



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. Identify the picture. (1)



- (a) Olympic Flag (b) National Flag (c) Special Olympics Flag (d) Paralympic flag

Q2. In which of the sports is LED lights technology used in ground? (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. _____ programme has been introduced to revive the sports culture in India. (1)

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

Q5. Match the following : (1)

Column A	Column B
A. Wearable Gears	(i) Natural Grass
B. Playing Surface	(ii) Smart Watch
C. Protective Equipment	(iii) 3D Lasers
D. Sensor Tools	(iv) Helmet

Option	Codes			
a)	iv	ii	i	iii
b)	i	ii	iii	iv
c)	iii	iv	ii	i
d)	ii	i	iv	iii

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. The ancient Olympics were a prestigious and sacred sporting event. These games celebrated physical powers, skill, and unity. Athletes competed in disciplines like running, wrestling, and chariot race. The games were accompanied by religious rituals and truces, during which conflicts were suspended. (4)

Based on the above, answer the following questions:

- (a) Ancient Olympics were held in , Greece.
- (b) The first ancient Olympic Games can be traced back to.....B.C.
- (c) There were a series of athletic competitions held for representatives of various city states of Ancient Greece held in honor of
- (d) Father of the Modern Olympic Games ?

SECTION-E

Q10. Define Physical Education ? Briefly explain eight objectives of Physical Education. (1+4=5)