



OSDAV Public School, Kaithal
First Unit Test (May, 2024)
Class: XI
Subject: Physical Education

SET-A

Time:

M.M. :30

General Instructions:-

- I. All questions are compulsory.**
- II. The question paper consists of 5 sections and 14 Questions.**
- III. Section A consists of question 1-6 carrying 1 mark each and are multiple choice questions.**
- IV. Section B consists of questions 7-9 carrying 2 marks each and are very short answer types and should not exceed 60-90 words.**
- V. Section C consists of question 10-12 carrying 3 marks each and are short answer types and should not exceed 100-150 words.**
- VI. Sections D consist of question 13 carrying 4 marks and are case studies.**
- VII. Section E consists of question 14 carrying 5 marks each and is long answer type and should not exceed 200-300 words.**

Q.No.	Questions	Marks
	Section -A	
1.	The Ministry of Sports and Youth Affairs introduced Khelo India Program in the year a)2016 (b) 2017 (c) 2015 (d) 2018	1
2.	Metal racquets were introduced in: (a) 1960's (b) 1970's (c) 1980's (d) 1990's	1
3.	Where Lakshmibai National institute of Physical Education (LNIPE) is situated? (a) New Delhi (b) Kerala (c) Gwalior (d) Patiala	1
4.	The central government physical education committees was set up in 1948, which is also known as :- (a) NIS Committee (b) Tara Chand Committee (b) (c) Rajkumari Amrit kaur Committee (d) Simon Committee	1
5.	Given below are the two statements labelled Assertion (A) and Reason (R). Assertion(A): Nowadays, people have become more health conscious. Reason(R): People want to develop immunity so that they may not fall prey to diseases. In the context of above two statements, which one of the following is correct? (a) Both (A) and (R) are true and (R) is the correct explanation of (A) (b) Both (A) and (R) are true and (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
6.	Match the following :	1
	Column A	Column B
	A. Hawk-Eye	(i) Long distance race
	B. Timing System	(ii) Helmet
	C. RFID chips	(iii) Starter pistol
	D. Sensor	(iv) Cricket

	Option	Code				
		A	B	C	D	
	a)	iii	ii	i	iv	
	b)	iv	iii	i	ii	
	c)	iv	iii	ii	i	
	d)	i	iv	iii	ii	
Section - B						
7.	Write the name of any two committees constituted for the purpose of development of physical education in India after independence.					1+1
8.	Write the aim of physical education.					2
9.	Describe the officiating technology in advancement					2
Section -C						
10.	Write about any three career option in Physical Education.					3
11.	Write about any two Technological advancement in sports.					1.5+1.5
12.	Explain the benefit of wearable technology in sports.					3
Section - D						
13.	<p>Most students in a school did not think that PE has career opportunities. One day an international cricket star attended the school Annual Day function as chief guest. He spoke about his struggles and how he was transformed by an active career that resulted from taking physical education subject in school seriously. He also talked about starting his own coaching academy. He explained as to how there were a lot of good career options available in PE. This gave students a clear understanding of the various career options available in PE which only aroused their interest in the subject and most of them started taking PE seriously.</p> <p>(a) What career opportunities must have the cricketer talked about? (b) What are the possibilities for PE in media? (c) Besides teaching in a school, what options exist for becoming trainers in PE? (d) Traditionally, careers in PE were focused.</p>					4*1=4
Section - E						
14.	Define Physical Education. Explain the objective of Physical Education.					5



OSDAV Public School, Kaithal
First Unit Test (May, 2024)
Class: XI
Subject: Physical Education

SET-B

Time:

M.M. :30

General Instructions:-

- I. All questions are compulsory.**
- II. The question paper consists of 5 sections and 14 Questions.**
- III. Section A consists of question 1-6 carrying 1 mark each and are multiple choice questions.**
- IV. Section B consists of questions 7-9 carrying 2 marks each and are very short answer type and should not exceed 60-90 words.**
- V. Sections C consists of question 10-12 carrying 3 marks each and are short answer types and should not exceed 100-150 words.**
- VI. Sections D consists of question 13 carrying 4 marks and are case studies.**
- VII. Section E consist of question 14 carrying 5 marks each and is long answer type and should not exceed 200-300 words.**

Q.No.	Questions	Marks
	Section -A	
1.	The sport which is not included in the Olympics is : (a) Cricket (b) Hockey (c) Football (d) Athletics	1
2.	Which of the following aspects is not an important aspect of a person 's personality ? (a) Cognitive (b) Emotional (d) Functional (d) Creative	1
3.	What kind of data is not monitored by the wearable gears in sports ? (a) Position of the athlete (b) Heart rate (c) Calories taken in the food (d) Acceleration	1
4.	Which of the following material is used to reduce the weight and increase the life span of sports equipment (a) Steel (b) PVC (c) Compost material (d) Rubber	1
5.	Given below are the two statements labelled Assertion (A) and Reason (R). Assertion(A): Nowadays, people have become more health conscious. Reason(R): People want to develop immunity so that they may not fall prey to diseases. In the context of above two statements, which one of the following is correct? (a) Both (A) and (R) are true and (R) is the correct explanation of (A) (b) Both (A) and (R) are true and (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
6.	Match the following :	1
	Column A	Column B
	A. Hawk-Eye	(i) Long distance race
	B. Timing System	(ii) Helmet
	C. RFID chips	(iii) Starter pistol
	D. Sensor	(iv) Cricket

