

JB Academy, Ayodhya
Half Yearly Examination (2025-26)
Class - XI, Sub : Physical Education

Time:- 3 Hours

M.M-70

General Instruction:-

- (i) The question paper consists of 5 section and 37 questions.
- (ii) Section A consist of question 1-18 carrying 1 mark each and are multiple choice questions. All question are compulsory.
- (iii) Section B consist of question 19-24 carrying 2 marks each and are Very short answer types and should not exceed 60-90 words. **Attempt any 5.**
- (iv) Sections 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.**
- (v) Section D consist of question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- (vi) Section E consist of question 34-37 carrying 5 marks each and each are short answer types and should not exceed 200-300 words. **Attempt any 3.**

Section - A

- 1. Endurance is the ability of a person to do:
 - (a) Activity with high speed
 - (b) Work for a long duration
 - (c) Powerful activity
 - (d) Various actions movements
- 2. For 200 m race the required for gymnastic activity is :
 - (a) Flexibility
 - (b) Strength
 - (c) Anaerobic Endurance
 - (d) Coordinative Activity
- 3. 'PRICER' treatment is mostly given to
 - (a) Fracture and Dislocation injury
 - (b) Abrasion and Laceration
 - (c) Sprain and strain
 - (d) All of these
- 4. The Right to Education is :
 - (a) To make education a fundamental right of every child between the age of 6 and 14
 - (b) To provides special facilities to children with various types of disabilities
 - (c) To gives no special opportunities for children who are differently- able.
 - (d) To enforce Adaptive Physical Education programme for children with special needs
- 5. Disorder means
 - (a) Impairment of person
 - (b) Physical disability
 - (c) Certain condition which disturbs the person activity
 - (d) Mental disability
- 6. Adaptive physical education is to develop :
 - (a) Disable person fitness
 - (b) Modify social attitude to adjust disabled
 - (c) To train Divyang to adjust in society
 - (d) All of these
- 7. Withdrawal of senses from the sensory objects is
 - (a) Dharma
 - (b) Pratyahara
 - (c) Dhayana
 - (d) Samadhi

8. Out of the following which one is NOT AsthangYoga ?
 (a) Yama (c) Niyama
 (b) Dhauti (d) Pratyhara
9. Cleansing of internal and external organs is also known as :
 (a) Pranayam (c) Dhyana
 (b) Asana (d) Kriya
10. The Olympic flag was firstly flown in Olympic Games at
 (a) 1896, Athens, Greece (c) 1920, Antwerp, Belgium
 (b) 1924, Paris, France (d) 1928, Amsterdam, Netherland
11. Headquater of IOC is at :
 (a) London (c) Lussanse
 (b) Paris (d) New York
12. IOC members are
 (a) OCA, EOC, PASG (c) BWF, WA, FIFA, FIBA
 (b) India , USA, Russia, China (d) All
13. In 1800, Physical Education was known as
 (a) Physical culture (c) Physical- Training
 (b) Gymnastics (d) Hygiene
14. "Physical Education is sum of changes in an individual caused by experiences centering motor activity" who said this ?
 (a) Prince Martin (c) Millions
 (b) Charles A. Bucher (d) Cassidy
15. **Assertion (A)** : Table Tennis game need lot of coordinative ability.
Reason (R) : wellness improves if person has sedentary.
 (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 (b) Both (A) and (R) are true (R) is not the correct explanation of (A).
 (c) (A) is true and (R) is false.
 (d) (A) is false and (R) is true
16. **Assertion (A)**:Neti means cleansing and clearing of the upper nasal passage i.e. from throat to nostril.
Reason (R): This is of two types Jalaneti and Sutraneti.
 (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 (b) Both (A) and (R) are true (R) is not the correct explanation of (A).
 (c) (A) is true and (R) is false.
 (d) (A) is false and (R) is true
17. **Assertion (A)**: The role of Adaptive Physical Education is to develop overall personality of CWSN.
Reason (R): It trains CWSN to improve their health, social qualities and fitness.
 (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 (b) Both (A) and (R) are true (R) is not the correct explanation of (A).
 (c) (A) is true and (R) is false.
 (d) (A) is false and (R) is true

18. To improve overall balanced ability of an individual one needs:
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|-----------------|---------------|
| (a) Good health | (c) Strength |
| (b) Wellness | (d) Endurance |

Section - B (Any Five)

19. What is the role of yoga in preventing lifestyle diseases?
 20. Write a short note on International Paralympic Committee.
 21. List the objective of IOC.
 22. Expand PRICE treatment.
 23. Define Physiotherapist & it's role in sports.
 24. Define ADHD? It's characteristics and symptoms.

Section - C (Any Five)

25. State Disorder & mention its types.
 26. Discuss about the traditional games for wellness. (any three)
 27. Explain the meaning of Yoga and give importance of Yoga in today's living.
 28. Write any four Functions of IOA.
 29. Discuss the role of IOC.
 30. Define physical Education. Explain the aims and objectives of Physical Education.

Section - D

31. Rahul, a class XII students, has been experiencing stress due to upcoming examination. He often complains of lack of sleep, irritability and frequent headache. Her Physical Education teacher advised them to practice yoga regularly for relaxation and better concentration. He was suggested to do Pranayama (Anulom-vilom and Bhramari), Asanas like Bhujangasana and shavasana, along with meditation.

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| (a) Which yogic practice will help Rahul reduce stress and anxiety. | 1 |
| (b) Explain how Pranayama improves concentration and calms the mind. | 1 |
| (c) State the benefits of practicing shavasana regularly. | 1 |
| (d) Suggest any two yogic asana that can improve Rahul mental health. | 1 |

32. Meena is a class X student who has a hearing impairment. She enjoys dance and physical activities but sometimes struggle to understand verbal instruction in class. Her teacher uses visual demonstration, gestures and sometimes sign language to help her. Her classmates are cooperative and always include her in group activities.

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| (a) What type of disability does Meena have? | 1 |
| (b) How did the teacher help Meena in class? | 1 |
| (c) Why peer support important for CWSN? | 1 |
| (d) Suggest two co-curricular activities suitable for Meena. | 1 |

33. Write about the Career option in field of Physical Education write their names and its role.



Section - E (Any Three)

34. Describe the aims and objectives of Khelo- India Programme.

35. Define leadership. List down some qualities of a leader.

36. Define :-A) Counsellor b) Physiotherapist c)Special Educator d) Speech therapist

37. Write about any Four Traditional games. Explain.

All The Best
