

DIRECTORATE OF EDUCATION, GOVT OF NCT, DELHI

MID TERM PRACTICE PAPER (2026-27)

CLASS – XI

SUBJECT: PHYSICAL EDUCATION (048)

Maximum Marks: 70

Time: 3:00 Hrs.

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 questions.
2. Section A contains questions 1–18, one mark each, in multiple-choice format. All questions are compulsory.
3. Section B contains questions 19–24, two marks each, very short answer type, to be answered in 60–90 words. Attempt any 5.
4. Section C contains questions 25–30, three marks each, short answer type, to be answered in 100–150 words. Attempt any 5.
5. Section D contains questions 31–33, four marks each, case-study based. Internal choice is available.
6. Section E contains questions 34–37, five marks each, short answer type, to be answered in 200–300 words. Attempt any 3.

SECTION-A

1. The Ancient Olympic Games were held in honour of which Greek God? [1]
 - A. Poseidon
 - B. Theodosius
 - C. Hercules
 - D. Zeus
2. Regular practice of yoga primarily helps a person achieve _____. [1]
 - A. An increase in body weight
 - B. Only a strong and speedy body
 - C. Peace of mind and concentration
 - D. Yoga viewed merely as a final achievement
3. Which of the following is a recognised cause of disability? [1]
 - A. Involvement in activities
 - B. Lack of knowledge
 - C. Poverty
 - D. Heredity
4. Which career option in physical education mainly focuses on training athletes to reach a high level of competitive performance? [1]
 - A. Sports Manager
 - B. Physical Education Teacher
 - C. Sports Scientist
 - D. Sports Coach
5. Given below are two statements labelled Assertion (A) and Reason (R): [1]

Assertion (A): The Olympic motto is made up of three Latin words — Citius, Altius, Fortius.

Reason (R): These words mean that a person should aim to be physically Faster, Higher, and Stronger.

Choose the correct option:

- 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.

6. Flexibility refers to the _____ of the joints of the body.

[1]

- A. Shape
 B. Texture
 C. Expansion
 D. Structure

7. Match List-I with List-II and choose the correct answer using the code given below:

[1]

List-I	List-II
I. Kapalbhati	1. Alternate Nostril Breathing
II. Anulom-Vilom	2. Skull-Shining Breath
III. Bhastrika	3. Bellows Breath
IV. Sheetkari	4. Hissing Cooling Breath

Code:

	I	II	III	IV
A	2	1	3	4
B	1	2	4	3
C	3	4	1	2
D	4	3	2	1

- A. 2, 1, 3, 4
 B. 1, 2, 4, 3
 C. 3, 4, 1, 2
 D. 4, 3, 2, 1

8. Which of the following is generally regarded as a major cause of cognitive disability?

[1]

- A. A balanced diet
 B. Vaccination
 C. Brain injury
 D. Drug abuse

9. The ability to overcome resistance over a prolonged period of time is called _____.

[1]

- A. Flexibility
 B. Speed
 C. Strength
 D. Endurance

10. Match List-I with List-II and choose the correct answer using the code given below:

[1]

List-I	List-II
I. Blue	1. Europe
II. Black	2. Africa
III. Red	3. America
IV. Yellow	4. Asia

Code:

	I	II	III	IV
A	2	1	4	3
B	4	3	2	1
C	3	4	1	2
D	1	2	3	4

- A. 2, 1, 4, 3
- B. 4, 3, 2, 1
- C. 3, 4, 1, 2
- D. 1, 2, 3, 4

11. Neti is a yogic cleansing exercise (Shatkarma) meant for _____. [1]
A. Mouth cleansing
B. Kidney cleansing
C. Stomach cleansing
D. Nasal cleansing
12. The proportion of fat, bone, and muscle that make up the human body is called _____. [1]
A. Body Composition
B. Muscular Strength
C. Muscular Flexibility
D. Body Stamina
13. Physical disability is essentially a problem related to _____. [1]
A. Speech
B. Problem-solving
C. Communication
D. Movement
14. A state of complete steadiness and absorption of the mind is known as _____. [1]
A. Dharana
B. Dhyana
C. Samadhi
D. Asana
15. Which of the following best represents a current trend in physical education? [1]
A. Evaluating performance alone
B. Aptitude testing alone
C. Mere effort without direction
D. Development of skills
16. Which of the following is the appropriate term now used for persons with disability in India? [1]
A. Blind
B. Agility
C. Retarded
D. Divyang
17. Yog Nidra is generally performed while lying in _____. [1]
A. Swastikasana
B. Shavasana
C. Setubandhasana
D. Sarvangasana

