



**OSDAV Public School, Kaithal**

**Half yearly Exam 2024-2025**

**Class: XI**

**Subject: Physical Education**

**SET: A**

**Time: 3 hrs**

**M.M.: 70**

General Instructions:-

- I. All questions are compulsory.
- II. The question paper consists of 5 sections and 34 Questions.
- III. Section A consists of question 1-18 carrying 1 mark each and is a multiple choice question. All questions are compulsory.
- IV. Section B consists of questions 19-21 carrying 4 marks each and are case study questions.
- V. Section C consists of questions 22-26 carrying 2 marks each and are very short answer type and should not exceed 60-90 words.
- VI. Section D consists of question 27-31 carrying 3 marks each and are short answer type and should not exceed 100 - 150 words.
- VII. Section E consists of questions 32-34 carrying 5 marks each and are long answer type and should not exceed 200-300 words.

Q.N.	Questions	Marks																														
1.	<b>Section -A</b>	1*18																														
	Match List 1 with List 2 and select the correct option using the codes given below.																															
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3.	Given below are the two statements labelled Assertion (A) and Reason (R) : A: Test refers to any specific instrument, procedure or technique used by an administrator to elicit a response from the test taker . R: Test is an important aspect for all training programmes . 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 ,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.																															
4.	Testing of Scientific authenticity of test is done in which phase? (a) Pre -Test                      (b) Testing (c) Post - test                      (d) None of these																															

5.	Qila Raipur Sports festival was first held in : ( a ) 1930                      ( b ) 1931 ( c ) 1932                      ( d ) 1933	
6.	It is also called as Isometric Strength : ( a ) Maximum Strength ( b ) Explosive Strength ( c ) Static Strength.      ( d ) Strength Endurance	
7	What is the ability to perform same pattern of movement at a faster rate ? ( a ) Speed                      ( b ) Endurance ( c ) Strength                      ( d ) Flexibility	
8	The most important area catered to by Adapted Physical Education is: ( a ) Physical health.      ( b ) Mental health ( c ) Social health.      ( d ) Emotional health	
9	Which country has roots for practice of yoga ? ( a ) India                      ( b ) USA ( c ) UK                      ( d ) Australia	
10	Which one is Congenital disability ? ( a ) Down syndrome      ( b ) Cerebral palsy ( c ) Polio                      ( d ) Both A & B	
11.	The most important area catered to by Adapted Physical Education is: ( a ) Physical health.      ( b ) Mental health ( c ) Social health.      ( d ) Emotional health	
12	Which of the following is not a Physical disability ? ( a ) Injury to spinal cord ( b ) Injury to neck ( c ) Loss of limb              ( d ) Attention Deficit Disorder	
13	Which of the following are the main stages of Pranayama ? ( a ) Puraka                      ( b ) Kumbhaka ( c ) Rechaka                      ( d ) All of these	
14	Other name of Vamana Dhauti is : ( a ) Kunjala                      ( b ) Kapalbhathi ( c ) Vastradhauti              ( d ) Dandadhauti	
15	There are Currently.....NOCs. ( a ) 204                      ( b ) 205 ( c ) 206                      ( d ) 207	
16	Where is the Headquarters of international Olympic committee located ? ( a ) U .S.A .                      ( b ) London ( c ) Switzerland.              ( d ) Germany	
17	Which out of these is not a sports in winter Olympics ? ( a ) Skiing                      ( b ) Speed Skating ( c ) Long jump                      ( d ) Snowboarding	
18	The Ministry of sports and youth Affairs introduced khelo India program in the year : ( a ) 2016.                      ( b ) 2017 ( c ) 2015                      ( d ) 2018	
	Section B	4*3
19	Rohan, a student of class XI has taken up physical education as he is very interested in making his career in the field of Physical Education. When he was introduced to the career options available in the subject, he became a bit hesitant about continuing in this field because for him physical education was just about playing so he approached his subject teacher to explain his position. On the basis of the given information given below are a few queries of Rohan and you have to give him the reply according to the information provided to you in the chapter.	

