

Class: XI Subject: P.H.E	Model Paper	Max. Marks: 70 Duration: 3 Hrs.
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General Instruction:		
<p>(i) All Questions are compulsory.</p> <p>(ii) There are Five Sections in the Question paper namely Section A, B,C,D&E.</p> <p>(iii) Section A Consist of 18 questions Carries 1 marks each.</p> <p>(iv) Section B Consist of 5 questions Carries 2 marks each and should have 30 – 50 words.</p> <p>(v) Section C Consist of 5 questions Carries 3 marks each and should have 40 – 80 words</p> <p>(vi) Section D Consist of 3 questions Carries 4 marks each and should have 20 – 30 words</p> <p>(vii) Section E Consist of 3 questions Carries 5 marks each and should have 50 – 100 words</p>		
1	Multiple Choice Questions : Section-A	
(I)	Which one the following is not a component of physical fitness ? (a) Speed. (b) Strength. (c) Flexibility. (d) Cardiovascular endurance.	1
(II)	Which type of flexibility is required for carrying movements over greater distance ,when individual is in motion ? (a) Passive flexibility. (b) Dynamic flexibility. (c) Active flexibility. (d) None of these.	1
(III)	Assertion (A): Healthy life style prevents diseases. Reason(R): Strength is the ability to perform a joint action through a range of movements. (a) Both A and R are true and R is 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 .	1
(IV)	Which of the following is not the component of Wellness ? (a) Physical. (b) Social. (c) Muscular Strength. (d) Emotional.	1
(V)	Which of the following is not the objective of physical education ? (a) Physical development. (b) Social development. (c) Emotional development. (d) Technical development.	1

(VI)	<p>What are the objectives of Fit India Movement ?</p> <p>(a) To promote fitness as easy, fun and free. (b) To encourage indigenous Sports. (c) To make fitness reach every school. (d) All of the above.</p>	1
(VII)	<p>What is the minimum decibel hearing loss to participate in Deaflympics ?</p> <p>(a) 45 (b) 55 (c) 65 (d) 40</p>	1
(VIII)	<p>The stretching movement perform with the help of partner is known as ?</p> <p>(a) Active Flexibility. (b) Passive Flexibility. (c) Dynamic Flexibility. (d) None of these.</p>	1
(IX)	<p>“Spirit in Motion” is a Motto of which Olympics games ?</p> <p>(a) Special Olympics (b) Paralympics (c) Deaflympics (d) None of the above</p>	1
(X)	<p>What does the term “Citius” mean ?</p> <p>(a) Stronger. (b) Faster. (c) Higher. (d) All of the above.</p>	1
(XI)	<p>The headquarter of Modern Olympic Games is in</p> <p>(a) Chicago. (b) China. (c) Lausanne. (d) Berlin.</p>	1
(XII)	<p>Kapalabhati Kriyas for purification of</p> <p>(a) Colon cleaning. (b) Abdominal massage. (c) Cleaning of digestive tract. (d) Purification of lungs.</p>	1
(XIII)	<p>Who says “Yoga is attaining the pose”?</p> <p>(a) Patanjali (b) Mh. Ved Vyas (c) Agam (d) None of the Above.</p>	1

	(XIV)	The word "Puraka" is related to which element ? (a) Yama. (b) Samadhi. (c) Niyama. (d) None of these.	1
	(XV)	Assertion (A): Children with disabilities have special need. Reason(R): These children are not able to participate in regular physical exercises and activities. (a) Both A and R are true and R is 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 .	1
	(XVI)	How many sports consists of winter Paralympics games ? (a) 6 (b) 12 (c) 18 (d) 22	1
	(XVII)	Pace Run is the methods for develop ? (a) Speed. (b) Strength. (c) Flexibility. (d) All of the above.	1
	(XVIII)	Who introduced Paralympics games? (a) Sir Ludwig Guttmann (b) Sir C E Skinner (c) Sir Bradman (d) None of the above	1
2		Very Short Answer Question : Section-B	
	(I)	Define Physical Fitness and Wellness	2
	(II)	Explain in details about Special Olympic Bharat .	2
	(III)	Explain the Disability Etiquettes in general .	2
	(IV)	Write a Short note on the Legend behind the Morden Olympics .	2

	(V)	Enlist the Career option in the field of physical education , and explain any one of them .	2
3		Short Answer Question: Section- C	
	(I)	Define Olympic flag .	3
	(II)	Enlist any six reasons , Why the practice of yoga is important for us .	3
	(III)	What is the role of professional for children with special needs.	3
	(IV)	What are the types of disability ? Explain briefly.	3
	(V)	Describe any three component of Wellness.	3
4		Case Study Based Question: Section- D	
	(I)	A few students were asking the teacher about the need for extra physical education classes as they felt it was increasing their workload . Explaining the need for extra classes , the teacher said that modern way of lifestyle and that though we have access to many facilities, we also suffer from few disadvantages . He then went on to explain how physical fitness has a distinct role to play in helping enhance our current lifestyle. (a) How would you define lifestyle ? (b) What advantages does the modern lifestyle offer ? (c) What are the disadvantages of our current lifestyle ?	1 2 1
	(II)	As the head girl of her school, Sonu has deliver a talk on careers in physical education. After the talk, she invites to ask her a few questions. The students ask her the following question questions. Answer on behalf of Sonu. (a) Are there opportunities to become a physical education teacher ? (b) Are there career in media ? (c) Are there opportunities should be explored in Wellness Industry? (d) Are there career in Administration ?	4
	(III)	In the first Physical Education Orientation class in school, the teacher explained as to why physical education should be encouraged to develop not only the body but also the mind, social skills and overall body coordination. In the light of this, answer the following Questions. (a) How does Physical development take place ?	

		(b) What is implied by mental development ? (c) How do Social Skills develop ? (d) What is Misconception of Physical Education in Society ?	4
5		Long Answer Question: Section- E	
	(I)	Enlist the component of Physical Fitness and discuss any three component of Physical Fitness.	5
	(II)	Enlist the causes of Disability and Disorder, and discuss any four causes of them .	5
	(III)	Enlist the elements of Ashtanga Yoga , and explain any four elements of Ashtanga Yoga .	5