18. Who is known as the Father of the Modern Olympic Games? [1]
- A. Baron Pierre de Coubertin
 - B. Theodosius
 - C. Demetrius Vikelas
 - D. Avery Brundage

SECTION-B (Attempt any 5)

19. Describe the various symbols associated with the Olympic Games. [2]
20. State the objectives of the Fit India Movement. [1/2×4]
21. Describe the technique of performing Sthal Basti. [2]
22. Define First Aid and state its aim. [2]
23. Describe the functions and responsibilities of the Indian Olympic Association (IOA). [1/2×4]
24. Distinguish between Dhyana and Dharana. [2]

SECTION-C (Attempt any 5)

25. Define traditional sports and regional games. Explain their role in promoting wellness. [1+1/2×4]
26. Describe the different types of disability, giving one example of each. [1×3]
27. Discuss the key features of the Modern Olympic Games. [1×3]
28. Explain the components of health-related fitness. [1×3]
29. Discuss the changing trends observed in the field of physical education. [1×3]
30. Classify yogasanas into their different types. [1×3]

SECTION-D

31. Sunrise Public School organised a Career Guidance Seminar for its Class XI students, aimed at creating awareness about the various career opportunities available in the field of physical education and sports.

Based on this case, answer the following questions: [1 × 4]

1. Which of the following is a communication-based career option in the field of sports?
 - A. Sportsperson
 - B. Sports Journalism
 - C. Sports Administrator
 - D. Sports Counsellor
2. Motion-analysis software and wearable fitness trackers are examples of _____.
 - A. Sports Safety Process
 - B. Sports Surface Process
 - C. Sports Technological Process
 - D. Sports Equipment Process
3. Identify the career being described: this professional examines injured players, diagnoses their condition, and prescribes treatment during a match.
 - A. Sports Coach
 - B. Sports Doctor
 - C. Sportsperson

D. Sports Referee

4. Which qualification is required to become a Physical Education Teacher at the secondary level?

- A. A Diploma taken after Class 12
- B. A Bachelor's Degree in Physical Education
- C. A Sports Coaching Diploma
- D. A Diploma in Yoga

32. Rohan, a student of Class XI, was going through irregular sleep patterns and high stress in the days before his examinations. His yoga teacher, Ms. Anita, advised him to practise specific yogasanas, pranayama, and yogic kriyas to help him manage the problem.

Based on this case, answer the following questions:

[1 × 4]

1. Which of the following practices is recommended to help Rohan relax and sleep better?

- A. Tadasana
- B. Vajrasana
- C. Paschimottanasana
- D. Yoga Nidra

2. _____ is a meditation technique that involves steadily gazing at a single point.

- A. Trataka
- B. Neti
- C. Nauli
- D. Yoga Nidra

3. _____ is a yogic breathing practice (pranayama).

- A. Samadhi
- B. Kapalbhata
- C. Dhauti
- D. Asana

4. Which of the following is the odd one out?

- A. Satya
- B. Aparigraha
- C. Asteya
- D. Shaucha

33. Ms. Neha, the class teacher of Class XI, noticed that a newly admitted student, Aryan, had difficulty remembering instructions, solving simple problems, and understanding concepts taught in class compared to his classmates. During the PTM, she discussed his progress with his parents and recommended consulting the school's special educator and counsellor.

Based on this case, answer the following questions:

[1 × 4]

1. According to the WHO, disability is best described as a/an_____.

- A. Health problem
- B. Activity limitation
- C. Interaction limitation
- D. Physical fitness issue

2. Aryan is most likely experiencing _____ disability.

- A. Mental
- B. Intellectual
- C. Physical

D. Brain Damage

3. Adapted Physical Education primarily addresses a child's_____.

- A. Physical Health
- B. Social Health
- C. Basic Career Skills
- D. Emotional Health

4. A 'disorder' is generally associated with_____.

- A. Obstruction of routine work
- B. Harm caused to others
- C. Behavioural problems
- D. Physical injuries

SECTION-E (Attempt any 3)

34. Discuss Adapted Physical Education. Describe its guiding principles for the development of children with special needs. *[1×5]*

35. What is leadership in physical education? Describe the role of a leader in organising a sports event in school.

[1+4]

36. Explain the objectives of Physical Education.

[1×5]

37. Elaborate on Olympic Value Education with suitable examples.

[1×5]