

Directorate of Education, GNCT of Delhi

Practice Paper

Session: (2024 – 2025)

Class – XI

Subject: PHYSICAL EDUCATION (048)

Max. Marks: 70

Duration: 3 hours

GENERAL INSTRUCTIONS:

- i. The question paper consists of 5 sections and 37 Questions.
- ii. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- iii. Sections B consist of questions 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. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- vi. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

Section-A

1	<p>The axis divides the body into right side and left side is_____.</p> <p>A. Frontal axis B. Sagittal axis C. Vertical axis D. Longitudinal axis</p>	1
2	<p>Which of the following academic course is required to be a TGT Physical Education Teacher, who teaches up to Xth class?</p> <p>A. B.P.Ed B. M.P.Ed C. M.Phill D. D.P.Ed</p>	1
3	<p>“Mr. “A” is working in reputed company but he is not satisfied with his job”. Given statement is associated with _____ wellness.</p> <p>A. Spiritual B. Emotional C. Social D. Occupational</p>	1
4	<p>Which is not a problem associated with adolescence?</p> <p>A. Substance abuse B. Exercise adherence C. Anti-social behaviour D. Lack of language development</p>	1
5	<p>Macro-cycle involves training period of_____.</p> <p>A. 3-10 days B. 3-6 weeks C. 6-12 weeks D. 12-54 weeks</p>	1
6	<p>What do you mean by IOC?</p> <p>A. Indian Olympic Committee B. International Olympic Committee C. Indian Olympic Community D. International Olympic Community</p>	1
7	<div data-bbox="534 1467 1102 2061" data-label="Image"> </div> <p>Which type of pranayama seen in given picture?</p> <p>A. Ujjayi Pranayama B. Bhramari Pranayama C. Sheekari Pranayama D. Anulom-Vilom Pranayama</p> <p align="center">OR</p> <p>(Question for visually impaired)</p> <p>In which of the following pranayama we inhale with one nostril and exhale with other nostril?</p>	1

	<ul style="list-style-type: none"> A. Ujjayi Pranayama B. Bhramari Pranayama C. Sheetkari Pranayama D. Anulom-Vilom Pranayama 																	
8	<p>A CWSN child is very demotivated. Suggest him appropriate professional for helping him.</p> <ul style="list-style-type: none"> A. Counselor B. Speech Therapist C. Occupational Therapist D. Physical Education Teacher 	1																
9	<p>When a player performs an action scientifically that is_____.</p> <ul style="list-style-type: none"> A. Strategy B. Style C. Skill D. Technique 	1																
10	<p>The process of obtaining and providing useful information for judging decision alternative is known as_____.</p> <ul style="list-style-type: none"> A. Test B. Evaluation C. Measurement D. Technique 	1																
11	<p>Which of the following is NOT a biological cause of disability?</p> <ul style="list-style-type: none"> A. Due to polio B. Due to disorder of genes C. Due to bipolar disorder D. Due disturbance in gland functioning 	1																
12	<p>_____ is the ability to perform moderate to vigorous levels of physical activity without undue fatigue and the capability of maintaining such ability throughout life.</p> <ul style="list-style-type: none"> A. Fitness B. Wellness C. Physical Fitness D. Health 	1																
13	<p>Read the following statements- Assertion (A) and Reason (R). Choose one of the correct alternatives given below:</p> <p>Assertion (A): Last ancient Olympic was held in 698 AD. Reason (R): Ancient Olympic was legally abolished by The Roman Emperor Theodosius.</p> <p>Both (A) and (R) are true and (R) is the correct explanation of (A). Both (A) and (R) are true, but (R) is not the correct explanation of (A). (A) is true, but (R) is false. (A) is false, but (R) is true.</p>	1																
14	<p>Match the following:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">I.</td> <td style="width: 25%;">Brahmacharya</td> <td style="width: 10%;">1</td> <td style="width: 40%;">Fourth</td> </tr> <tr> <td>II.</td> <td>Satya</td> <td>2</td> <td>First</td> </tr> <tr> <td>III.</td> <td>Asteya</td> <td>3</td> <td>Second</td> </tr> <tr> <td>IV.</td> <td>Ahinsa</td> <td>4</td> <td>third</td> </tr> </table> <ul style="list-style-type: none"> A. I-1, II-3, III-2, IV-4 B. I-1, II-3, III-4, IV-2 C. I-1, II-2, III-4, IV-3 D. I-1, II-2, III-3, IV-4 	I.	Brahmacharya	1	Fourth	II.	Satya	2	First	III.	Asteya	3	Second	IV.	Ahinsa	4	third	1
I.	Brahmacharya	1	Fourth															
II.	Satya	2	First															
III.	Asteya	3	Second															
IV.	Ahinsa	4	third															
15	<p>Extension and flexion movement happens on _____ joint.</p> <ul style="list-style-type: none"> A. Ball and Socket joint B. Hinge joint C. Pivot joint D. Gliding joint 	1																

