



**INDIAN SCHOOL SOHAR**  
**UNIT TEST I (2018- 19)**  
**PHYSICAL EDUCATION**

(Total no of printed page is 1)

**CLASS: XI**  
**Date: 22/05/2018**

**Max Marks: 50**  
**Time: 02 Hrs**

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**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 20-30 words.
  4. Answer to question carrying 3 marks should be in approximately 50-60 words.
  5. Answer to question carrying 5 marks should be in approximately 100-120 words.
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Q.1	Who is known as the father of Modern Olympics?	1
Q.2.	Write the aim of physical education.	1
Q.3.	What is the Motto of the Modern Olympic Games?	1
Q.4.	Write any one definitions of physical education.	1
Q.5.	Expand LNUPE and NSNIS.	1
Q.6.	Who was the first president of IOA?	1
Q.7.	What is Dhayana or Concentration?	1
Q.8.	Write the names of any three Meditative Asanas.	1
Q.9.	What are the aims & objectives of CBSE Sports?	1
Q.10.	Explain soft skills required for different careers.	3
Q.11.	What are the benefits of yog-nidra?	3
Q.12.	Brief about Arjun Award and Rajiv Gandhi Khel Ratan Award.	3
Q.13.	Why is physical education important for youth? Give any three reasons.	3
Q.14.	Explain International Olympic Committee.	3
Q.15.	Write short note on Chacha Nehru Sports Awards.	3
Q.16.	Write down the steps & benefits of Tadasana.	3
Q.17.	Write a brief note on the eight limbs of Yoga.	5
Q.18.	Write note on Ancient Olympic Games & Modern Olympic Games.	5
Q.19.	Briefly explain Dronacharya Award.	5
Q.20.	What are the main objectives of Physical Education? Explain.	5

\*\*\*\*\*The End\*\*\*\*\*