
UNIT TEST 2014-2015
SUB: PHYSICAL EDUCATION

CLASS: XI
Date: 27-5-2014

Max Marks: 50
Time: 02 Hrs

General instructions:

1. All questions are compulsory.
2. The serial number of question should be written clearly.
3. Answer to question carrying 1 mark should be in approximately 30 words.
4. Answer to question carrying 2 marks should be in approximately 60 words.
5. Answer to question carrying 3 marks should be in approximately 100 words.
6. Answer to question carrying 5 marks should be in approximately 150-200 words.

Q.1	Write any two definitions of physical education.	1
Q.2.	Define physical fitness.	1
Q.3.	Who is known as the father of Modern Olympics?	1
Q.4.	Expand LNUPE and NSNIS.	1
Q.5.	What do you understand by wellness?	1
Q.6.	Write Olympic Oath.	1
Q.7.	In how many clusters and zones CBSE games are divided in India and abroad?	1
Q.8.	Define health.	1
Q.9.	What do you understand by health indicator?	2
Q.10.	Describe the concept of adapted physical education	2
Q.11.	Write a short note on SAI.	2
Q.12.	Discuss the need of healthy lifestyle.	2
Q.13.	Give the aim of physical education given by central advisory board of physical education.	2
Q.14.	Write note on Ancient Olympic Games.	3
Q.15.	What are the functions of IOA?	3
Q.16.	State the principle of integrated physical education.	3
Q.17.	What are the factors affecting physical fitness and wellness.	3
Q.18.	Write the revival movement of Modern Olympic Games and Highlight the Flag, Torch and Motto of Olympic Games.	(2+3)=5
Q.19.	Explain in details the career options in physical education.	5
Q.20.	Name the National Sports Awards recognized by Indian Government and explain any two in details.	5
Q.21.	What are the components of positive lifestyle? Explain.	5

*****All the Best*****