

**DAV BR PUBLIC SCHOOL, BINA**  
**SESSION 2024-25**  
**HALF Yearly Examination**  
**PRACTICE PAPER**

**Class: \_\_XI**

**Subject:-Physical education**

**Time Allowed: 3hrs**

**MM: 70**

Q.No.	QUESTIONS	MARKS
Q1	Physical education provides career in . A) Teaching B) coaching C) Media & Health D) All	1
Q2	The first edition of khelo india games held ? A. Delhi B. Pune C. Mumbai D. Bengaluru	1
Q3	The first president of ioi Was .... A) Sir dorabji tata B) Dr. A.G Noehren C) Baron de Coubertin D) Mahraja bhupendra singh	1
Q4	One of the Noc member is A) IOC B) OCA C) IDA D) BWF	1
Q5	The agency which checks the doping in india A) WADA B) NADA C) IOA D) SAI	1
Q6	The first olympic torch was lit in A.1896,Athens ,greece B. 1920, Antwep,Belgium C. 1924,paris ,france D. 1928,Amsterdam,Netherlands	1
Q7.	Out of the following which is not Ashtanga asan A) Yama B)Niyam C) Dhauti	1

D) Pratyhara

Q.8 Yoga is 1  
A) Performing ASANA  
B) Performing pranayama  
C) Union of atma and pratma  
D) To be honest

Q.9 Which of the following improve concentration 1  
A) Neti  
B) Dhauti  
C) Tratak  
D) Kapalbhati

Q10 Which is the following not a yogic kriyas 1  
A) Nauli  
B) Jala niti  
C) Sutra neti  
D) Anulom vilom

Q11 The meaning of Ape is . 1  
A) All physical education  
B) Activity of physical education  
C) Adaptive physical education  
D) Active physical education

Q12 To develop abilities of CWSN ,it is essential to have an educational set up that is – 1  
A) Inclusive  
B) Integrated  
C) regular mainstream  
D) Special school

OR

Write the full form of the following words  
IOC , FIBA , ICC, FIFA

Q13 Match list 1 with II 1

List- I

List -II

1) Physical Disabilities

(i) Sensory organ is impaired

2) Sensory disabilities  
impairment of limb

(ii). Pearson cannot do movement due to

3) Cognitive Disabilities  
intelligence

(lii) Pearson cannot read or write and has low

4) Multiple disabilities

(iv) person has various types of disabilities

a. I,ii,iv,iii

b. lii,iv,I,ii

c. li,iii,iv,i

d. li,I,iii,iv

- Q14 The sports gears are important part of 1  
**a.** Fun &Recreational  
**b.** Competitive games and sports  
**c.** Sports Equipment's  
**d.** All
- Q15 Which of them is not an Disorder. 1  
a) SPD And ASD  
b) Odd , ADHD  
c) Mobility and sensory disabilities  
d) All  
Or
- Q16 The first edition of khelo india games held ? 1  
A) Delhi NB) Pune c) Mumbai d) Bengaluru
- Q17 Match the following list i with ii 1  
1. Ancient Olympic games a. 1927  
2. Modern Olympic games b. 1894  
3. IOC c. 1896  
4. IOA d. 776  
a. I,ii,iii,iv  
b. Iv,iii,ii,i  
c. Iv,iii,I,ii  
d. Iv,I,iii,ii
- Q18 . After completing D.P.Ed You can teach class 1  
**a.** I to viii  
**b.** I to v  
**c.** Vi to viii  
**d.** I to x
- Q19 In 1800, Physical education was known as 1  
a. Physical culture  
b. Physical training  
c. Gymnastics  
d. Hygiene  
Or  
Match the following list i with ii  
i. Neti A. Looking at a spot  
ii. Nauli b. Abdominal muscles  
And internal organs gets massage  
iii. Kapal bhati c. Vastra , vama  
iv. Dhauti d. Jala and sutra  
A. li, i, iii, iv  
B. lii, i,iv, ii  
C. Iv,ii,i,iii  
D. li,iv,iii,i

Q20	According to Who a disability is a.. a. Health problem b. Activity limitation c. Interaction between individual AND Society d. Participation restriction	1
Q21..	What is the role of counsellor ? Or	3
Q22	Briefly the opening of Ancient Olympic ? What is the role of physical education teacher	3
Q23	What is the motto of Olympic? Or	3
Q24	What is importance of good sports surface ? Write a note on NOC? Or	3
	Give the importance of Yoga in modern times ?	
Q25	List the Objectives of IOA ?	3
Q26	What is yoga?	3
Q27	What is the benefit from meditation ?	3
Q28	Write the purpose of Dhauti Kriyas ? Or	3
Q29	Discuss the role of physical education teacher in a school ? Explain any two type of disability? OR	3
Q 30.	How would you perform Jal neti ?	3
Q31	Explain the changing trends in physical education? Or	5
Q32	Explain Olympic Flag ,Olympic Motto and objectives of Olympic games Discuss any two International sports Federation?	5
Q33	List down the elements of yoga ?In brief ?	5
Q34	Explain the concept and need of Adaptive physical education? Or	5
	State disability .What is its types?	

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