



**INDIAN SCHOOL SOHAR**  
**UNIT TEST 1 (2023-24)**  
**PHYSICAL EDUCATION**

**CLASS: XI**  
**DATE: 23/05/2023**

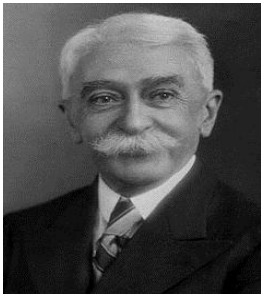
**MAX MARKS: 20**  
**TIME: 40 MINUTES**

**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 5 sections and 10 Questions.
- 2) All questions are compulsory.
- 3) Section A consists of six objective-type questions carrying 1 mark each.
- 4) Section B consists of one very short question carrying 2 marks and should not exceed 60-90 words.
- 5) Section C consists of one short question carrying 3 marks and should not exceed 100-150 words.
- 6) Section D consists of one case-based question carrying 4 marks.
- 7) Section E consists of one long question carrying 5 marks and should not exceed 200-300 words.

**SECTION - A**

- Q1. Which of the following is not an objective of Fit India program? (1)
- (a) Fitness for all. (b) To encourage masculine body.  
 (c) Encourage indigenous sports. (d) Fitness reaches every school.
- Q2. Which one of the following components is not included in khelo India program? (1)
- (a) Play field development. (b) Talent search development.  
 (c) Sports for women. (d) To organize Football Competition
- Q3. Identify the picture (1)



- (a) Aristotle (b) John Pele (c) Pierre-de-Coubertin (d) J.B.Nash

- Q4. Match List -1 with List -2 and select the correct answer from the codes given below: (1)

|       | <b>List - 1</b>                    |   | <b>List – 2</b>                     |
|-------|------------------------------------|---|-------------------------------------|
| (i)   | Khelo India                        | 1 | Citius, Altius, Fortius -Communiter |
| (ii)  | YMCA College of Physical Education | 2 | 776 BC                              |
| (iii) | Olympic Motto                      | 3 | 1920                                |
| (iv)  | First Ancient Olympics             | 4 | 2017-2018                           |

Codes:

|   | (i) | (ii) | (iii) | (iv) |
|---|-----|------|-------|------|
| A | 2   | 4    | 3     | 1    |
| B | 2   | 1    | 4     | 3    |
| C | 4   | 3    | 1     | 2    |
| D | 3   | 1    | 2     | 4    |

Q5. Who is the president of International Olympic Committee? (1)  
(a) Antonio Samaranch (b) Thomas Bach  
(b) Robert Bach (d) Coates Nicole

Q6. Central Government physical education committee was set up in 1948, which is also known as \_\_\_\_ .(1)  
(a) Tara Chand committee (b) Rajkumari Amrit Kaur Committee  
(c) NIS Committee (d) Simon Committee

**SECTION - B**

Q7. Discuss about Khelo India program? (2)

**SECTION - C**

Q8. Describe technology advancement in sports. (3)

**SECTION - D**

Q9. While introducing the chapter Olympism in Physical Education class, Mr. Sam found that children were not familiar with the term and were clueless about the various committees working in this field. So, he explained in detail about IOC and various information related to it were discussed. On the basis of our knowledge about IOC answer the following questions: (4)

- a. IOC was established in the year\_\_\_\_\_.
- b. Where is the headquarter of IOC?
- c. How many active members are there of IOC?
- d. List down any two functions of IOC?

**SECTION - E**

Q10. What is Olympism? Briefly explain Ancient and Modern Olympics. (1+2+2=5)



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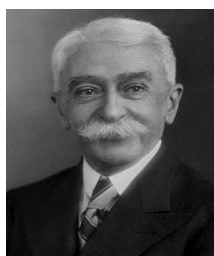
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**SECTION-A**

Q1. Identify the picture. (1)



- (a) Aristotle                      (b) John Pele                      (c) Pierre-de-Coubertin                      (d) J.B.Nash

Q2. In which of the sports is LED lights technology used? (1)

- (a) Lawn Tennis                      (b) Cricket                      (c) Badminton                      (d) Football

Q3. Which of the following is not the objective of physical education? (1)

- (a) Emotional Development                      (b) Social Development  
(c) Evaluation                      (d) Neuro-muscular Development

Q4. \_\_\_\_\_ program has been introduced to revive the sports culture in India. (1)

- (a) Fit India                      (b) Khelo India                      (c) IOC                      (d) SGFI

Q5. Match list 1 with list 2 and select the correct answer from the codes given below: (1)

|       | List 1                             |   | List 2                             |
|-------|------------------------------------|---|------------------------------------|
| (i)   | Khelo India                        | 1 | Citius, Altius, Fortius-Communiter |
| (ii)  | YMCA College of Physical Education | 2 | 776 BC                             |
| (iii) | Olympic Motto                      | 3 | 1920                               |
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Codes:

|   | (i) | (ii) | (iii) | (iv) |
|---|-----|------|-------|------|
| A | 2   | 4    | 3     | 1    |
| B | 2   | 1    | 4     | 3    |
| C | 4   | 3    | 1     | 2    |
| D | 3   | 1    | 2     | 4    |

Q6. Given below are the two statements labeled as Assertion (A) and Reason (R). (1)

Assertion (A): Training of the mind is not possible by keeping the body separate.

Reason (R): The body is the base and the mind is its integral part.

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 and (R) is not the correct explanation of (A).
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.

#### SECTION-B

Q7. Describe the Olympic flag. (2)

#### SECTION-C

Q8. How the trends in sports are changing? Discuss. (3)

#### SECTION-D

Q9. While introducing the chapter Olympism in Physical Education class Mr. Sam found that children were not familiar with the term and were clueless about the various committees working in this field. So, he explained in detail about IOC and various information related to it were discussed. On the basis of our knowledge about IOC answer the following questions: (1\*4=4)

- a. IOC was established in the year\_\_\_\_\_.
- b. Where is the headquarter of IOC?
- c. How many active members are there of IOC?
- d. List down any two functions of IOC?

#### SECTION-E

Q10. What is Olympism? Briefly explain the Ancient and Modern Olympics. (1+2+2=5)