



INDIAN SCHOOL SOHAR
TERM I EXAMINATION 2019-2020
SUB: PHYSICAL EDUCATION

CLASS: XI
Date: 01/10/2019

Max. Marks: 70
Time: 3 Hrs

General Instructions:

1. The question paper contains 34 questions.
2. Question number 1 to 20 carry 1 mark each. Answers to these questions should be in approximately 10-20 words each.
3. Question number 21 to 30 carry 3 marks each. Answers to these questions should be in approximately 30-50 words each.
4. Question number 31 to 34 carry 5 marks each. Answers to these questions should be in approximately 75-100 words each.

SECTION A

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|-----------|---|--------------------------------------|
| Q.1 | What do you mean by adventure sports? | 1 |
| Q.2. | Define Physical Education. | 1 |
| OR | | |
| | What do you mean by Deaflympics? | |
| Q.3. | How many continents represent the rings in Olympic flag? | 1 |
| Q.4. | Expand the abbreviation CWSN and IPC. | 1 |
| Q.5. | Define test. | 1 |
| OR | | |
| | What is flexibility? | |
| Q.6. | What do you mean by explosive strength? | 1 |
| OR | | |
| | Write the purpose of Sit and Reach Test? | |
| Q.7. | What is the formula for calculating waist- hip ratio? | 1 |
| Q.8. | What do you mean by river rafting? | 1 |
| OR | | |
| | What is the meaning of endurance? | |
| Q.9. | Who was Pierre Baron De Coubertin? | 1 |
| Q.10. | What is Olympic Motto? | 1 |
| Q.11 | Which one of the followings is not included in Khelo India Programme? | 1 |
| | (a) Playfield development | (b) talent search and development |
| | (c) sports for women | (d) to organize cricket competitions |

- Q.12 Which one of the following is the headquarters of IOC? 1
 (a) Lausanne (b) New York (c) Paris (d) Bonn
- Q.13 In which year, the first Paralympic games were held? 1
 (a) 1958 (b) 1960 (c) 1962 (d) 1964
- Q.14 Which one of these is included in the categories of disability? 1
 (a) Physical Disability (b) Visual Disability (c) Intellectual Disability (d) All the above
- Q.15 What is the venue for the winter Deaflympics 2019? 1
 (a) Salt Lake City (b) Torino (c) Davos (d) Oslo
- Q.16 Which one of the following is not the Component of Health –Related Fitness? 1
 (a) Cardiovascular Endurance (b) Muscular strength (c) Flexibility (d) Stamina
- Q.17 Who invented BMI? 1
 (a) Adlhop Hitler (b) Adlophe Quetelet (c) W H Sheldon (d) Hippocrates
- Q.18 What types of games can be suggested for tall and thin students? 1
 (a) long distance running (b) Sumo wrestling (c) 100 m (d) Shot put
- Q.19 Which one of the following is not the type of trekking? 1
 (a) Easy Trekking (b) Moderate Trekking (c) Fast Trekking (d) Difficult Trekking
- Q.20 Sports Competitions are helpful for the development of: 1
 (a) Social qualities (b) Selection of players (c) Sports skills (d) all the above

SECTION B

- Q.21 Describe the importance of positive /healthy lifestyle. 3
- Q.22 What safety measures can be taught to students while participating in mountaineering? 3
- Q.23 Discuss about any three components of wellness. 3
- Q.24 What are the safety measures to prevent sports injuries? 3

OR

Briefly discuss about Paralympics.

- Q.25 What do you mean by BMI? Explain the categories of BMI. 3
- Q.26 Explain the importance of test, measurement and evaluation in the field of sports. 3

OR

Explain any three components of health related fitness.

- Q.27 A trekking expedition was organized for the students and Physical Education Teacher was accompanying them. One day while trekking on high mountains, it started raining heavily. The trekking route became slippery and as a result of that, Raman, the senior most trekker slipped spontaneously. His lower vertebrae were displaced .It became impossible for him to make any movement. Without losing any moment. The P.E. teacher lifted him up on his back and returned to the base camp for first aid.

Based on above passage ,answer the following questions: (1*3=3)

1. Comment on the values shown by the Physical Education Teacher?

2. State in brief the safety measures during trekking.
3. Describe the various qualities required among individuals who go for trekking expedition.

Q.28 Write down a brief note on 'Khelo India' Programme. 3

OR

What are the functions of Indian Olympic Committee?

Q.29 Describe any three objectives of adventure sports. 3

Q.30 Write short note on Ancient Olympic Games. 3

SECTION C

Q.31 Discuss the role of various professionals for Children With Special Needs: 5

(i) Speech Therapist

(ii) Physical Education Teacher

(iii) School Counselor

(iv) Physiotherapist

(v) Occupational Therapist

Q.32 Explain the Flag, Flame, Oath and Awards of Olympic Games. 5

Q.33 Define leadership. Explain the qualities of a good leader in the field of physical education. 5

OR

Explain about Special Olympic Bharat in detail.

Q.34 Explain Harvard step test in detail. 5

OR

Explain the classification of body types given by WH Sheldon.

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