

Class: XI Subject: Physical Education

Q.No.				Questions		Marks
				Section -A		
120	(b) 2017					
1.						
2.	(a) 1960's					1
2.	(a) 1700 S					1
3.	(c) Gwalio	r				1
4.	d) Henry	Didon				1
5.	Given below a	re the two	statements	labelled Asse	ertion (A) and Reason (R).	1
					ore health conscious.	1
					that they may not fall prey to	
	diseases.	1.5	3	3		
	In the context	of above	two stateme	ents, which on	e 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 fa	alse, but(l	R) is true			
6.	Match the foll	owing:		90		1
	Column A	4		Col	umn B	
	A. Hawk-Ey	/e		(i)	Long distance race	Î
	B. Timing S	ystem		(ii)	Helmet	
	C. RFID chi	ips		(iii)	Starter pistol	
	D. Sensor			(iv)	Cricket	
	(1)					
	Option Code					
		A	В	C	D	
	a)	iii	ii	i	iv	
	b)	iv	iii	i	ii	
	c)	iv	iii	ii	i	
	d)	i	iv	iii	ii	
7	c) Switzerla					1
8	b) 1920, An	itwerp Be	lgium			1
9	c) 206					1
10	b) Great Bi			6-17		1
11	a) Nation	ai olympi	c Committe	e		1

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	Section B	
12	1. Triumph	
	2.Baron pierre De Coubertin	
	3.1928	
	4.1914	
	Section C	
13	There are many career opportunities available in the field of Physical education.	1+1
	1. Teaching carrier in physical education	
	2. Coaching carrier in physical education	
	3. Health related career in physical education	
	4. Administration related carriers	
	1. Performance related carrier	
	2. Carrier in communication media	
	Define any 2	
14	Olympic Flag - The Olympic flag was created under the guidance of Baron	2
	Coubertin in 1913 and was A released 1914. But it was first hosted in 1920 in	
	Belgium at the Antwerp Olympics game in the main stadium . The flag constitute	
	of a white-field bearing five equal interlocking rings of blue, dark yellow ,black	
	green and red with separations wherever two rings intersect. The width to	
	length of the flag is 2:3 the five rings symbolized the "five parts of the world" in	
	which the Olympic movement was active, according to Coubertin.	
		+

	Section D	
15	Summer Olympic games: does Emma room pics game over the Olympiad first	3
	held in 1896, is an international multi sports event that is hosted by a different	
	city every four years. The international Olympic Committee organized the games	
	and oversees the host city preparations. In each Olympic event gold medal are	
	awarded for first place, silver medal are awarded for second place, and bronze	
	medal are awarded for third; this prediction begin in 1904. The winter Olympic	
	games were created due to the success of the summer Olympics. The summer	
	Olympics have grown a lot over time .In 1896 the first Olympics in Athens had	
	43 events with about 241 male athletes from 14 countries. By the 2024 Paris	
	Olympics the games expanded to 329 events in 32 sports more than 10,714 athletes from 206 countries taking part.	
	•	
16	Two Technological advancement in sports:	3
	1.Officiating technology	
	2.Timing system	
	3.RFID chips	
	4. Equipment development	
	Define any two	
	Section - E	
17	(i) The Flame and torch relay With the flag, The Olympic Flame and torch	5
	relay are the most well-known elements of the game. At the modern games the	
	Olympic flame is an expression of the positive valuesthat human beings have	
	always associated with the symbolism of fire . The flame is light at Olympia in	
	Greece recalling the ancient Greek roots of the Olympic games and also	l

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re ooi ra AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA	emphasising the link between the ancient and modern Olympics game the flame recall the ancient Olympic Games during which a sacred fire burnt on the altar of Zeus. the symbolism of the relay is linked not to these games but to the torch races or lampaderomia held in Athens in honor of the gods associated with fire. At the modern Olympics games a flame was lit for the first time in the stadium at Amsterdam in 1928. (ii) The Motto and Maxim the original Olympic motto Citius Altius Fortius was adopted with the launch of the Olympic movement in 1894 at founder pierre de Coubertin, who wanted a slogan that expressed excellence in sports. These three words were meant to encourage athlete to give their best during competition. On 20 July 2021 the session of the international Olympic Committee approved a change in the Olympic motto that recognises the unifying power of sports and the importance of solidarity. The change add the word together after an dash to faster higher stronger the new Olympic Motto now reads "Faster, Higher, Stronger -Together" Component of Khelo India Program. The minister of sports and youth affair introduce khelo India program in the year 2017 to revive sports culture right from the grassroot level. The aim of introduce this program is to inspire the young talent of the country to participate in sports activities. Structures of the khelo India program 1. Play field development 2. Community coaching development 3. State level khelo India centres 4. Annual sports competitions 5. Talent identification and development 6. Utilisation and creation /Upgradation of sports infrastructures 7. Support to National/ regional /state sports academies 8. Physical fitness of school going children 9. Sports for women 10. Sports for peace and development 11. Promotion of sports among person with disabilites 12. Promotion of Rural and Indigenous /Tribal Games	5
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OSDAV Public School, Kaithal First Answer key(May, 2025) SET-B

