



REVISION SHEET

SUBJECT: PHYSICAL EDUCATION

CLASS-XI

TERM 1

MCQ

1. Which special professional can help a child to increase their level of independence starting with reaching, grasping, picking up small objects, and working on other skills such as feeding, dressing and toileting ?

(a) Special education counselor (b) Physiotherapist (c) Occupational therapist (d) Physical education teacher

2. The Ancient Olympic Games started in

(a) 776 BCE (b) 394 AD (c) 1896 (d) 1986

3. A genetic disorder is found in an intellectual disability which is known as :

(a) Autism (b) Cerebral palsy (c) Down-syndrome (d) None

4. A good leader is one who :

(a) is unable to trust or show any confidence in her/his team mates	(b) is only enthusiastic about her/his own performance	(c) is focused and is able to think rationally	(d) is assertive and doesn't care about the respect of the team mates
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5. What is the term used for sitting in a position that is firm, but relaxed for extended, or timeless periods?

(a) Yama (b) Niyama (c) Asana (d) Dhyana

6. Which of the following represents the correct combination of colours of Olympic rings—

(a) Blue, Yellow, Black, Green, Red	(b) Brown, Blue, Yellow, Black, Red	(c) Purple, Green, Red, Pink, Yellow	(d) Blue, Yellow, Brown, Green, Purple
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7. The ancient Olympic Games were initially:

(a) 3 Day event (b) 2 Day event (c) 1 Day event (d) 5 Day event

8. The term “Citius” in the Olympic motto denotes—

(a) Higher (b) Faster (c) Stronger (d) All of the above

9. There are currently NOCs.

(a) 204 (b) 205 (c) 206 (d) 207

10. Who coined the Olympic motto “Citius, Altius, Fortius” ?

(a) Rousseau (b) Aristotle (c) Plato (d) Henry Didon

11. Which of the following is NOT a component of Wellness ?

(a) Physical (b) Cosmetic (c) Mental (d) Occupational

12. What is the capacity of an individual to carry out his/her routine work without any fatigue or exertion and still reserves energy to meet any emergency known as ?

(a) Wellness (b) Lifestyle (c) Physical Fitness (d) Mental Fitness

13. A Disability present at the time of birth is also known as :

(a) invisible disability (b) locomotor disability (c) congenital disability (d) temporary disability

14. Which country has roots for practice of Yoga ?

(a) India (b) USA (c) UK (d) Australia

15. There are eight stages of training for a yogi to go through in order to reach “moksha” (release). What is the final stage called ?

(a) Samadhi (b) Yama (c) Pranayama (d) Kaivalya

16. The leader instils positivity among the team by :

(a) holding difficult training sessions	(b) pulling up players making mistakes	(c) telling players their strengths	(d) sitting and observing the team from the sidelines.
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17. “Altius” in the Olympic motto “Citius Altius Fortius” stand for—

(a) Faster (b) Stronger (c) Higher (d) Deeper

18. Which out of the following courses is necessary to pursue a health related career in Physical Education?

(a) Diploma in Yoga Education	(b) Certified diploma after 12th class	(c) Diploma course in Sports Medicine	(d) All of the above
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19. Which of the following Kriya is good for eyes ?

(a) Basti Kriya (b) Dhauti kriya (c) Trataka kriya (d) Nauli kriya

20. How many Yamas have been outlined in Ashtanga Yoga ?

(a) 4 (b) 3 (c) 5 (d) 2

VERY SHORT ANSWER

1. What is Disability ?
2. When was Physical Education made a compulsory subject by CBSE and for which classes ?
3. What are the three values of Olympism? What is their purpose in the Olympic Movement?
4. What do you understand by 'Physical Disability'?
5. What is the full form of NCTE ? What is its role ?
6. List the principles of Yama.
7. Name some technological advancements in sports.
8. What are the types of disabilities ?
9. List few important Pranayamas.
10. When was Fit India Movement launched ?
11. How many rings are there in Olympic Symbol ? Mention their colours also.
12. Define Disorder.
13. What is the main aim of Adaptive Physical Education ?
14. Name any four objectives of Physical Education.
15. Write any 2 benefits of doing Sutra Neti.
16. What is Adaptive Physical Education ? For which age group are APE programmes generally designed ?
17. What is the Olympic Motto and Maxim ?
18. When and where were Commonwealth Games held in India ?
19. What do you mean by NOC ?
20. What is mean by IFs ?

