

MARKING SCHEME
PRACTICE PAPER-1 (2021-22)
CLASS : XI
SUBJECT : PHYSICAL EDUCATION (048)

Time Allowed : 90 Min.

समय : 90 मिनट

Maximum Marks : 45

अधिकतम अंक - 45

GENERAL INSTRUCTIONS:

1. Marking scheme consists 60 answers.
2. There are 3 sections in the marking scheme namely :
Section-A : Knowledge and Understanding.
Section-B : Application & HOTS.
Section-C : Case study.
3. Each answer carry equal marks.

Section-A (Knowledge and Understanding)

1. (a) Five flying pigeons
2. (c) disease
3. (c) All round development
4. (a) Muscular strength
5. (b) 394 AD
6. (a) Anatomy
7. (c) Circumference of waist/Circumference of hip
8. (d) All of the above
9. (b) Measurement
10. (b) Efficient & talented official
11. (d) All of above

12. (c) Coordinate ability
13. (b) Under weight
14. (b) Bones
15. (c) Heart
16. (b) Speed
17. (c) Sit and Reach test
18. (c) Stronger
19. (a) Delhi
20. (b) 1927
21. (c) To develop fitness for sports
22. (a) Isometric
23. (b) Measurement
24. (c) Cube

Section-B : Application & HOTS.

25. (c) Skull
26. (c) 27.9 kg/m^2
27. (c) Body composition
28. (a) Promoting the development of sports and Olympic movement.
29. (b) Both A & B are true & B is not correct explanation of A.
30. (b) 4, 1, 2, 3
31. (a) sports broadcasting
32. (c) flexibility

for visually impaired students

- (c) Speed
33. (b) 4, 1, 2,3

- 34. (a) Body composition
- 35. (b) Both A & B are true & B is not correct explanation of A.
- 36. (a) Both A & B are true & B is correct explanation of A.
- 37. (d) 2, 1, 4, 3

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- (a) 1, 2, 3, 4
- 38. (d) Measurement of fat

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- (c) fat
- 39. (b) Veins
- 40. (a) Both (A) & (R) are true & (R) is the correct explanation of (A)
- 41. (a) Determining the strengths, weaknesses and limitations of a student.
- 42. (d) measurement of height

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- (d) spirometer
- 43. (a) Physical educator
- 44. (d) Number of heart contractions per minute.
- 45. (a) Baron D. Coubertin

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- (c) Sir Dorabji Tata
- 46. (d) Ventilation
- 47. (a) Henri Didon
- 48. (c) improve health related fitness

Section-C : Case study

- 49. (b) competing

50. (a) Obesity
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(a) Regular exercise and balanced food
51. (b) Dynamic Equilibrium
52. (c) Sports Journalism
53. (b) Healthy and positive life
54. (a) Cricket
55. (d) All of above
56. (c) Under weight
57. (a) 14 countries, 241 athletes
58. (d) spirometer
59. (d) 4
60. (b) Endurance