

NORTH-EX PUBLIC SCHOOL
(Senior secondary, Affiliated to cbse)
School block, Jain nagar, sector-38, Rohini, Delhi-81
Half yearly Examination, 2023-24
Subject-Physical Education
Class XI

TIME ALLOWED:- 3 HOUR

MM-70

- (1) The question paper consists of 30 questions
- (2) All question are compulsory
- (3) Section A contains question number 1-12 carry 1 marks and multiple choice questions
- (4) Section B contains question number 13-16 carry 2 marks
- (5) section C contains question number 17-26 carry 3 marks marks and should be answered in 80-100 words
- (6) Section D contains question number 27-30 carry five marks and should be answered in 150 - 200 words

Section A

Q1. Indian age who compiled all yoga

- a. Pranayama
- b. Ojus
- c. Patanjali
- d. Props

Q2. The words yoga is derived from

- a. Yuj
- b. Yug
- c. Yog
- d. None of the above

Q3. Ashtanga yoga has how many elements

- a. 6
- b. 8
- c. 10
- d. 12

Q4. How many types of tratakaare there?

- a. 1
- b. 2
- c. 3
- d. 4

Q5. Kapalbhathi is associated with

- a. Shoulders
- b. Skull
- c. Knees
- d. Ankles

Q6. World disability day is celebrated an

- a. 2nd April
- b. 31st June
- c. 29th august
- d. 3rd December

Q7. What is the term used for CWSN ?

- a. Viklang
- b. Divyang
- c. Defferently abled

d. All of the above

Q8. When was the world first Aid used

- a. 1869
- b. 1905
- c. 1890
- d. 1879

Q9. The ability to perform similar movement at fastest speed is

- a. Endurance
- b. Flexibility
- c. Speed
- d. None of them

Q10. Ability to work for a long period of time without getting fatigue is

- a. Strength
- b. Flexibility
- c. Endurance
- d. Speed

Q11. Maximum range of movement around joints is known as

- a. Flexibility
- b. Speed
- c. Endurance
- d. None of them

Q12. Which is not a game that includes coordinative ability

- a. Khokho
- b. Gymnastics
- c. Basketball
- d. Chess

Section-B

Q13. What do you mean by weakness?

Q14. What do you mean by physical fitness?

Q15. Define flexibility.

Q16. Define strength with it's types.

Section-C

Q17. Define muscular strength

Q18. Write a short note on leadership through physical activity

Q19. Write the objectives of first aid

Q20. Write a note on mental wellness and social wellness.

Q21. Define any three types of pranayama

Q22. What do you mean by dharana

Q23. Mention the elements of ashtagayoga

Q24. What do you mean by Yama

Q25. What do you mean by samadhi

Q26. Define the concept of disorder

Section-D

Q27. Define the aim and objective of adaptive physical education.

Q28. Explain components of health related fitness

Q29. Explain active lifestyle and stress management through yoga.

Q30. How speech therapist occupational therapist and a special educator help CWSN children