	Option	Code				
		A	B	C	D	
	a)	iii	ii	i	iv	
	b)	iv	iii	i	ii	
	c)	iv	iii	ii	i	
	d)	i	iv	iii	ii	
Section - B						
7.	Briefly Explain khelo India Scheme .					2
8.	Describe any two career options in Physical education .					2
9.	How the trends are changing in sports Equipment?					2
Section -C						
10.	What do you think wearable Gears and sports Equipment are ?					3
11.	Explain the physical education development in India after independence.					3
12.	Briefly explain different technologies used during officiating in sports.					3
Section - D						
13.	<p>Most students in a school did not think that PE has career opportunities. One day an international cricket star attended the school Annual Day function as chief guest. He spoke about his struggles and how he was transformed by an active career that resulted from taking physical education subject in school seriously. He also talked about starting his own coaching academy. He explained as to how there were a lot of good career options available in PE. This gave students a clear understanding of the various career options available in PE which only aroused their interest in the subject and most of them started taking PE seriously.</p> <p>(a) What career opportunities must have the cricketer talked about? (b) What are the possibilities for PE in media? (c) Besides teaching in a school, what options exist for becoming trainers in PE? (d) Traditionally, careers in PE were focused.</p>					4*1=4
Section - E						
14.	Describe any five Objectives of the Physical education.					5

7.	<ul style="list-style-type: none"> ● Dr. Tara Chand Committee ● First Asian Games ● Rajkumari Coaching scheme ● All India Council of Sports 	1+1
8.	Physical education means “education through movement “It Aims to maximize our physical ability leading us to be healthy knowledgeable ,skillful creative productive and influential in all area of the life.	2
9.	<p>Officiating technology:</p> <p style="padding-left: 40px;">Goal Line technology in Football : camera around the golpo determine if the ball has completely cross the goal line signalling to the referee if a goal has been scored.</p> <p style="padding-left: 40px;">Video Assistant Referee in Football: Referees use video replys to review curcial decision like fouls or offside calls reduceing mistakes and ensure fair play.</p> <p style="padding-left: 40px;">Hawk eye: Define</p> <p style="padding-left: 40px;">Instant Replay : Define</p>	2
Section -C		
10.	<p>(A) Teaching career in physical education</p> <p>(B) Coaching career in physical education</p> <p>(C) Health related career in physical education</p> <p>(D) Performance related careers</p> <p style="text-align: center;">Define any two</p>	3
11.	<p>(A) Timing system</p> <p>(B) RFID chips</p> <p>(C) Equipment development</p> <p style="text-align: center;">Define :</p>	1.5+1.5
12.	<p>benefit of wearable technology in sports.</p> <p>(A) Clothing:</p> <p>(B) Shoes</p> <p>(C) Smart watch</p> <p style="text-align: center;">Define :</p>	3
Section - D		
13.	Most students in a school did not think that PE has career opportunities. One day an international cricket star attended the school Annual Day function as chief guest. He spoke about his struggles and how he was transformed by an active career that resulted from taking physical education subject in school seriously. He also talked about starting his own coaching academy. He explained as to how there were a lot of good career options available in PE. This gave students a clear understanding of the various career options available in PE which only aroused their interest in the subject and most of them started taking PE seriously.	4*1=4

	Answeres of case study (a) Cricketer trainer, Teaching, coaching (b)Sports photography ,sports journalism for the commentator, (c)M. P.Ed ,B.P.Ed (d) Teaching and coaching	
	Section - E	
14.	<p>Physical education: The word physical education is the combination of two word physical and education the word physical is related to body or anyone or all of the body characteristics that include physical strength ,physical endurance ,physical fitness ,physical appearance and physical health. The word education refer to the process of receiving or giving systematic instruction.</p> <p>Objective of physical education</p> <ol style="list-style-type: none"> 1. Value of physical education 2. Developing interest in discipline 3. Physical development 4. Motor development 5. Emotional development 6. Social development 7. Mental development 8. Developing and energetic lifestyle 9. Thriving motor skill 10. Character development 11. Being a better citizen 12. Personal growth <p style="text-align: center;">Define any five</p>	5



OSDAV Public School, Kaithal
First Unit Answer key(May, 2024)
Class: XI
Subject: Physical Education

