



**INDIAN SCHOOL SOHAR**  
**TERM I EXAMINATION (2022-23)**  
**PHYSICAL EDUCATION (048)**

**CLASS: XI****MAX. MARKS: 70****DATE: 26/09/2022****TIME: 3 HOURS****General Instructions:**

1. The question paper consists of 30 questions and all are compulsory.
2. Questions 1-12 carry 01 mark each and are Multiple Choice Questions.
3. Questions 13-16 carry 02 marks each and shall not exceed 40-60 words.
4. Questions 17-26 carry 03 marks each and shall not exceed 80-100 words.
5. Questions 27-30 carry 05 marks each and shall not exceed 150-200 words.

Q1. In which year did women participate for the first time in the modern Olympic Games? 1  
 (a) 1908 (b) 1900 (c) 1904 (d) 1920

Q2. Where will the 2022 FIFA World Cup be held? 1  
 (a) Brazil (b) UAE (c) Qatar (d) Italy

**OR**

What is the new Olympic motto?

- (a) Fastest, highest, strongest (b) Fastest, highest, togetherness  
 (c) Faster, higher, stronger, together (d) Fastest, higher, stronger, tough

Q3. What is the full form of N.S.N.I.S? 1

- (a) Netaji Santhosh National Indian Sports (b) Netaji Subhas National Institute of Sports  
 (c) National Institute of National Indian Sports (d) None of the above

Q4. Which one of the following is a national-level sports event? 1

- (a) ICC World Cup (b) Ranji Trophy (c) FIFA World Cup (d) Thomas Cup

**OR**

Name the sport that is associated with the Santosh trophy.

- (a) Hockey (b) Judo (c) Football (d) Table Tennis

Q5. Yoga helps to: 1

- (a) Improve concentration (b) Improves flexibility (c) Reduce tension (d) All of the above

Q6. "Physical education is the field of education which deals with big muscle activities and their related responses", who said this: 1

- (a) J. B. Nash (b) Cassidy (c) Charles A. Bucher (d) J.F. Williams

Q7. The prime role of a physiotherapist is to: 1

- (a) Council and guide players for good behaviour (b) Develop fitness of disabled  
 (c) Minimize the injury or deformity through exercises (d) Correct the speech of the player

Q8. The important thing in the Olympics is not to win but to: 1

- (a) Losing (b) Take part (c) Struggle (d) Overtake

**OR**

The Ancient Olympic Games were initially held for\_\_\_\_\_.

- (a) 3 days (b) 5 days (c) 1 day (d) 2 days

Q9. What is the main purpose of Khelo India Programme? 1

- (a) Coaching (b) Grass-root level talent hunt  
 (c) Skill development (d) International platform

Q10. The third edition of Khelo India Youth Games was held at\_\_\_\_\_. 1

- (a) Pune (b) Guwahati (c) Hyderabad (d) Kolkata

Q11. Given below are the two statements labeled Assertion (A) and Reason (R). 1

Assertion (A): Under the Khelo India Program, the Govt. of India provides training and grants to the talented sportsperson in the country.

Reason (R): For financial assistance 10 lakhs rupees per annum is provided to selected players under this scheme.

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

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

Q12. Match the following.

1

- |         |                                       |
|---------|---------------------------------------|
| a) AIFF | i) Badminton Association of India     |
| b) TTFI | ii) Indian Hockey Federation          |
| c) BAI  | iii) Table Tennis Federation of India |
| d) IHF  | iv) All India Football Federation     |
- a) iv, iii, ii, i  
 b) I, ii, iii, iv  
 c) ii, iii iv, i  
 d) iv, iii, i, ii

Q13. Identify and write the professions in sports:

(1/2\*4=2)



i) \_\_\_\_\_

(ii) \_\_\_\_\_

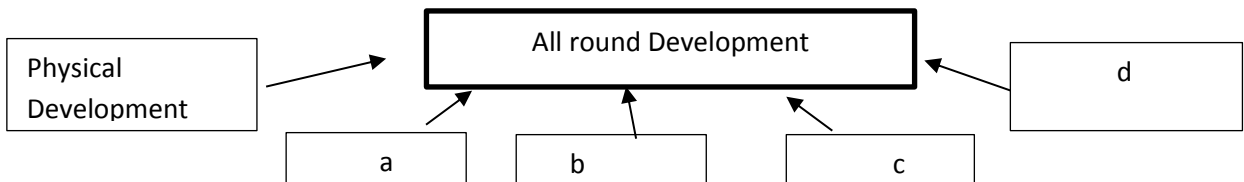


(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

Q14. What will come in place of a, b, c, d?

