

**Class: XI**  
**PHYSICAL EDUCATION**

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Time: 03 Hours

2022- 2023

Maximum Marks: 70

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**General instructions:**

- The questions paper consists of 5 sections and 37 questions.
- Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- Section B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- Section D consists of questions 31-33 carrying 4 marks each and are case studies. There are internal choices available.
- Section E consists of questions 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

**Section A**

- 1) As per the international standards, which of the following surfaces is used for field hockey?
  - a) Astro turf
  - b) Grass
  - c) PVC
  - d) Wooden
- 2) To check the fine noise or snick, as the ball passes the bat in cricket, which of the following technologies is used?
  - a) Hawk-eye
  - b) Snickometer
  - c) Photo Finish
  - d) Speed gun
- 3) The idea of reviving the olympic games came from\_\_\_\_
  - a) Eunice Kennedy Shriver
  - b) Dion Nash
  - c) Ludwig Guttmann
  - d) Pierre De Coubertin
- 4) Analyze the option given below and select the correct pair of the following statement. The new motto added in the 2020 Olympic and the city where this motto adopted:
  - a) Doping Free - Tokyo
  - b) Heavier - Paris
  - c) Together - Tokyo
  - d) Closer - Rio

- 5) As per elements of yoga, the pre stage of samadhi is known as
- Yama
  - Pranayam
  - Dhyana
  - Dharna
- 6) Identify the professional who handles the issue with the CWSN's disability and movement disorder.
- Physical Education teacher
  - Physiotherapist
  - Special Educator
  - Speech Therapist
- 7) Sports activities for adaptive physical education program should be designed as per:
- Fix Norms
  - Rules of Federation
  - Modified as Required
  - Availability of Finance
- 8) Given below are the two statements labeled Assertion ( A ) and Reason ( R ):  
 Assertion (A) : Locomotor speed means maintaining top speed.  
 Reason (R) : Locomotor depends upon white muscle fibers.  
 Which one of the following statements is correct?
- Both (A) and ( R ) are true and ( R ) is the correct explanation of (A)
  - Both (A) and ( R ) are true but ( R ) is not the correct explanation of (A)
  - (A) is true, but ( R ) is false
  - (A) is false but ( R ) is true
- 9) Match List – I with List – II and select the correct answer from the code given below:

List - I		List - II	
(i)	Movement Time	1	to attain maximum speed from a stationary position.
(ii)	Acceleration Ability	2	Respond to a stimulus or signal.
(iii)	Reaction Speed	3	Maintaining speed under the conditions of fatigue.
(iv)	Speed Endurance	4	time taken to complete a single movement.

CODES				
	i	ii	iii	iv
a)	2	3	1	4
b)	3	2	1	4
c)	2	3	4	1
d)	4	1	2	3

- 10) It is used to identify students strength and weakness in past and present learning
- Proficiency Test
  - Aptitude Test
  - Diagnostic Test
  - Personality Test
- 11) Geeta's height is 3 feet 6 inch, this is an example of :
- Test
  - Measurement
  - Evaluation
  - Assessment
- 12) Frontal bone is an example of
- Flat bone
  - Short bone
  - Irregular bone
  - Sesamoid bone
- 13) The science that deals with the structure of the human body is known as:
- Physiology
  - Anatomy
  - Kinesiology
  - Psychology
- 14) A vertical plane divides the body into left and right sides is known as:
- Frontal plane
  - Transverse plane
  - Sagittal plane
  - Circumduction plane
- 15) In sumo wrestling the wrestler stand knee down and with the legs wide open to:
- lower the center of mass and to increase the stability.
  - increase the center of mass and to increase the stability.
  - decrease stability and gain momentum.
  - lower the center of mass and decrease the stability.
- 16) Rebellious behaviour due to high expectation can be seen in:
- Infancy
  - Childhood
  - Adolescents
  - Adulthood

- 17) Due to systematic training the resting heart rate of a marathon player will:
- Remain normal
  - Increase
  - Become critical
  - Decrease
- 18) In which Olympic games was the doping test first done by the IOC under the anti-doping agency campaign and why? Analyze the options given below and select the correct answer:
- 1960 summer olympic games, to identify the culprit
  - 1960 winter olympics games, to increase the standard of sports and to protect the athletes
  - 1968 summer olympic games, to promote fair play.
  - 1968 winter olympics games, to protect athletes and preserve the spirit of sport internationally.