	(a) A child interested in reporting the sports event should further study _____. (b) For making a future in Officiating a person should do _____ course. (c) Teaching physical education to primary students requires _____ as qualification. (d) Designing and researching sports equipment is related to _____.	
20.	While introducing the chapter of Olympism in physical Education class, Mr Davis found that children were not familiar with the term and were clueless about the various committees working in this field. So, he explained in detail about IOC and various information related to it were discussed. Based on your knowledge about IOC answer the following questions. (a) The full form of IOC is ..... (b) IOC was established in ..... (c) The headquarter of IOC is situated at ..... (d) The first president of the Indian Olympic Association was .....	
21	Sachin was suffering from depression along with other symptoms like pain in whole spine, pain in the hip joints and knee joints and also at the back of the thighs. He could not turn his neck and had pain and stiffness in neck and shoulders. He felt shortness of breath after a few steps. He also had travelling issues. He could not fold legs or sit down on the floor. He had tried many medicines but of no use. He heard about the yoga practices from one of his friends. He searched for a certified yoga teacher and met him. The yoga teacher taught him different yoga asana, pranayama, meditation and yogic kriyas. Sachin also learnt about Yoga Nidra. After 3 months of regular practice of yoga and better eating habits, many of his body aches have gone and he is living a better life. (a) Word 'Yoga' derived from ..... (b) Definition 'Checking the impulses of mind is Yoga' was given by ..... (c) The term used to describe alternate nostril breathing in yoga is ..... (d) The concentration of mind on an impulse without any divergence is known as .....	
	Section C	2*5
22	What is the main aim of adaptive Physical Education ?	
23	What do you understand by the term Pranayama?	
24	Describe any 2 yogic kriyas .	
25	What do you mean by Evaluation ?	
26	Name some traditional sports and regional games	
	Section D	3*5
27	Explain the meaning of Disorder .	
28	Write about the importance of wellness ?	
29	What are the types of disability? Explain briefly.	
30	Write a short note on Summer Olympic games.	
31	Explain in detail the ' P.R.I.C.E' Procedure.	
	Section E	5*3
32	What are the different causes of disabilities ?	
33	How tests can be Classified into Various Categories ?	
34	What do you understand by Neti kriya ? Write its procedure ,Contraindications and benefits .	



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OSDAV Public School, Kaithal

Answer key

Physical Education

SET: A

M.M 70

Q.No	Questions	Marks
	<b>Section -A</b>	
1.	(D) a ii b i c iv d iii	1×18
2.	d) all the above	
3.	(a ) both (A) and ( R ) <b>are true</b> and ( R ) is the correct explanation of (A)	
4.	a)Pre test	
5.	d) 1933	
6.	c) static strength	
7	<b>a)Speed</b>	
8	<b>a)Physical health</b>	
9	a)India	
10	Option ( D) (a) Down syndrome (b) Cerebral palsy (c )Polio (d) Both A & B	
11.	a)Kapalbhati	
12	<b>d) Attention deficit disorder</b>	
13	<b>d) all of these</b>	
14	a)Kunjala	
15	c) 206	
16	c) Switzerland	
17	<b>c) long jump</b>	
18	<b>b)2017</b>	
	<b>Section B</b>	<b>4*3</b>
19	<b>a )News, reports b) Diploma NIS c) B.P.ed ,D.P.ed d) equipment industry</b>	
20.	a) International Olympic committee b) 23 June 1894 c) Switzerland d) Sir Dorabji tata	
21	a) Sanskrit word yuj b) Patanjali c) Anulom vilom	

