

**Directorate of Education, GNCT of Delhi**  
**Mid Term Examination Practice Paper**  
**Session - 2025-26**  
**Class XI**  
**Physical Education (Code :048 )**

**Time allowed: 3 Hour**

**M.M: 70**

**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.

**SECTION-A**

1	Skull Joints are which type of joint?  A. Gliding Joint B. Condylloid Joint C. Immovable Joint D. Pivot Joint	1																
2	The angle between the bones at a joint is reduced while performing _____ movement?  A. Flexion B. Circumduction C. Abduction D. Extension	1																
3	<div>Match the following:</div> <table><tr><td>I.</td><td>Pratyahara</td><td>1</td><td>Fourth</td></tr><tr><td>II.</td><td>Dharana</td><td>2</td><td>Fifth</td></tr><tr><td>III.</td><td>Pranayama</td><td>3</td><td>Seventh</td></tr><tr><td>IV.</td><td>Dhyana</td><td>4</td><td>Sixth</td></tr></table> <div>A. I-2, II-1, III-3, IV-4 B. I-2, II-1, III-4, IV-3 C. I-2, II-4, III-1, IV-3</div>	I.	Pratyahara	1	Fourth	II.	Dharana	2	Fifth	III.	Pranayama	3	Seventh	IV.	Dhyana	4	Sixth	1
I.	Pratyahara	1	Fourth															
II.	Dharana	2	Fifth															
III.	Pranayama	3	Seventh															
IV.	Dhyana	4	Sixth															

	D. I-2, II-4, III-3, IV-1	
4	<p>What is the full form of NOC?</p> <p>A. National Olympic Committee B. National Official Committee C. National Official Community D. National Olympic Community</p>	1
5	<p>Which of the following method used in passive warm up?</p> <p>A. Jogging B. Jumping C. Drinking hot beverage D. Running</p>	1
6	<p>Read the following statements- Assertion (A) and Reason (R). Choose one of the correct alternatives given below:</p> <p>Assertion (A): Teams which have a better team cohesion, have a good record of winning.</p> <p>Reason (R): If a team is more cohesive, it is more likely to perform well.</p> <p>A. Both (A) and (R) are true and (R) is the correct explanation of (A). B. Both (A) and (R) are true, but (R) is not the correct explanation of (A). C. (A) is true, but (R) is false. D. (A) is false, but (R) is true.</p>	1
7	<p>Which of the following is the aim of Adaptive Physical Education?</p> <p>A. To promote physical education B. To make physical education paper C. To make rules for physical education D. To provide every individual an opportunity to participate in physical education and sports</p>	1
8	<p>Assigning ranking on the basis of fitness test score is a/an _____.</p> <p>A. Test B. Measurement C. Evaluation D. Administration</p>	1
10	<p>Fit India Movement was launched on _____.</p> <p>A. 29th August 2018 B. 15th August 2018 C. 29th August 2019 D. 15th August 2019</p>	1
		1

11	<p>Identify the year in which World Anti-Doping Agency (WADA) was established.</p> <p>A. 1999 B. 1998 C. 1967 D. 1928</p>	
12	<div data-bbox="310 514 878 953" data-label="Image"> </div> <p>Which type of kriya seen in given picture?</p> <p>A. Neti B. Dhauti C. Trataka D. Kapalbhathi</p> <p style="text-align: center;"><b>OR</b></p> <p><b>(Question for visually impaired)</b></p> <p>Which of the following kriya used to cleaning of Nasal?</p> <p>A. Neti B. Dhauti C. Trataka D. Kapalbhathi</p>	1
13	<p>Identify the name of artery, which carry deoxygenated blood?</p> <p>A. Aorta B. Pulmonary Artery C. Carotid Artery D. Renal Artery</p>	

14	Which of the following is characteristic of social development? A. Height B. Thinking C. Interacting with others A. Feelings and attitudes	1
16	Which of the following feature of training load is comes under inner load? A. Volume of load B. Intensity of load C. Lack of concentration D. Frequency of load	1
17	How many types of yama are there according to Maharishi Patanjali? A. 3 B. 4 C. 6 D. 5	1
18	A CWSN child is very demotivated. Suggest him appropriate professional for helping him. A. Counselor B. Speech Therapist C. Occupational Therapist D. Physical Education Teacher	1

