



**MBS INTERNATIONAL SCHOOL
SECTOR-11, DWARKA
PRACTICE PAPER
SESSION-2019-20
PHYSICAL EDUCATION
CLASS – XI**

Time allowed: $1\frac{1}{2}$ Hours

Maximum Marks: 35

General Instructions:

- *This question paper consists of 17 questions*
- *All questions are compulsory.*
- *Section A carries 10 objective type questions of 1 mark each.*
- *Section B carries 5 questions 3 marks each and should not exceed 80 -100 words.*
- *Section C carries 2 questions 5 marks each and should not exceed 150-200 words.*

SECTION-A

A. Give answer in one word/one sentence:

1. What is Olympic movement? 1
2. What is psychology? 1

B. State true and false

3. A leader in the field of physical education should be decisive. (True/false) 1
4. The life of an adolescent is full of emotions. (True/false) 1

C. Fill in the blanks

5. Special Olympics were started by _____ 1
6. Asana is the third element of _____ 1
7. Aerobic exercise strengthens your _____ 1

D. Choose one correct answer

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| 8. | Which one of the sports is an example of adventure sports? | 1 |
| | a) Hockey | b) Football |
| | c) Marathon race | d) Trekking |
| 9. | When first summer Olympic games were organized? | 1 |
| | a) 1900 | b) 1896 |
| | c) 1886 | d) 1876 |
| 10. | Sports management is | 1 |
| | a) An art | b) A science |
| | c) Both | d) None of above |

SECTION-B

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| 11. | What do mean by positive transfer of learning? | 3 |
| 12. | Discuss the objectives of Indian Olympic Association. | 3 |
| 13. | What is strength? Discuss types of methods to improve strength? | 3 |
| 14. | Explain second wind and its symptoms | 3 |
| 15. | What do you mean by test and measurement? | 3 |

SECTION-C

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| 16. | Explain about the substances prohibited in-competition. | 5 |
| 17. | What do you mean by muscular system? Explain the structural classification of muscles in detail. | 5 |