	d) Meditation/ Dhyana	
22	<p style="text-align: center;"><b>Section C</b></p> <p><b>Aim of adaptive : the aims of adopted physical education is to provide all students with special needs regardless of their disability, the opportunity to participate in physical education, safely and successfully, in the least restrictive environment .it helps the students to achieve physical mental emotional and social growth.</b></p>	2*5
23	<p><b>Pranayama : pranayama improves the respiratory system. You know get the house to control the mind and emotions. Pranayama is the fourth step of Ashtanga yoga</b></p> <p><b>•</b></p> <p><b>Puraka : To inhale breath</b>  <b>Kumbhaka : To retain breath</b>  <b>Rechaka : To exhale breath</b></p>	
24	<p><b>Two Yogic kriyas : Neti kriya 1. jalneti 2. Sutra neti</b>  <b>3. Dhuti kriya 4. Vamana dhauti 5. Vastra dhauti</b></p> <p style="text-align: center;"><b>Define any 2</b></p>	
25	<p><b>Evaluation: An evaluation is an appraisal or examination of something to determine its worth or fitness. For example before you start an exercise program get a medical evaluation , to make sure you are able to handle the activity or not</b></p>	
26	<p><b>Some traditional &amp; regional games are</b>  <b>Mallakhamb,Kabaddi,Ludo ,Polo,kho kho ,pithu ,Hocky</b></p>	
	<b>Section D</b>	3*5
27	<p><b>Disorder : disorder can be defined as a destruction caused to the normal function of a person. Disorder as an illness that disrupts normal physical or mental function. Disorder hinder a person performance and diminish his/ her efficiency. disorder appear small in the beginning but they often grow gradually in a person many time a disorder can detected in time as a result of which a simple disorder transfers into a disability.</b></p>	
28	<p><b>Importance of wellness</b>  <b>Healthy active Living</b>  <b>Improve health</b>  <b>Become active member of society</b>  <b>Achieve optimum Growth and development</b>  <b>Healthy and happy life</b></p> <p style="text-align: center;"><b>Define in it</b></p>	
29	<p><b>Types of disability: * Physical disability -</b>  <b>*Intellectual disability -</b>  <b>* Learning disability -</b></p> <p style="text-align: center;"><b>Define in it</b></p>	
30	<p><b>Summer Olympic games : The summer Olympic games of the Olympiad first held in 1896 , is an international multi sport event that is hosted by a different city every four years. The international Olympic committee organised games and overseas the host city preparation.in each Olympic event gold medal awarded for first place silver medal or awarded for second place and bronze medal are awarded for third place this tradition begin in 1904 . The winter Olympics games were created due to the success of Summer Olympics game .</b></p>	
31	<b>Procedure of P. R. I.C.E</b>	



	<ul style="list-style-type: none"> <li>● <b>P</b> is for protection- protect the injured area being treated .if the injury is on the sports field, stop the game. protect the area being treated with a splint if possible.</li> <li>● <b>R</b> is for Rest - when an injury occurs, the affected areas should be rested as much as possible in order to prevent further damage and allow the body to begin the healing process.</li> <li>● <b>I</b> is for Ice - applying ice can help to reduce pain swelling and inflammation by constricting blood vessels and slowing down the inflammatory response.</li> <li>● <b>C</b> is for compression - compression of the swollen area will help to reduce the swelling using a Stretchy bandage such as Cohesive bandage, Elastic bandage.</li> <li>● <b>E</b> is for Elevation - Elevating the injured area so that it is a above the heart 'reduces the flow of the blood to the area and reduce the swelling.</li> </ul>	
	<b>Section E</b>	<b>5*3</b>
32	<p><b>Causes of disability</b>  <b>Diseases</b>  <b>Malnutrition</b>  <b>Wars</b>  <b>wrong medication and vaccination</b>  <b>poison and pesticides</b>  <b>accidents</b>  <b>addictions</b>  <b>mental disorders</b>  <b>poverty</b>  <b>long term illness</b></p> <p style="text-align: center;"><b>Define any five</b></p>	
33	<p><b>Test : a test can be defined as it tool which is used to evaluate the skil,l performance and reliability of the task complete by a sports person.</b></p> <p><b>Types of tests</b>  <b>Proficiency tests</b>  <b>Aptitude test</b>  <b>Intelligence test</b>  <b>Achivement test</b>  <b>Anthropomatric test</b>  <b>Personality test</b>  <b>Sports skill test</b></p> <p style="text-align: center;"><b>Define any five</b></p>	
34	<p><b>Neti kriya : It is a process of cleaning and purifying the nasal passage . This includes jal neti and Sutra neti .</b></p> <p><b>1. Jal neti : jalaneti means cleansing with water . The practitioner rinses out the nasal cavity with salted water using a neti pot . It is also know as “nasal irrigation”</b></p> <ul style="list-style-type: none"> <li>● <b>Technique:</b></li> <li>● <b>Contraindication</b></li> <li>● <b>Benefits</b></li> </ul> <p><b>2. Sutra neti : Sutar neti is a yogic technique in which a waxed cotton string is used to clean the nasal cavity to cleanse the nasal passage. A waxed cotton string is inserted into the nose and then pulled out from the mouth.</b></p>	