Class: XI Subject: Physical Education

Q.No.		Marks			
	Section -A				
.2	a) National olympic Committee				
1.					
2.	b) Great Britain	1			
3.	c) 206	1			
4.	b) 1920, Antwerp Belgium	1			
5.	c) Switzerland	1			
6.	c) Gwalior	1			
7	a)Both (A) and (R) are true and (R) is the correct explanation of (A)	1			
8	d) Henry Didon	1			
9	A B C D	1			
	b) iv iii i ii				
10	a) 1960's	1			
11	b) 2017	1			
	Section B Case study	4			
12	a) Victory, Win, Triumph				
	b) Baron pierre De Coubertin				
	c) 1928				
	d) 1914 Section C				
13	Olympic Flag - The Olympic flag was created under the guidance of Baron	2			
13	Coubertin in 1913 and was A released 1914. But it was first hosted in 1920 in				
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	length of the flag is 2:3 the five rings symbolized the "five parts of the world" in				
	which the Olympic movement was active, according to Coubertin.				
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	2. Coaching carrier in physical education				
	3. Health related career in physical education				
	4. Administration related carriers 5.Performance related carrier				
	6.Carrier in communication media				
	o.Carrier in communication media				
	Define any 2				
	Section D				

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15	Summer Olympic games: does Emma room pics game over the Olympiad first	3
	held in 1896, is an international multi sports event that is hosted by a different	
	city every four years. The international Olympic Committee organized the games	
	and oversees the host city preparations. In each Olympic event gold medal are	
	awarded for first place, silver medal are awarded for second place, and bronze	
	medal are awarded for third; this prediction begin in 1904. The winter Olympic	
	games were created due to the success of the summer Olympics. The summer	
	Olympics have grown a lot over time .In 1896 the first Olympics in Athens had	
	43 events with about 241 male athletes from 14 countries. By the 2024 Paris	
	Olympics the games expanded to 329 events in 32 sports more than 10,714	
	athletes from 206 countries taking part.	
16	Two Technological advancement in sports:	3
	1.Officiating technology	
	2.Timing system	
	3.RFID chips	
	4. Equipment development	
	Define any two	

	Section - E	
17	(i) The Flame and torch relay With the flag, The Olympic Flame and torch	5
	relay are the most well-known elements of the game . At the modern games the	
	Olympic flame is an expression of the positive valuesthat human beings have	
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	Greece recalling the ancient Greek roots of the Olympic games and also	
	emphasising the link between the ancient and modern Olympics game the flame	
	recall the ancient Olympic Games during which a sacred fire burnt on the altar	
1	of Zeus. the symbolism of the relay is linked not to these games but to the torch	
	races or lampaderomia held in Athens in honor of the gods associated with fire.	
	At the modern Olympics games a flame was lit for the first time in the stadium at	
	Amsterdam in 1928.	
	(ii) The Motto and Maxim the original Olympic motto Citius Altius Fortius	
	was adopted with the launch of the Olympic movement in 1894 at founder pierre	
	de Coubertin, who wanted a slogan that expressed excellence in sports. These	
	three words were meant to encourage athlete to give their best during	
	competition . On 20 July 2021 the session of the international Olympic	
	Committee approved a change in the Olympic motto that recognises the unifying	
	power of sports and the importance of solidarity. The change add the word	
	together after an dash to faster higher stronger the new Olympic Motto now	
10	reads "Faster, Higher ,Stronger -Together"	
18	Component of Khelo India Program.	5
	The minister of sports and youth affair introduce khelo India program in the	
ii.	year 2017 to revive sports culture right from the grassroot level .The aim of	
	introduce this program is to inspire the young talent of the country to participate	
	in sports activities.	
	Structures of the khelo India program	
	1. Play field development	
	2. Community coaching development	
	3. State level khelo India centres	
	4. Annual sports competitions	

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5. Talent identification and development	
6. Utilisation and creation /Upgradation of sports infrastructures	
7. Support to National/ regional /state sports academies	
8. Physical fitness of school going children	
9. Sports for women	
10. Sports for peace and development	1
11. Promotion of sports among person with disabilites	
12. Promotion of Rural and Indigenous /Tribal Games	
Define any 5	
	 6. Utilisation and creation /Upgradation of sports infrastructures 7. Support to National/ regional /state sports academies 8. Physical fitness of school going children 9. Sports for women 10. Sports for peace and development 11. Promotion of sports among person with disabilites