### SECTION-B

19	As you seen many children plays marbles, pittho gram, chain-chain games. According to you what kind of benefits they have to engage in such kind of activities? Enlist any four.	$\frac{1}{2}$ *4
20	Enlist the name of heart chambers who received the blood into heart and who pump the blood outside the heart.	$\frac{1}{2}$ *4
21	A national games camp of Kabaddi is organized from last 15 days. Since last two days player-A loss his confidence and player-B has more error in techniques. Identify that which types of overload symptom both players have and also mention one more symptom for such kind of overload symptoms for both players.	$\frac{1}{2}$ *4
22	Describe concept of disorder.	2

23	As we know that Olympic symbols have five interlocking rings. How many rings out of these five rings are interlocking with two rings? Also write the colours name of those rings.	$\frac{1}{2} \times 4$
24	A yogi practicing the yoga and he wants to achieve all the stages of Ashtang yoga. At present he is at fifth stage i.e. withdrawal of the senses. Enlist the 2 previous stages name which achieved by the yogi just before the current stage as well as 2 next stages name which yogi yet to be achieved just after the current stage.	$\frac{1}{2} \times 4$

### SECTION-C

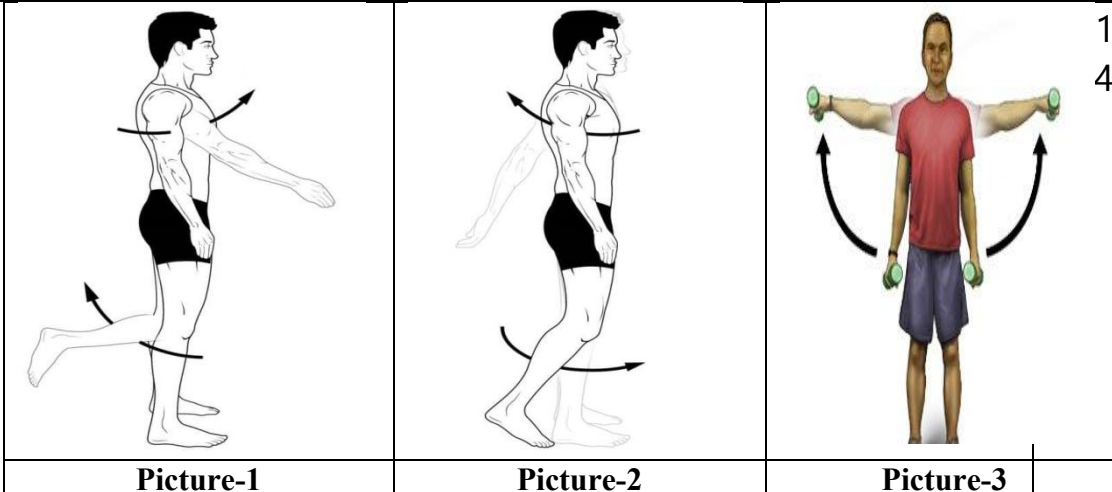
25	Make a table and mention any three types of tests in physical education and their objectives.	$1 \times 3$
26	If the weight and height of your friend is 64kg and 160cm respectively. Calculate the BMI of your friend and also mention the BMI category of your friend	$2 + 1$
27	Explain 3 adolescent problems.	$1 \times 3$
28	Define Extension, abduction, and circumduction.	$1 \times 3$
29	Describe the concept of skill, Technique and Tactics in sports.	$1 \times 3$
30	In an interview a former cricketer tell about the changes in cricket game. He tells about the change in helmet structure, colour of ball, and review system. Identify the types of changing trends told by former cricketer with give justification for your answer.	$1 \times 3$

