

Roll No. \_\_\_\_\_

Code : 112021 PE–A

Please check that this question paper contains 30 questions and 6 printed pages.

**CLASS–XI**  
**PHYSICAL EDUCATION**  
**ANNUAL EXAM (2020-21)**

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*Time allowed : 3 hours*

*Maximum Marks : 70*

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**General Instructions :**

- *All questions are compulsory.*
  - *This Question paper consists of 30 questions.*
  - *Question number 1 to 12 carry Multiple Choice Questions of 1 mark each.*
  - *Question number 13 to 16 carry 2 marks each & answer shall not exceed 40-60 words.*
  - *Question number 17 to 26 carry 3 marks each & answer shall not exceed 80-100 words.*
  - *Question number 27 to 30 carry 5 marks each & answer shall not exceed 150-200 words.*
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**Section-A**

1. Sourav Ganguly has been appointed as the President of BCCI. Identify the appropriate career he joined.
  - (a) Health related career
  - (b) Coaching career
  - (c) Administration related career
  - (d) Performance related career
  
2. Which of the following is a multi sports event ?
  - (a) Asian Games
  - (b) World Weight Lifting Championship
  - (c) Indian Premier League
  - (d) Pro-Kabbadi League

3. The Olympic torch is extinguished on which day of Olympics ?
- (a) On the second day of Olympics
  - (b) On the day of opening ceremony
  - (c) On the day of closing ceremony
  - (d) None of the above

**OR**

Name the supreme controlling body for the Modern Olympic Games.

- (a) Indian Olympic Committee
  - (b) Indian Olympic Association
  - (c) International Olympic Committee
  - (d) None of the above
4. What can be measured directly in terms of size, volume and weight of the body ?
- (a) Development
  - (b) Growth
  - (c) Transfer of training
  - (d) None of the above

**OR**

What is the transitional stage of development between childhood and adulthood ?

- (a) Infancy
  - (b) Adolescence
  - (c) Old age
  - (d) None of the above
5. Who started the Paralympics movement ?
- (a) B.P. Coubertin
  - (b) Sir Ludwig Guttman
  - (c) J.B. Nash
  - (d) Hercules

**OR**

Identify the motto of Deaf Olympics.

- (a) Strive for gold
- (b) Equality through sports
- (c) Sports excellence
- (d) Faster & Higher

6. Yog-nidra is practised in which asana ?

- (a) Garudasana
- (b) Tadasana
- (c) Bhujangasana
- (d) Shavasana

7. What is defined as the outdoor sports in which the participants compete in a natural environment more against themselves than against others ?

- (a) Yoga
- (b) Football
- (c) Adventure sports
- (d) Basketball

8. The term 'Rapids' is associated with which adventure sports ?

- (a) Mountaineering
- (b) Trekking
- (c) River rafting
- (d) Rock climbing

9. Calculate the BMI of a person whose height is '1.67 metre' and weight is 67 kg.

- (a) 22.4
- (b) 24.2
- (c) 26.08
- (d) 25.2

10. Which is the longest bone in the human body ?

- (a) Humerus (b) Tibia  
 (c) Femur (d) Ulna

11. Match List I with List II and select the correct answer from the code given below :

List-I		List-II	
Test to measure health related fitness components		Health related components	
(i)	Partial curl up	1.	Flexibility
(ii)	Push up	2.	Shoulder strength
(iii)	Skin fold measurement	3.	Body composition
(iv)	Sit and Reach test	4.	Abdominal strength

Code :	(i)	(ii)	(iii)	(iv)
(a)	4	2	3	1
(b)	2	3	1	4
(c)	3	1	2	2
(d)	1	4	4	3

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

A. **Assertion (A)** : Limbering down is as important as warming up.

B. **Reason (R)** : Limbering down increases body temperature.

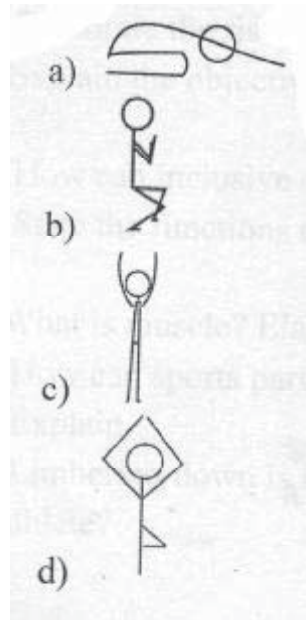
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).  
 (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).  
 (c) (A) is true, but (R) is false.  
 (d) (A) is false, but (R) is true.

13. Write briefly about the Winter Olympics.

**OR**

Olympic Games are remembered for Bishop Pennsylvanias famous sermon. Write that sermon.

14. Identify the following asanas and write their names :



15. What test will you use to evaluate the muscular strength of the abdominal region? Name the test with its procedure.

16. Who will have the greater stability.

(a) A light weight person or heavy weight person of same height ?

(b) A boy standing on one leg or a boy in standing at ease position.

17. Mention any six components of Khelo India Programme.

**OR**

Explain any three objectives of physical education.

18. State the responsibilities of International Olympic Committee. (Any six)

19. Write briefly about 'endurance' as a component of physical fitness.

20. Discuss two components of 'wellness'.

21. "Let me win. But if I cannot win, let me be brave in the attempt." Explain the significance of this statement.
22. Describe the role of yoga in a sportsperson's life.

**OR**

Describe the benefits of yog-nidra.

23. Write a detailed note on creating leaders through physical education.

**OR**

The principal of your school wants you to procure various safety equipments for rock climbing. Name any six equipments required for rock climbing.

24. Highlight the features of mesomorph.
25. Mention the development characteristics in childhood stage.
26. Elaborate the risks associated with anabolic steroids.
27. Explain the objectives of adaptive physical education.

**OR**

How can inclusive education be implemented ?

28. State the functions of the human skeletal system.

**OR**

What is muscle ? Elaborate the properties of muscles.

29. How can sports participation help adolescent students address their problems ? Explain.
30. Limbering down is an important part of a training programme. How it is important for an athlete ?

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