16	Which of the following traditional game played with the help of animal? A. Chaupar B. Pittho C. Mallakhamb D. Polo	1
17	_____ is the passageway of both digestive and respiratory system. A. Nasal cavity B. Larynx C. Trachea D. Pharynx	1
18	Childhood stage is for the age group of _____. A. 0-2 years B. 3-6 years C. 13-19 years D. 20-30 years	1

Section-B








19	Enlist four qualities of leadership.	½*4
20	Describe concept of disorder.	2
21	Define skill and technique.	2
22	Write another four rings' colours of Olympic symbol in a sequence start from blue.	½*4
23	Explain BMI	2
24	Explain Fit India movement.	2

Section-C

25	Describe Olympic oath.	3
26	Explain principles of Biomechanics	3
27	Define yoga and describe two benefits of yoga in daily life.	1+2
28	Explain three importance of traditional and regional games.	1+1+1
29	Describe management of adolescence problems.	1+1+1
30	Write three career options of physical education in detail.	1+1+1

Section-D

31	<p>Hockey is an ancient sport thought to be the forerunner of all 'stick and ball' games. The modern game of hockey is played in 132 countries around the world and is second only in popularity to soccer as a team sport. The introduction of synthetic surfaces has significantly changed the sport of field hockey. Since being introduced in the 1970s, competitions in western countries are now mostly played on artificial surfaces. This has increased the speed of the game considerably, and changed the shape of hockey sticks to allow for different techniques, such as reverse stick trapping and hitting.</p> <p>Source:http://epao.net/epSubPageExtractor.asp?src=leisure.Sports.Field_Hockey_And_Artificial_Turf</p> <p>a) Now artificial surface used instead of natural grass in hockey is _____ changing trends in physical education and sports.</p> <p>b) Change in the shape of hockey is considered under _____ changing trends.</p> <p>c) Review system introduce in the sports is an example of _____ changing trends in physical education and sports.</p> <p>d) Pads of hockey goal keeper also changed. This changing trend comes under _____.</p> <p style="text-align: center;">OR</p> <p>d) Change in goalkeeper helmet is an example of _____ changing trend.</p>	4x1 = 4
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<p>32</p>	<p>Pranayama form an important component of yogic practice. Prnayama is a science which helps to regularize vital energies through the regulation of breathing. Here we show the way of breathe out of two different pranayamas. Answer the following questions related to given images:</p> <div style="text-align: center;">  </div> <p>a) The way of breathe out shown in first image from the left is related to _____ pranayama.</p> <p>b) When we perform _____ pranayama, we breathe in from one nasal and breathe out from other nasal in a alternate manner.</p> <p>c) Which pranayama is effective in instantly calming down the mind?</p> <p>d) In _____ pranayama we breathe out from between the teeth as shown in the second image.</p> <p style="text-align: center;">OR</p> <p>(Question for visually impaired)</p> <p>Describe four yogic kriyas with their respective purpose.</p>	<p>4x1 = 4</p>				
<p>33</p>	<p>Skills will be performing in an effective manner if you have good fitness. There are many skills perform by a sports person in their respective sports. Here we show some images related to sports skills. Observe the images and answer the following questions:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td data-bbox="253 1311 824 1642">  </td> <td data-bbox="824 1311 1390 1642">  </td> </tr> <tr> <td data-bbox="253 1642 824 1682"> <p>Performing Tad asana</p> </td> <td data-bbox="824 1642 1390 1682"> <p>100 meter Run</p> </td> </tr> </table> <p>a) In 1st picture children required _____ component of skill related fitness to perform tad asana.</p> <p>b) In 100 meter running event we required _____ component of skill related fitness.</p> <p>c) A badminton player hit the shuttle cock with his racket for this he required _____ component of skill related fitness.</p> <p>d) In Kho-Kho game a runner is running between the chasers in zig-zag form, which skill related fitness component required by runner in Kho-Kho game?</p> <p style="text-align: center;">OR</p> <p>d) When an athlete take start in 100mts race, which component required at that time?</p> <p>(Question for visually impaired)</p> <p>Describe four skill related fitness component with sports examples.</p>			<p>Performing Tad asana</p>	<p>100 meter Run</p>	<p>4x1 = 4</p>
						
<p>Performing Tad asana</p>	<p>100 meter Run</p>					

Section-E

34	Explain function of circulatory system.	5
35	Explain characteristics at different stages of development	5
36	Explain the disability etiquettes in detail.	5
37	Explain yoga-nindra and its 4 benefits in detail	1+4