



INDIAN SCHOOL SOHAR
UNIT TEST 1 (2024-25)
PHYSICAL EDUCATION

CLASS: XI
DATE: 26/05/2024

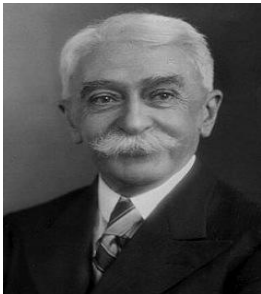
MAX MARKS: 20
TIME: 40 MINUTES

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)

	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
(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. Write any one function of IOC?

SECTION - E

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

ANSWER KEY

1. (b) To encourage masculine body.
2. (d) To organize Football Competition
3. (c) Pierre-de-Coubertin
4. C
5. (b) Thomas Bach
6. a) Tara Chand committee
7. It is a Pan India Sports Scholarship scheme covering the 1000 most deserving and talented athletes across the sports discipline, every year. Selected athletes will be entitled to a scholarship amount of Five Lakh Rupees for eight consecutive years.
8. Technological advancement is a natural process, and with its introduction into a sport, performance of athlete simply becomes “better”. Recent development in sporting technologies has created a variety of products aimed at improving and increasing athletic performance which gives the upper hand to individuals in competitions. Technology gathers data about every second of the game and every second of the performance of the players. Data helps to analyze, create new strategies and thus boost players’ performance in the arena. Technology can boost talent, health management as well as coaching – the three factors which matter in sport. Sport performance is defined by the energy produced by the athlete and released into the environment.
9. a) 23 June 1894
b) Lausanne, Switzerland
c) 105
d) Supervise, Support and Monitor the organisation of the games
10. Olympism is a philosophy of life which places sport at the service of humanity. This philosophy is based on the interaction of the qualities of the body, will and mind. Olympism is expressed through actions which link sport to culture and education.

The classic example is that when the Persians invaded Greece in the summer of 480 (BC) a lot of the Greek city states agreed that they would put together an allied army but they had a very hard time getting one together because so many people wanted to go to the Olympics", explains Christesen. "So, they actually had to delay putting the army together to defend the country against the Persians."

The threat of invasion or not, the Games took place every four years from 776BC to at least 393AD. All free Greek males were allowed to take part, from farmhands to royal heirs, although the majority of Olympians were soldiers. Women could not compete or even attend. There was, however, a loophole to this misogynistic rule – chariot owners, not riders, were declared Olympic champions and anyone could own a chariot. Kyniska, daughter of a Spartan king, took advantage of this, claiming victory wreaths in 396BC and 392BC.

The modern **Olympic Games** or **Olympics** are the leading international sporting events featuring summer and [winter sports](#) competitions in which thousands of [athletes](#) from around the world participate in a [variety of competitions](#). The Olympic Games are considered the world's foremost sports competition with more than 200 teams, representing sovereign states and territories participating; by default the Games generally substitute for any World Championships the year in which they take place. The Olympic Games are held every [four years](#); since [1994](#), they have been alternated between the [Summer](#) and [Winter Olympics](#) every two years during the four-year period.

Their creation was inspired by the [ancient Olympic Games](#), held in [Olympia, Greece](#) from the 8th century BC to the 4th century AD. [Baron Pierre de Coubertin](#) founded the [International Olympic Committee](#) (IOC) in 1894, leading to the first modern Games in [Athens](#) in 1896.