

DAV BR PUBLIC SCHOOL, BINA
PRACTICE PAPER FOR ANNUAL EXAM
Session (2023-24)
Class XI SUBJECT PE

Time Allowed :3 Hrs

Maximum Marks :70

General instructions:

1. All questions are compulsory
2. The question paper contains 34 questions divided into three sections-A,B and C.
3. Section A contains 20 questions of 1 mark each.
4. Section B contains 10 questions of 3 marks each.
5. Section C contains 4 questions of 5 marks each.

Section -A (1marks each)

- Q1. Ranji trophy is associated with which sports 1
a) Badminton (b) Tabletennis (c) Cricket (d) Kabaddi
- Q2. How many rings in Olympic flag? 1
- Q3. Which of the following asanas resemble the pose of an eagle? 1
a) Naukasana (b) Tadasana (c) Vrikshasana (d) Garudasana
- Q4. Which of these branches of science deals with the study of behavior? 1
a) Kinesiology (b) Physiology (c) Psychology (d) Anatomy
- Q5. Which method of warming up is meant to improve the flexibility of muscles 1
(a) Jogging (b) Stretching (c) Wind sprint (d) Striding
- OR**
- Which of these joints of the human body is an example of hinge joint. 1
(a) knee joint (b) wrist joint (c) hip joint (d) thumb joint
- Q 6. 'Latin word FORTIUS' means 1

- Q 7. Which famous yogic book written by Maharishi Patanjali? 1
- Q 8. Adventure sports are also popularly known as _____ 1
- Q 9. Trekking is an adventure sports. (True/False) 1
- Q10. Yog-nidra is performed in the posture of _____ 1
- Q11. Niyama is the second element of astang yoga. (True/false) 1
- Q12. A healthy amount of fat for men between 15 to 18 percent. (True/ False) 1
- Q13. Psychology does not help in control in the emotions. (True/false) 1
- OR**
- Warming up decrease the metabolic rate. (True/false) 1
- Q14. Which one of the following is not a component of physical fitness? 1
(a) Speed (b) Strength (c) flexibility (d) Accuracy

- Q15 How many types of flexibility are there? 1
- OR**
- How many bones are there in children? 1
- Q16 How many types of equilibrium are there? 1
- Q17 How many categories of BMI are there? 1
- Q18 The Greek word 'kinesis' means _____ 1
- Q19 Modern Olympic started on 1896. _____ (True/False) 1
- Q20 The Olympic flame is a symbol of _____ 1
- OR**
- _____ means the 'pose' 1

Section - B (3 marks each)

- Q21 Briefly discuss about types of dynamic strength. 3
- Q22 Write any three objectives of Khelo-India programme. 3
- Q23 What do you mean by obesity? 3
- OR**
- What is the aim of physical education? 3
- Q24 Discuss the objectives of Indian Olympic Association 3
- Q25 Write the advantages of positive life style. 3
- Q26 What do you mean by evaluation? 3
- OR**
- Define measurement. 3
- Q27 Write any three objectives of adaptive physical education. 3
- Q28 Explain the benefits of Padmasana. 3
- Q29 Explain the meaning of growth and development. 3
- Q30 Describe any four qualities of a leader. 3
- OR**
- Describe any three types of performance enhancing substances. 3

Section - C (5 marks each)

- Q31 Discuss the elements of yoga. 5
- OR**
- Write the importance of kinesiology in sports. 5
- Q32 Enumerate the principles of sports training. 5
- Q33 Write the importance of healthy positive life style. 5
- Q34 Discuss the functions of skeleton system. 5
- OR**
- What do you mean by adventure sports? Discuss the objectives of adventure sports in detail. 5