



DELHI PUBLIC SCHOOL

SAIL TOWNSHIP RANCHI

HALF YEARLY EXAMINATION (2017-18)

Class:-XI
Time- 3 Hrs.

Subject:-Physical Education
M.M-70

General Instructions:-

1. *The question paper consists of 26 questions.*
2. *All questions are compulsory.*
3. *Answer to question carrying 1 mark should be in approximately 10-20 words.*
4. *Answer to questions carrying 3 marks should be in approximately 30-50 words.*
5. *Answer to questions carrying 5 marks should be in approximately 75-100 words.*

1. What do you mean by Deaflympics? [1]
2. Write in brief about the career in being Professional Sportsman. [1]
3. What do you mean by social wellness? [1]
4. What is the aim of Physical Education? [1]
5. What do you mean by inclusion? [1]
6. Enlist two certificate courses available in India in Physical Education. [1]
7. What is flexibility? [1]
8. Who was the father of Ancient Olympic? [1]
9. Describe Tadasana. [1]
10. What is Olympic Motto? [1]
11. What do you mean by Paralympics? [1]
12. Explain in brief about special Olympics Bharat. [3]
13. What are the soft skills required for different careers in Physical Education? [3]
14. Explain about Rajiv Gandhi Khel Ratna Award. [3]
15. Explain in brief about IOC and IOA. [3]
16. What are the aims and objectives of Central Advisory Board of physical education and recreation? [3]
17. Explain the principles of Adapted Physical Education. [3]
18. Last Year, our school organized a programme 'Run for Unity. All the students and teachers of our school were involved in this race. Such runs promote unity, peace and harmony among the people. After covering a distance of two kilometers, one student felt chest pain spontaneously. He complained to a teacher regarding pain. Immediately some of the teachers, who were running beside him, took him to the doctor for necessary check up. His blood pressure was measured and ECG was also

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performed. Doctor said that it was not the case of heart problem. It was surely the problem of second wind which is a usual phenomenon for an individual who does not practice to run a race.

Based on the above passage, answer the following questions.

[1x3=3]

(a) What is the purpose of 'run for unity'?

(b) What values did the teachers show by taking the student to the doctor immediately?

(c) Was the student physically fit?

19. What are the scheme of sports Authority of India? [3]
20. Discuss the Teaching and Coaching Career in detail. [5]
21. Explain the objectives of Physical Education. [5]
22. Elucidate the various components of physical fitness. [5]
23. Write short notes in brief on the following:- [3+1+1=5]
- (a) Olympic Flag
- (b) Olympic Torch
- (c) Olympic Flame
24. Write a short note on Chacha Nehru Sports Award. [5]
25. Discuss the elements of Yoga. [5]
26. What do you mean by Yoga? Explain its importance in daily life. [5]