	<b>Then both ends are held with the hands and nasal cleansing is done by moving the ends of the string into and fro motion.</b>	
	<ul style="list-style-type: none"><li>● <b>Technique -</b></li><li>● <b>Contradiction -</b></li><li>● <b>Benefits -</b></li></ul>	



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Answer key

Physical Education

SET: B

M.M 70

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12	<b>Which of the following is not a Physical disability ?</b> (d) Attention Deficit Disorder	
13	<b>What is the ability to perform same pattern of movement at a faster rate ?</b> (a) Speed	
14	It is also called as Isometric Strength : (c) Static Strength	
15	Qila Raipur Sports festival was first held in (d) 1933	
16	Testing of Scientific authenticity of test is done in which phase?	

	(a) Pre -Test	
17	<p>Given below are the two statements labelled Assertion (A) and Reason (R) :</p> <p><b>A:</b> Test refers to any specific instrument, procedure or technique used by an administrator to elicit a response from the test taker .</p> <p><b>R:</b> Test is an important aspect for all training programmes .</p> <p>In the context of above two statements , which one of the following is correct ?</p> <p>(a) Both (A) and (R) are true and (R) is the correct explanation of (A).</p>	
18	<p>A test should be :</p> <p><b>Option (D)</b></p> <p>(a) Valid</p> <p>(b) Reliable</p> <p>(c) Repeatable</p> <p>(d) All of the above</p>	
<b>Section B</b>		<b>4*3</b>
19	<p>a )News, reports</p> <p>b) Diploma NIS</p> <p>c) B.P.ed ,D.P.ed</p> <p>d) equipment industry</p>	
20.	<p>a) Sanskrit word yuj</p> <p>b) Patanjali</p> <p>c) Anulom viloma</p> <p>d) Meditation/ Dhyan</p>	
21	<p>a) International Olympic committee</p> <p>b) 23 June 1894</p> <p>c) Switzerland</p> <p>d) Sir Dorabji tata</p>	
22	<p>( Section C )</p> <p>Some traditional &amp; regional games are Mallakhamb,Kabaddi,Ludo ,Polo,kho kho ,pithu ,Hocky</p>	<b>2*5</b>
23	<p><b>Pranayama :</b> pranayama improves the respiratory system. You know get the house to control the mind and emotions. Pranayama is the fourth step of Ashtanga yoga .</p> <p><b>Puraka :</b> To inhale breath</p> <p><b>Kumbhaka :</b> To retain breath</p> <p><b>Rechaka :</b> To exhale breath</p>	
24	<p>Two Yogic kriyas : Neti kriya 1. jalneti 2. Sutra neti</p> <p>3. Dhuti kriya 4. Vamana dhauti 5. Vastra dhauti</p> <p style="text-align: center;">Define any 2</p>	
25	<p><b>Evaluation:</b> An evaluation is an appraisal or examination of something to determine its worth or fitness. For example before you start an exercise program get a medical evaluation , to make sure you are able to handle the activity or not</p>	
26	<p><b>Aim of adaptive :</b> the aims of adopted physical education is to provide all students with special needs regardless of their disability, the opportunity to participate in physical education, safely and successfully, in the least restrictive environment .it helps the students to achieve physical mental emotional and social growth.</p>	
<b>Section D</b>		<b>3*5</b>
27	<b>Procedure of P. R. I.C.E</b>	

