



INDIAN SCHOOL SOHAR
UNIT TEST 2019-2020
SUBJECT: PHYSICAL EDUCATION

CLASS: XI
DATE: 19/05/2019

MAX.MARKS: 50
DURATIONS: 2 HOURS

General Instructions:

1. The question paper contains 20 questions.
 2. All questions are compulsory.
 3. Question number 1 to 10 carry 1 mark each. Answers to these questions should be in approximately 10-20 words each.
 4. Question number 10 to 16 carry 3 marks each. Answers to these questions should be in approximately 30-50 words each.
 5. Question number 17 to 20 carry 5 marks each. Answers to these questions should be in approximately 75-100 words each.
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SECTION A

- Q.1. What do you understand by Coordinative ability? 1
- Q.2. Who is the first Indian woman to join the International Olympic Committee? 1
- Q.3. Write any two objectives of Physical Education classified by Leslie. 1
- Q.4. Define Physical Education. 1
- Q.5. Who was the first president of IOA? 1

OR

Expand the abbreviation LNUPE and NSNIS.

- Q.6. Define endurance. 1
- Q.7. What do you understand by flexibility? 1

OR

What is the meaning of strength?

- Q.8. When and where was the Khelo India School Games launched? 1
- Q.9. What is Olympic Ideals? 1

SECTION B

- Q.10. Mention the rules for competitors in Ancient Olympic Games. 3
- Q.11. Write short note on Modern Olympic games. 3

OR

Explain about Khelo India Youth Games in detail.

- Q.12. Explain the objectives of Khelo India Program. 3
- Q.13. Discuss the components of health related physical fitness in brief. 3

OR

Explain the components of wellness in detail.

Q.14. In our neighborhood a man of fifty two years old used to live alone. I used to call him uncle. He was facing common life style diseases such as obesity, diabetes, depression and high blood pressure etc. one day I consulted my physical education teacher about his common lifestyle diseases, because he taught us about such lifestyle diseases in our class. He consented to meet my uncle the next day. He suggested to adopt and maintain a healthy as well as positive life style. He suggested to take regular physical exercise, healthy eating habits, sufficient sleep and to maintain healthy body weight. My uncle started to follow the suggestions by the teacher strictly. Approximately, after six months he improved himself a lot and now he is leading a healthy life.

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

1. What do you mean by common life style diseases?
2. What values are shown by the teacher?
3. What suggestions were given by the teacher to my uncle?

Q.15. Write a short note on International Olympic Committee. 3

OR

What are the functions of Indian Olympic Association?

Q.16. Explain the Flag, Flame and Motto of Olympic Games. 3

SECTION C

Q.17. Write note on Ancient Olympic Games. 5

Q.18. Define physical fitness and wellness. Elaborate the importance of physical fitness and wellness in detail. 5

OR

What do you mean by the term 'lifestyle'? Elucidate the importance of positive /healthy lifestyle in detail.

Q.19. Elucidate about the development of values through Olympic movement. 5

Q.20. Explain in details the career options in physical education. 5

OR

Explain the aim and objectives of physical education.

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