### SECTION-D

31	India progressed in all aspects after getting independence in 1947. In the field of Physical education numerous schemes were introduced by Government of India. In 1948, Government of India was setup Central Government Physical Education Committee also known as Tara Chand Committee. Then health minister of India Rajkumari Amrit Kaur introduce Coaching Scheme for games and sports in 1953. The purpose of the scheme to streamline coaching program in Indian, since there are no professional coaching program running	$4 \times 1 = 4$
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	<p>that time. As a result, National Institute of Sports (NIS) was setup in 1961 at Moti Bagh, Patiala, Punjab to produce qualified coaches in different games and sports. In 1984 Sports Authority of India (SAI) was established under the Department of Sports to maintain and proper utilization of sports infrastructure which was built for Asian Games. SAI has two objectives one is to promote sports and achieve sports excellence at national and international level. In 1987, Society for National Institutes of Physical Education and Sports (SNIPES) was merged with Sports Authority of India (SAI) to promote and develop sports awareness among peoples. XIX Commonwealth Games 2010 was conducted in New Delhi. In 2018 CBSE launched Physical Education as Compulsory subject in class IX to XII as mainstreaming Health, Physical Education.</p> <p>1. Central Government Physical Education Committee is also known as:</p> <ol style="list-style-type: none"> <li>Tara Chand Committee</li> <li>Rajkumari Committee</li> <li>Sports Authority Committee</li> <li>CBSE Committee</li> </ol> <p>2. What is the full form of NIS?</p> <ol style="list-style-type: none"> <li>National Institute of Sports</li> <li>National Institute of Students</li> <li>National Information of Sports</li> <li>National Institute of Studies</li> </ol> <p>3. Promote sports and _____ are two objectives of SAI?</p> <ol style="list-style-type: none"> <li>Develop Flexibility</li> <li>Achieve Sports Excellence</li> <li>Encourage Tourism</li> <li>Improve Health Facilities</li> </ol> <p>4. Who launched Physical Education as a compulsory subject in 2018?</p> <ol style="list-style-type: none"> <li>Ministry of Education</li> <li>CBSE</li> <li>Sports Authority of India</li> <li>Rajkumari Amrit Kaur</li> </ol>	
32	<p>Keeping in view the fact that Children with Special Needs form one of the largest groups that are still outside the fold of the general education system, Inclusive Education provides them with an opportunity to enter formal education. This makes it necessary for the school to employ various professionals such as school counselor, occupational therapist, physiotherapist,</p>	<p>4x1 = 4</p>

	<p>etc., for CWSN. These professionals help and support children in achieving their full potential physically as well as academically, improve their motor skills, enhance their communication skills and in promote their mental as well as physical health. A speech therapist in school provides treatment, support and care for students with special needs who have difficulties in communication. The Special Educator is responsible for assessing the level of the child, observing her/his performance or behaviour to bring improvement in different subject areas of special needs education. The Physical Education teachers need to determine the abilities of students with special needs. They also need to determine measures to support their participation in sports.</p> <p>1. What is the full form of CWSN?</p> <ol style="list-style-type: none"> <li>Children with Special Needs</li> <li>Children with Sports Needs</li> <li>Children with Speech Needs</li> <li>Children with Social Needs</li> </ol> <p>2. If a CWSN child has communication-related issues, which professional helps him?</p> <ol style="list-style-type: none"> <li>Physiotherapist</li> <li>Occupational Therapist</li> <li>Speech Therapist</li> <li>Special Educator</li> </ol> <p>3. _____ help the children with special needs to achieve their full potential through physical intervention, advice and support.</p> <ol style="list-style-type: none"> <li>Physiotherapists</li> <li>Engineers</li> <li>Accountants</li> <li>Librarians</li> </ol> <p>4. Physical Education Teacher and _____ are the professionals who help CWSN students in the school system.</p> <ol style="list-style-type: none"> <li>Shopkeeper</li> <li>Special Educator</li> <li>Driver</li> <li>Musician</li> </ol>	
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1. What is the name of the movement shown in Picture-1 at the shoulder joint?

- a) Flexion
- b) Extension
- c) Abduction
- d) Adduction

2. Which movement is shown in Picture-2 at the knee joint?

- a) Flexion
- b) Extension
- c) Rotation
- d) Circumduction

3. Identify the movement shown in Picture-3:

- a) Pronation
- b) Supination
- c) Flexion
- d) Extension

4. What is the reverse movement of the movement shown in Picture-3?

- a) Flexion
- b) Extension
- c) Supination
- d) Pronation

Question for visually impaired students only

Ananya, a Class 11 student in the Physical Education class, was learning about anatomy and physiology. Her teacher explained different types of body movements at various joints. Ananya observed elbow bending, bone angle changes, and hand rotations during demonstrations.

1. What is the name of the movement when we fold our elbow? a) Extension b) Flexion c) Abduction d) Adduction	
2. What is the name of the movement in which the angle of bones at a joint increase? a) Flexion b) Extension c) Rotation d) Circumduction	
3. When a body part moves away from the midline, it is known as: a) Adduction b) Abduction c) Pronation d) Supination	
4. _____ is the movement in which the palm moves downward. a) Supination b) Rotation c) Flexion d) Pronation	

### SECTION-E

34	Explain the functions of any five organs/parts of respiratory system.	5
35	Define Test, Measurement, and Evaluation. Also explain these three terms with the help of one example from physical education and sports.	3+2
36	Enlist 5 qualities required by an individual to be a good leader? How physical education and sports helps in creating leaders?	2 ½ + 2 ½
37	A student watching the sports channel in the television and he saw long relay of runners carries the torches. He didn't understand what they are doing? So he discusses it with his friends. One of his friend is a sportsperson explain him everything about that what he watched on television. Describe in detail what his friend explains him.	5