(1/2\*4=2)



Q15. What is the aim of physical education?

(2)

Q16. Enlist any four international tournaments in Badminton.

(1/2\*4=2)

Q17. Rahul is a good football player and plays for the school team. But, now he is not able to concentrate on his studies and suffering from stress, tension, and anxiety for a few months. During the International Yoga Day celebration, his yoga teacher observed that he is having problems in doing yoga asana. He called Rahul and talked about his problems. The yoga teacher taught him to perform yogic asanas. After two months of regular practice, he saw good improvement and was feeling well.

Based on the above passage, answer the following questions:

(1\*3=3)

- (i) What values are shown by the yoga teacher?
- (ii) When do we celebrate International Yoga Day every year?
- (iii) What is the qualification required to become a yoga teacher?

Q18. Write a short note on sports journalism.

(3)

**OR**

Highlight the latest changing trends in sports equipment.

Q19. The closing ceremony includes a parade of flags representing all participating nations, starting with the founding country of Greece and ending with the host nation. The Remaining Olympians march in a parade of athletes, but unlike the Opening Ceremony, there is no order as the athletes walk en masse. The Tokyo 2020 Olympics were declared closed by IOC chief Thomas Bach, who called the pandemic-delayed Games the "most challenging Olympic journey". The Olympic flag was passed to Paris Mayor, Anne Hidalgo for the 2024 Games at the Tokyo closing ceremony.

Wrestler Bajrang Punia led the Indian contingent out during the parade of athletes during the closing ceremony of Tokyo 2020.

Answer the following questions, based on the above paragraph:

(1\*3=3)

(i) Which country's athletes walk first during the opening ceremony at the Olympics Games?

(a) Hosting nation of the next Olympic games

(b) Hosting nation

(c) Greece

(d) Hosting nation of the previous Olympic Games

(ii) In which event did Bajrang Punia win a bronze medal in Tokyo Olympics?

(a) Shooting

(b) Boxing

(c) Weightlifting

(d) Wrestling

(iii) Where are the 2024 Summer Olympic Games scheduled?

(a) London

(b) Paris

(c) Athens

(d) Barcelona

Q20. Describe any three objectives of Physical Education.

(3)

Q21. What values are gained through Olympic Games?

(3)

Q22. Enlist any six verticals of the Khelo-India programme.

(1/2\*6=3)

**OR**

Briefly explain the Fit-India movement.

Q23. Explain the Modern Olympic Games.

(3)

Q24. Enumerate the main functions of the Indian Olympic Association.

(3)

**OR**

What were the rules of the Ancient Olympics?

Q25. After clinching the gold medal in the Javelin throw at Tokyo Olympic Games, Neeraj Chopra went to the Indian dugout and then followed it with a small victory lap around the track. Neeraj a true soldier adhered to the flag code and folded our national flag accordingly before putting it inside his bag.

Based on the above passage, answer the following questions:

(1\*3=3)

i) What values were shown by Neeraj Chopra?

ii) What is the weight of the javelin for men and women?

iii) The Olympics flag was the first hoisted in \_\_\_\_\_ at Antwerp (Belgium) Olympics.

Q26. What is the need for Physical Education in school? Explain briefly.

(3)

Q27. Give a brief account of the Ancient Olympic Games.

(5)

**OR**

Write short notes on the following:

(i) Olympic Award

(ii) Olympic Motto

(iii) Olympic Flag

(iv) Olympic Symbols

(v) Olympic Oath

Q28. Explain the main functions of the International Olympic Committee.

(5)

**OR**

Discuss the options available for careers in Physical Education

Q29. Write a detailed note on Khelo India Programme.

(5)

Q30. What is yoga? Give the importance of yoga in modern times.

(5)

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