### **Section B (2 marks)**

- 19) Wearable gears are revolutionising the sports world today. Justify the assertion.
- 20) Describe the olympic oath.
- 21) Enlist two yogic kriyas. Write the benefit of any one of the kriyas.
- 22) State two basic differences between disability and disorder.
- 23) Define the term flexibility. Mention its types.
- 24) Covid-19 increased the psycho-social problems in adolescents. Explain

### **Section C (3 marks)**

- 25) Explain the second element of yoga.
- 26) Distinguish between test, measurement and evaluation.
- 27) Highlight the key content of the aptitude test.
- 28) "True success comes from being in a cohesive team", consider the above statement and create the various stages of team cohesion.
- 29) Dealing with an aggressive crowd during a tournament is an art, as a psychologist how will you train your team to cope up with an aggressive crowd?
- 30) Why is systematic sports training required for an athlete?

### **Section D (4 marks)**

- 31) Sports competitions provide several benefits for identifying exceptional athletes and assembling school, university, state, or even national teams to represent the different institutions. These provide opportunities to represent the country and bring honour to one's country, as well as to improve leadership skills. In light of this, the government has introduced numerous programmes to increase interest in sports and physical activity. Encourage students to consider a full-time profession in sports. "Khelo India" is the most well-known of these programmes.

- (a) When were the 'Khelo India' school games launched?
- (b) Why has it been introduced?
- (c) What are the financial benefits of this program?
- (d) where the first khelo india games were held?

Or

What was the mascot of the first Khelo India school game?

- 32) The Olympics have had a fascinating history since the beginning of time. King Theodosius banned the ancient olympics. These sports now represent the highest honour that a competitor in a sport may attain. Being head boy of the school Saket was asked to speak about the history of the Olympics and how they evolve in current form. Additionally, Saket addressed the assembly and also discussed how it has grown to be the most important "international athletic event", attracting thousands of athletes from around the world. He also spoke about how the host nation starts planning for this sporting event years in advance. The next olympic is scheduled in the capital of France.
- a) In which city will 2024 Olympics take place?
  - b) In which year the women started participating in the modern olympics games?
  - c) When were the ancient olympics games banned?
  - d) When was the Olympic flag raised at an Olympic event for the first time?

Or

Name two values of olympism.

- 33) A teenage athlete from India, Anil, is competing on an international stage. He saw a couple of senior athletes injecting stuff with a syringe behind closed doors during the competitions. When he approached them, they explained that the substance is a performance-enhancing drug, which is often used in such tournaments, and that he should use it as well. He decided to approach his coach in order to talk about the incident which he witnessed. He learnt that however the athletes were taking the substance on the coach's personal recommendation but this is illegal and called doping. The senior mentor explained this in detail also making him remember the olympic oath.
- a) Name any two performance enhancing substances.
  - b) Name the global organization in charge of anti-doping measures.
  - c) What do you mean by doping?
  - d) When was the international anti-doping agency formed?

### **Section E (5 marks)**

- 34) The development of the adaptive physical education programme is well supported by CWSN. What could the main objectives of adaptive physical education be, bearing in mind the aforementioned statement?
- 35) Describe how traditional sports and regional games contribute to the overall wellness of an individual.
- 36) What are the freely moveable joints in the human body? Explain all its types with suitable examples.

37) Knowing human movement for the sake of skill development requires an understanding of axis and plane. Explain.

**MARKING SCHEME**  
**Physical Education**  
**class XI (2022-23)**

**Note:** Any other relevant answer, not given here but given by the candidates, should be awarded accordingly.

Q.NO:	KEY POINT / VALUE POINTS	ALLOTTED MARKS	TOTAL MARKS	COMPETENCY
1	a) Astro turf	1	1	Remembering
2	b) Snickometer	1	1	Analysis
3	d) Pierre De Coubertin	1	1	Remembering
4	c) Together - Tokyo	1	1	Analysis
5	c) Dhyana	1	1	Remembering
6	b) Physiotherapist	1	1	Understanding
7	c) modified as required	1	1	Understanding
8	a) Both (A) and ( R ) are true and ( R ) is the correct explanation of (A)	1	1	Analysis
9	d) 4-1-2-3	1	1	Analysis
10	c) Diagnostic test	1	1	Remembering
11	b) Measurement	1	1	Analysis
12	a) Flat bone	1	1	Remembering
13	b) Anatomy	1	1	Remembering
14	c) Sagittal plane	1	1	Remembering
15	a) lower the center of mass and to increase the stability	1	1	Analysis
16	c) Adolescents	1	1	Understanding
17	d) Decrease	1	1	Analysis
18	d) 1968 winter olympics games, <b>to protect athletes and preserve the spirit of sport internationally.</b>	1	1	Analysis
19	<b>Benefits of wearable technology in sports</b> 1. Increased Productivity. Wearables have a wide range of features that deliver increased production by 15%. 2. Enhanced Speed. Every second counts in operation workflows 3. Superior Task Accuracy 4. Outstanding Wireless Readability 5. Increased Worker Awareness. 6. Monitoring the heart rate and other physiological data 7. Reduces the chances of injuries (any two)	1 x 2	2	Analysis
20	The Oath is as," In the name of all the competitors, I promise that we shall take part in these olympic games, respecting and abiding by the rules which governs them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sports and the honour of our teams.	2	2	Understanding