SET-B

M.M. :30

Q.No	Answers	Marks																																
Section -A																																		
1.	The sport which is not included in the Olympics is : (a) Cricket	1																																
2.	Which of the following aspects is not an important aspect of a person 's personality ? (d) Creative	1																																
3.	What kind of data is not monitored by the wearable gears in sports ? (c) Calories taken in the food	1																																
4.	Which of the following material is used to reduce the weight and increase the life span of sports equipment (c) Compost material	1																																
5.	Given below are the two statements labelled Assertion (A) and Reason (R). Assertion(A): Nowadays, people have become more health conscious. Reason(R): People want to develop immunity so that they may not fall prey to diseases. In the context of above two statements, which one of the following is correct? (a) Both (A) and (R) are true and (R) is the correct explanation of (A)	1																																
6.	Match the following :	1																																
	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;">Column A</td> <td style="width: 50%; text-align: center;">Column B</td> </tr> <tr> <td style="border: none;">A. Hawk-Eye</td> <td style="border: none;">(i) Long distance race</td> </tr> <tr> <td style="border: none;">B. Timing System</td> <td style="border: none;">(ii) Helmet</td> </tr> <tr> <td style="border: none;">C. RFID chips</td> <td style="border: none;">(iii) Starter pistol</td> </tr> <tr> <td style="border: none;">D. Sensor</td> <td style="border: none;">(iv) Cricket</td> </tr> </table>	Column A	Column B	A. Hawk-Eye	(i) Long distance race	B. Timing System	(ii) Helmet	C. RFID chips	(iii) Starter pistol	D. Sensor	(iv) Cricket																							
Column A	Column B																																	
A. Hawk-Eye	(i) Long distance race																																	
B. Timing System	(ii) Helmet																																	
C. RFID chips	(iii) Starter pistol																																	
D. Sensor	(iv) Cricket																																	
	<table style="width: 100%; border: none;"> <tr> <td style="width: 25%; text-align: center;">Option</td> <td style="width: 25%; text-align: center;">Code</td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td style="border: none;"></td> <td style="border: none;">A</td> <td style="border: none;">B</td> <td style="border: none;">C</td> </tr> <tr> <td style="border: none;">(B)</td> <td style="border: none;">iv</td> <td style="border: none;">iii</td> <td style="border: none;">i</td> </tr> <tr> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> </tr> <tr> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> </tr> <tr> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> </tr> <tr> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> </tr> <tr> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> <td style="border: none;"></td> </tr> </table>	Option	Code				A	B	C	(B)	iv	iii	i																					
Option	Code																																	
	A	B	C																															
(B)	iv	iii	i																															
Section - B																																		

7.	The ministry of sports and youth affair introduced khelo India program in the year 2017 to revive sports culture right from the grass root level .The aim of the introduced these program is to inspire the young talent of the country to participate in sports activities.This scheme focuses on nurturing raw talent promoting Mass participation and connection rural India to global games.	2
8.	<p>(a) Teaching career in physical education (b) Coaching career in physical education (C) Health related in physical education</p> <p>Define :</p>	2
9.	<p>How the trends are changing in sports Equipment? Changing trends in sports Like</p> <p>1 Playing surface :</p> <p>(A) Natural turfs or playing surface (i) clay and cinder tracks (ii) Grass and clay turfs (B) Artificial or synthetic turfs (i) Poly grass (ii) Astroturf (iii) Muga (B) Wearable Gear and sports equipment :Define (C) Technological advancements : Define</p>	2
Section -C		
10.	<ul style="list-style-type: none"> ● Wearable gear Smart watch : Smart clothing: Smart socks ● Sports Equipment Clothing: Shoes : Tennis Racquets: Protective equipment <p>Define :</p>	3
11.	<ul style="list-style-type: none"> ● All India council of sports ● National discipline scheme ● Lakshmbai National institute of physical education ● Sports and youth welfare department ● Netaji Subhash National institute of Sports ● I sports tournament schemes ● Introduction in sports curriculum 	3

	Define any three :	
12.	Officiating technology: <ul style="list-style-type: none"> ● Goal line technology in football : ● Video assistant referee in football : ● Hawk eye : ● Instant reply: 	3
	Section - D	
13.	<p>Most students in a school did not think that PE has career opportunities. One day an international cricket star attended the school Annual Day function as chief guest. He spoke about his struggles and how he was transformed by an active career that resulted from taking physical education subject in school seriously. He also talked about starting his own coaching academy. He explained as to how there were a lot of good career options available in PE. This gave students a clear understanding of the various career options available in PE which only aroused their interest in the subject and most of them started taking PE seriously.</p> <p>Case study Answer</p> <p>(a) Cricket trainer, teaching, coaching</p> <p>(b) Sports photography ,sports journalism for commentator ,book writing, book publishing, sports industry ,sports marketing</p> <p>(b) M.P.Ed, B.P.Ed</p> <p>(c) Teaching and coaching</p>	4*1=4
	Section - E	
14.	<ul style="list-style-type: none"> ● Value of physical education ● Developing interest in discipline ● Emotional development ● Physical development ● Emotional development ● Social development ● Mental developmen ● Developing and energetic lifestyle ● Three ring motor skill ● Character development ● Being a better citizen ● Personal growth <p>Define any five :</p>	5