

HALF YEARLY EXAMINATION, 2017-18

PHYSICAL EDUCATION

Time : 3 hrs.

Class – XI

M. M. : 70

Name of the student _____ Section _____ Date-09.9.2017 (Saturday)

Instructions:

- All questions are compulsory.
- Answers to questions carrying **01 mark** should be in approximately **30 words**.
- Answer to questions carrying **03 marks** should be in approximately **100 words**.
- Answer to questions carrying **05 marks** should be in approximately **150-200 words**.

- Q.1** Where is the Olympic Torch ignited? (1)
- Q.2** What is the difference between physical fitness and wellness? (1)
- Q.3** What is Adapted Physical Education? (1)
- Q.4** What do you mean by Meditations? (1)
- Q.5** Briefly state strenuous trekking. (1)
- Q.6** What is the aim of physical education? (1)
- Q.7** Who was Pierre de Coubertin? (1)
- Q.8** What is good health? (1)
- Q.9** Write two principles of integrated physical education. (1)
- Q.10** Explain any two objectives of participation in adventure sports. (1)
- Q.11** Define Physical Education as a profession? (1)
- Q.12** Describe the objectives of Physical Education in brief. (3)
- Q.13** What were the ideals behind the organization of ancient Olympic games? (3)
- Q.14** What do you mean by Indicators of health ? Discuss their types in brief. (3)
- Q.15** Write short notes on 'Paralympics Movement'. (3)
- Q.16** Write four relaxation techniques for improving concentration in yoga? (3)
- Q.17** Last year, our school organised a strenuous trekking expedition. Our physical education teacher was accompanying us. One day, while trekking towards, high mountains, it started raining heavily. The trekking route became slippery and as a result of that, Raman, the senior most trekker slipped spontaneously. His lower vertebrae was displaced. It became impossible for him to take any movement. Without losing any moment, our teacher lifted him up on his back and returned back to the base camp for first aid.
- On the basis of the above passage, answer the following questions :
- i) Comment upon the value shown by the physical education teacher.
- ii) State in brief the safety measures during trekking.
- iii) Describe the various qualities required for an individual who go for trekking expedition.
- Q.18** Give some of the important functions of International Olympic Association. (3)
- Q.19** What is the role of physiotherapist for the children with special needs? (3)
- Q.20** Write in detail the career options in physical education. (5)
- Q.21** Explain the components of a positive lifestyle. (5)
- Q.22** What do you mean by the concept of Inclusion? Explain its needs and implementation. (5)
- Q.23** Define Yoga. Explain elements of yoga in detail? (5)
- Q.24** Define leadership. Explain the leadership qualities in physical education. (5)
- Q.25** What is the CBSE organizational set up for sports? Explain Chacha Nehru Sports Award? (5)
- Q.26** Write short notes of the following in brief : (5)
- i) Olympic Motto ii) Olympic Flag iii) Olympic Flame
- iv) Olympic Award v) Olympic Oath

