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DAV PUBLIC SCHOOLS, ODISHA ZONE
HALF YEARLY EXAMINATION, 2023-24

- Please check that this question paper contains **07** printed pages.
- Check that this question paper contains **37** questions.
- Write down the Serial Number of the question in the left side of the margin before attempting it.
- 15 minutes time has been allotted to read this question paper. The question paper will be distributed 15 minutes prior to the commencement of the examination. The students will read the question paper only and will not write any answer on the answer script during this period.

CLASS- XI
SUB-PHYSICAL EDUCATION (048)

Time: 3 Hours

Maximum Marks : 70

General Instructions :

- 1) The question paper consists of 5 sections and 37 Questions.
- 2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Section B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. **Attempt any 5.**
- 4) Section C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. **Attempt any 5.**
- 5) Section D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- 6) Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. **Attempt any 3.**

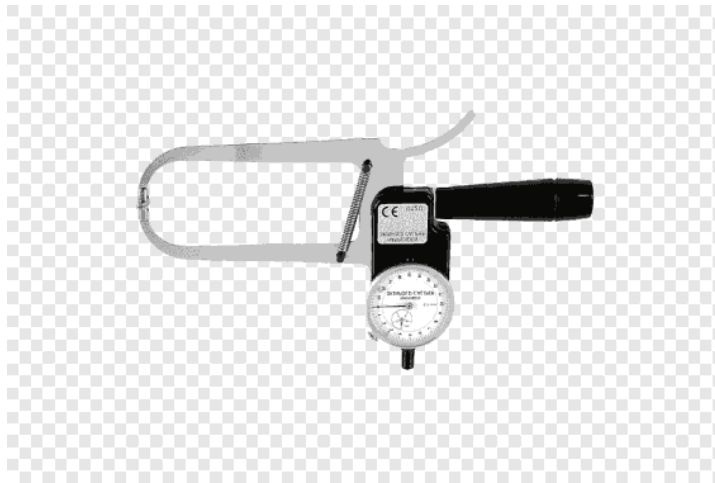
Q6. Disability is caused by _____ (1)

- a) Heredity
- b) Accidents
- c) Balanced Diet
- d) Both a & b

Q7. Which institute of Physical Education was established in the year 1957? (1)

- a) NIS
- b) LNIPE
- c) SAI
- d) IOA

Q8. (1)



The device intends to measure-

- a) WH ratio
- b) Skin fold test
- c) BMI value
- d) Muscles girth.

Q9. Occupational wellness is related to _____ (1)

- a) Fitness
- b) Job
- c) Meditation
- d) Environment

Q10. Given below are two statements labeled Assertion (A) and Reason (R) (1)

Assertion (A) : Physical fitness is the capacity to meet the present and potential physical challenges of life with success.

Reason (R) : Strength, speed, endurance flexibility are the main components of it.

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

Q11. The Olympic Flag was used for the first time at _____ (1)

- a) 1896, Athens, Greece
- b) 1920, Antwerp, Belgium
- c) 1924, Paris, France
- d) 1928, Amsterdam, Netherlands

Q12. Aim of Adaptive Physical Education is to deal with _____ (1)

- a) Athletes
- b) Children with disabilities
- c) Adults
- d) None of the above

Q13. The International Day of Yoga is observed on _____ (1)

- a) 21 July
- b) 21 June
- c) 3 October
- d) 5 September

Q14. The ability to work for a long time without getting fatigue is _____ (1)

- a) Strength
- b) Flexibility
- c) Endurance
- d) Speed

Q15. Fit India Movement was launched on _____ (1)

- a) 28th August 2018
- b) 29th August 2019
- c) 28th August 2020
- d) 29th August 2021

Q16. Match the following: (1)

- | | |
|-----------------|--|
| I. Test | 1. Classification of Assessment |
| II. Measurement | 2. Comparing measurement with objectives |
| III. Evaluation | 3. Any instrument/tool |
| IV. Grading | 4. Reading taken by a test/tool |
- a) I-1,II-2,III-3,IV-4
 - b) I-4,II-2,III-3,IV-1
 - c) I-3,II-4,III-2,IV-1
 - d) I-4,II-3,III-2,IV-1

Q17. "Physical education is that field of education which deals with big muscle activities and their related responses." According to _____ (1)

- a) J.P. Thomas
- b) J.B. Nash
- c) J.F. William
- d) C.C. Cowell

Q18. Which is not the component of Health related fitness? (1)

- a) Flexibility
- b) Muscular Endurance
- c) Speed
- d) Muscular strength

(SECTION B)

(Answer Any Five)

- Q19. List down any four objectives of Physical Education. (0.5*4)
- Q20. List out any four causes of Disability. (0.5*4)
- Q21. Explain the PRICE treatment for sports injuries. (2)
- Q22. Explain the testing procedure for BMI. (2)
- Q23. List down any four objectives of Adaptive Physical Education. (0.5*4)
- Q24. List down any four qualities of a good leader. (0.5*4)

(SECTION C)

(Answer Any Five)

- Q25. Briefly explain the Khelo India programme. (3)
- Q26. Give a short note on Ancient Olympics (3)
- Q27. Define Yoga. Briefly explain any two importance of Yoga (1+2)
- Q28. What do you mean by wellness? Briefly explain any two importance of wellness (1+2)
- Q29. What is Disability Etiquettes? List down any four disability Etiquettes (1+0.5*4)
- Q30. Briefly explain any three components of health related fitness. (3)

(SECTION D)

(All questions are compulsory)

- Q31. Olympism (4X1=4)



While introducing the chapter Olympism in physical Education class Mr. Bibhash found that children were not familiar with the term and were clueless about the various organisations working in this field. So he explained in detail about IOC and various information related to it were discussed.

On the basis of above given case study answer the following questions:

- a) Mention any one of the values of the Olympism
- b) What is the full form of IOC
- c) When was the IOC established
- d) Where is the headquarter of IOC located

OR

How many active members are there in IOC

Q32. Yoga as a preventive measure for lifestyle diseases _____

(4X1=4)



The path of yoga is a flight of eight steps. Efficiency in yoga is attained through step by step process. These are also known as eight elements of Yoga. They are for the individual to think about and ponder over with a rational mind because yoga is not about mindlessly accepting externally imposed rules. It is about finding the truth for oneself and connecting with it.

Based on above case study answer the following questions.

- Which is the first element of Yoga
- Which is the last element of Yoga
- What do you mean by Swadhyaya
- What do you mean by Asana

OR

What is Pranayama

Q33. First-aid

(4X1=4)



First-aid is the most important and immediate care given to a victim of an accident, injury, sudden illness or any other medical emergency. First-aid also restricts the severity of the injury. The first aid treatment should be administered by the person who has the knowledge of first aid.

In relation to the given picture and information, answer the following questions.

- What is the aim of first-aid
- The three P's refer to _____
- In which situation first aid is given
- What does PRICE mean in first aid.

(SECTION E)
(Answer Any Three)

Q34. Distinguish between Test, Measurement and Evaluation. Highlight their importance in sports. (1+1+1+2)

Q35. Give a brief note of the any three main constituents of the Olympic Movement structure and mention the organizational set up of the Indian Olympic Association (3+2)

Q36. The children with special needs require the support and care for their growth and development. Explain the role of any five professionals for guiding the CWSN. (1+2+2)

Q37. Study of Physical Education also provides ample opportunity to build the career. Justify the statement mentioning the carrier options are available in Physical Education. (1x5)

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