	<ul style="list-style-type: none"> <li>● P is for protection- protect the injured area being treated .if the injury is on the sports field, stop the game. protect the area being treated with a splint if possible.</li> <li>● R is for Rest - when an injury occurs, the affected areas should be rested as much as possible in order to prevent further damage and allow the body to begin the healing process.</li> <li>● I is for Ice - applying ice can help to reduce pain swelling and inflammation by constricting blood vessels and slowing down the inflammatory response.</li> <li>● C is for compression - compression of the swollen area will help to reduce the swelling using a Stretchy bandage such as Cohesive bandage, Elastic bandage.</li> <li>● E is for Elevation - Elevating the injured area so that it is above the heart 'reduces the flow of the blood to the area and reduce the swelling.</li> </ul>	
28	<p><b>Summer Olympic games :</b> The summer Olympic games of the Olympiad first held in 1896 , is an international multi sport event that is hosted by a different city every four years. The international Olympic committee organised games and oversees the host city preparation.in each Olympic event gold medal awarded for first place silver medal or awarded for second place and bronze medal awarded for third place this tradition begin in 1904 . The winter Olympics games were created due to the success of Summer Olympics game .</p>	
29	<p><b>Types of disability:</b> * Physical disability - *Intellectual disability - * Learning disability -</p> <p style="text-align: center;">Define in it</p>	
30	<p><b>Disorder :</b> disorder can be defined as a destruction caused to the normal function of a person. Disorder as an illness that disrupts normal physical or mental function. Disorder hinder a person performance and diminish his/ her efficiency. disorder appear small in the beginning but they often grow gradually in a person many time a disorder can detected in time as a result of which a simple disorder transfers into a disability.</p>	
31	<p><b>Importance of wellness</b></p> <ol style="list-style-type: none"> <li>1) Healthy active Living</li> <li>2) Improve health</li> <li>3) Become active member of society</li> <li>4) Achieve optimum Growth and development</li> <li>5) Healthy and happy life</li> </ol> <p style="text-align: center;">Define in it</p>	
	<b>Section E</b>	<b>5*3</b>
32	<p><b>Neti kriya :</b> It is a process of cleaning and purifying the nasal passage . This includes jal neti and Sutra neti .</p> <ol style="list-style-type: none"> <li>1. Jal neti : jalaneti means cleansing with water . The practitioner rinses out the nasal cavity with salted water using a neti pot . It is also know as “nasal irrigation”</li> </ol> <ul style="list-style-type: none"> <li>● Technique:</li> <li>● Contraindication</li> <li>● Benefits</li> </ul> <ol style="list-style-type: none"> <li>2. Sutra neti : Sutar neti is a yogic technique in which a waxed cotton string is used to clean the nasal cavity to cleanse the nasal passage. A waxed cotton string</li> </ol>	

	<p>is inserted into the nose and then pulled out from the mouth. Then both ends are held with the hands and nasal cleansing is done by moving the ends of the string into and fro motion.</p> <ul style="list-style-type: none"> <li>● Technique -</li> <li>● Contradiction -</li> <li>● Benefits -</li> </ul>	
33	<p><b>Causes of disability</b></p> <ul style="list-style-type: none"> <li>● Diseases</li> <li>● Malnutrition</li> <li>● Wars</li> <li>● wrong medication and vaccination</li> <li>● poison and pesticides</li> <li>● accidents</li> <li>● addictions</li> <li>● mental disorders</li> <li>● poverty</li> <li>● long term illness</li> </ul> <p style="text-align: center;"><b>Define any five</b></p>	
34	<p><b>Test : a test can be defined as it tool which is used to evaluate the skil,l performance and reliability of the task complete by a sports person.</b></p> <p><b>Types of tests</b></p> <ul style="list-style-type: none"> <li>● Proficiency tests</li> <li>● Aptitude test</li> <li>● Intelligence test</li> <li>● Achivement test</li> <li>● Anthropolatric test</li> <li>● Personality test</li> <li>● Sports skill test</li> </ul> <p style="text-align: center;"><b>Define any five</b></p>	