Q.NO:	KEY POINT / VALUE POINTS	ALLOTTED MARKS	TOTAL MARKS	COMPETENCY
	explain any three			
26	<p><b>Test:</b> Test refers to any specific instrument, procedure or technique used by administrator to elicit from the test taker. For e.g.: AAPHERD youth fitness test, Harvard step test.</p> <p><b>Measurement:</b> It refers to the process of administering a test to obtain a quantitative data. It can be said that measurement aids evaluation process in which various tools and technique are used in the collection of data.</p> <p><b>Evaluation</b> Evaluation is a mean of organized assessment done to appraise the value of something. The most important aspect of evaluation is to determine the applicability, capability and achievement of the said objective, its efficiency, effectiveness, impact, and sustainability.</p>	1 x 3	3	Analysis
27	<p>key content of aptitude test</p> <ol style="list-style-type: none"> <li>1. Numerical reasoning</li> <li>2. Verbal reasoning</li> <li>3. Speed</li> <li>4. Accuracy ability and more</li> </ol>	3	3	Application
28	<p>Various stages of team cohesion</p> <ol style="list-style-type: none"> <li>1. forming: Establishing clear objective</li> <li>2. storming: Resolve conflict as it occurs</li> <li>3. norming: Continue to build team building activities</li> <li>4. performing: Celebrate the victories</li> </ol>	3	3	Application
29	<p>Role of psychologist in help the team to deal with aggressive crowd:</p> <ol style="list-style-type: none"> <li>1. Keeping the Smile on their faces When Dealing With Crowd</li> <li>2. No Negative Gestures Towards The Crowd.</li> <li>3. Building Confidence To Handle Negative Remarks</li> <li>4. Training On Development Of Patiences</li> <li>5. Focus On Performance</li> <li>6. Be Assertive</li> <li>7. Counseling And meditation</li> <li>8. Accept The Result In Positive Way</li> <li>9. Team Building Exercise</li> </ol>	3	3	Application
30	<p>Importance Of Systematic Sports Training</p> <ol style="list-style-type: none"> <li>1. To Achieve High Performance Of A Player</li> <li>2. To Compare A Performance</li> <li>3. It Builds Motivation And Confidence</li> <li>4. To Provide A Variation Of Training As Per Individual Level</li> </ol>	3	3	Application

Q.NO:	KEY POINT / VALUE POINTS	ALLOTTED MARKS	TOTAL MARKS	COMPETENCY
	5. To Prevent Sports Injuries 6. To Know The Psychological State Of A Player 7. To Increase The Competitive Longevity 8. Development Of Physical Fitness 9. Acquisition Of Sports Skills 10. Development Of Tactical Efficiency			
31	a) 2017-2018 b) To revive sports culture from the grass root level c) The selected athlete gets 5 lakhs per annum for 8 years. d) New Delhi or Jaya the blackbuck and Vijay the tiger	1 1 1 1	4	Remembering
32	a) Paris b) 1900 c) 393 A.D d) 1920 or Excellence, Friendship And Respect	1 1 1 1	4	Remembering
33	a) stimulants, human growth hormone, peptide hormone, anabolic steroid, beta blockers, beta-2 agonist, blockers, glucocorticosteroid, narotics cannabinoid. (ANY TWO) b) WORLD ANTI DOPING AGENCY (WADA) c) <b><u>According to International Olympic committee</u></b> , "Doping is the use of any method or substance that might harm the athlete, in a quest to gain an unfair advantage, over his/her fellow competition." d) 10th November 1999	$\frac{1}{2} \times 2$ 1 1 1	4	Understanding
34	Objectives of adaptive physical education 1. Medical check-up 2. The programmes must be based on interests of students 3. Equipments should be according to the needs 4. Specific environment should be provided 5. A variety of different instructional strategies should be used 6. Rules should be modified according to the needs of students (Any five with explanation)	1 x 5	5	Understanding
35	Importance of traditional and regional sports for the promotion of wellness: 1. Traditional sports promote mutual respect for different cultures of various societies. 2. Traditional games give benefits to physical health, i.e., <b>increase heart rate, oxygen consumption, and blood pressure.</b>	5	5	Understanding



<b>Q.NO:</b>	<b>KEY POINT / VALUE POINTS</b>	<b>ALLOTTED MARKS</b>	<b>TOTAL MARKS</b>	<b>COMPETENCY</b>
	4. Promotes muscular balance. 5. Helps in understanding biomechanical analysis. 6. Helps in customizing sports equipment. 7. It helps in reducing the chances of sports injuries 8. Improvement in technique 9. Helps in research work. 10. Create confidence in players			