



INDIAN SCHOOL MUSCAT
FIRST PERIODIC TEST

PHYSICAL EDUCATION

CLASS: XI

Sub.Code: 048

Time Allotted: 50mts.

23.05.2023

Max .Marks: 20

GENERAL INSTRUCTIONS:

- i) *The question paper consists of 13 questions.*
- ii) *All the questions are compulsory*
- iii) *Questions numbers 1 to 6 carry 1 mark and are multiple choice questions*
- iv) *Questions numbers 7 to 10 carry 2 marks*
- v) *Questions numbers 11 to 13 carry 3 marks and should be answered in 80-100 words*

Questions:

1. What is the sports programme launched by Ministry of sports and youth affairs in 2017-18? 1

a) Fit India b) Khelo India c) Catch them young d) Gold Hunt

2. Given below are the two statements labelled assertion (A) and reason (R) 1

Assertion: Physical Education is an elective discipline.

Reason: Physical education borrows principles from allied fields

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

3. Which one of the following is not the aim of social development of physical education? 1

- a) To obey the rules and regulations b) To show sportsmanship c) To cooperate with peers d) To play for self

4. Which city hosted the first Asian Games in 1951? 1
a) Hiroshima b) Seoul c) Jakarta d) Delhi
5. Name the organization which conducts the National school games of India. 1
a) SAI b) SGF c) IOC d) BCCI
6. Azlam Shah cup is associated with which sport / Game? 1
a) Gymnastics b) Basketball c) Hockey d) Track & Field
7. What do you understand by Locomotor Skills? 2
8. What are the career options in Physical Education? 2
9. How does the Khelo India Promote the Rural and indigenous games? 2
10. What is talent search Development? 2
11. What are the objectives of Physical education and explain any two of them? 3
12. Explain the teaching career in Physical education. 3

or

13. What is khelo India programme?



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Questions:

1. Which one of the following components is not included in Khelo India programme? 1
a) Play field Development b) Talent search c) Sports for women d) Organise cricket matches.
2. Physical education is the sum of those experiences which come to the individual through movements. Whose definition is it? 1
a) C A Bucher b) D. Oberteuffer c) J B Nash d) C C Cowell
3. Given below are the two statements labelled assertion (A) and reason (R) 1

Assertion: Physical Education is an elective discipline.

Reason: Physical education borrows principles from allied fields

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- | | |
|---|---|
| 4. Name the organization which conducts the National school games of India. | 1 |
| a) SAI b) SGF c) IOC d) BCCI | |
| 5. Which city hosted the first Asian Games in 1951? | 1 |
| a) Hiroshima b) Seoul c) Jakarta d) Delhi | |
| 6. How many Verticals are there in Khelo India Programme? | 4 |
| a) 6 b) 12 c) 14 d) none of these | |
| 7. What is talent search Development? | 2 |
| 8. How does the Khelo India Promote the Rural and indigenous games? | 2 |
| 9. What are the career options in Physical Education? | 2 |
| 10. What do you understand by Locomotor Skills? | 2 |
| 11. What is khelo India programme? | 3 |
| 12. Explain the teaching career in Physical education. | 3 |

or

13. What are the objectives of Physical education and explain any two of them?



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Questions:

1. Which city hosted the first Asian Games in 1951? 1
a) Hiroshima b) Seoul c) Jakartha d) Delhi
2. Name the organization which conducts the National school games of India. 1
a) SAI b) SGF c) IOC d) BCCI
3. Which sports career is associated with selling sports equipment? 1
a) Teaching b) Communication c) Marketing d) Industrial recreation
4. What is the sports programme launched by Ministry of sports and youth affairs in 2017-18? 1
Fit India b) Khelo India c) Catch them young d) Gold Hunt
5. What is the oldest cricket tournament in India? 1
a) Dileep Trophy b) Ranji Trophy c) Irani Cup d) C K Naidu Trophy
6. Given below are the two statements labelled assertion (A) and reason (R) 1

Assertion: Physical Education is an elective discipline.

Reason: Physical education borrows principles from allied fields

- (a) Both A and R are true and R is the correct explanation of A
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- 7. Write a note on career in book writing. 2
- 8. National sports day is celebrated in the memory of the Indian Player, who was considered to be one of the greatest players of that time. Answer the following questions related to this day. 2
 - a) Name that greatest player
 - b) Name of the game he used to play
 - c) What is his contribution to Indian Sports?
 - d) On which day the national sports day is celebrated and why?
- 9. How does the Khelo India Promote the Rural and indigenous games? 2
- 10. What are the career options in Physical Education? 2
- 11. Explain the teaching career in Physical education. 3
- 12. What ^{are} the technological advancements in PE ? 3

or

- 13. Explain changing trends in Physical education