SHORT ANSWER

1. How does a good leader regulate team behaviour ?
2. Write a short note on the key aims of first aid.
3. Explain how wearable technology has changed the way sports are evaluated.
4. A good leader delegates duties and responsibility. Do you agree ?
5. Write a short note on meditation.
6. Briefly explain the changes in the playing surface over the years.

7. Write a short note on traditional games.
8. What is Autism Spectrum Disorder ? Explain any two characteristics.
9. Write a short note on International Olympic Committee.
10. Write a short note on winter olympic games.
11. Explain the principles of Niyama.
12. What is the aim of Physical Education ?
13. What are the types of disability ? Explain briefly.
14. Write down a few lines on different committees constituted for the purpose of development of physical Education in India after Independence.
15. Write about the importance of wellness.
16. Write a short note on NOC.
17. How a physiotherapist helps children with special needs ?
18. Write a short note on Summer olympic games.
19. Describe any 2 Yogic Kriyas.
20. Explain the Fundamental Principles of Olympism.

LONG ANSWER

1. Write a short note on : (i) The flame and torch relay (ii) The Motto and Maxim (iii) Olympic Flag
2. Explain in detail the career options in Physical Education.
3. Classify various playing surfaces in sports ?
4. Describe types of disability with their symptoms.
5. Explain what etiquette should one keep in mind while communicating with a person with special needs ?
6. What do you understand by Kapalabhati Kriya ? Write its procedure, contraindications and benefits.
7. What are the components of Wellness ? Explain in detail.
8. Explain in detail about Ancient Olympics.
9. Explain the aim and objectives of Adaptive physical education ?
10. Explain in detail about Winter Olympic Games.
11. Explain in detail the qualities that a good leader should possess.
12. Describe the olympic movement structure.

13. Write the procedure to perform yoga-nidra. Explain the benefits.
14. What do you mean by Yoga ? Outline the importance of Yoga.
15. Explain in detail the Physical Education development in India after Independence.
16. What are the different causes of disabilities ?
17. What are the benefits of traditional sports and regional games ?
18. Describe Olympic Educational Values with suitable examples.
19. What do you mean by Physical Fitness ? Explain the importance of physical fitness.
20. Discuss the elements of Yoga in detail.
21. Explain in detail the 'P.R.I.C.E' procedure.
22. Write in detail the general guidelines for yogic practice for wellness.
23. Explain in detail the traditional sports and regional games.
24. Discuss in detail about the structure of Khelo India Program.
25. Define Physical Education. Explain the aim and objectives of physical education.
26. How technological advancements have changed the way of sports ? Explain in detail.
27. Explain the concept of disability and disorder.
28. How can Physical education help in creating leaders? Elaborate.
29. Explain in detail about the concept of olympism and olympic values.
30. How a special education counsellor, occupational therapist, speech therapist and special educator helps children with special needs ?

REASONING QUESTIONS

1. Given below are the two statements labeled Assertion (A) and Reason (R) :
A : 'Education' refers to the process of receiving or giving systematic instruction.
R : Education is a life long process of learning which starts with the birth of the person and ends with the person only.
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.
2. Given below are the two statements labelled Assertion (A) and Reason (R) :
Assertion (A) : Adaptive Physical Education helps students with special needs develop physical fitness, mental well-being, self-esteem and overall personality.
Reason (R) : Adaptive Physical Education follows the same teaching methods, activities and evaluation standards for all students without any modification.
In the context of the 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.

3. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

Assertion (A) : Neti Kriya is a process of cleaning and purifying the nasal passage.

Reason (R) : This includes Jal neti and Sutra Neti.

In the context of the 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. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

Assertion (A) : According to historical records, the first ancient Olympic Games can be traced back to 776 B.C.

Reason (R) : They continued for nearly 12 centuries, until Emperor Theodosius ordered in 393 A.D. to ban the Olympic Games.

In the context of the 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.

5. Given below are the two statements labeled Assertion (A) and Reason (R) :

A : Disorder is disruption caused to normal functions of a person.

R : Disorder is any ailment that disturbs the health of a person which hinders a person's performance and diminish his/her efficiency.

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.

6. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A): International Sports Federations (IFs) are international non-governmental organisations recognised by the International Olympic Committee (IOC) to govern one or more sports at the world level.

Reason (R): During the Olympic Games, the IFs are responsible for the practical organisation of the sports events on the programme. All the technical aspects of a sport are their responsibility: the rules, equipment, venues, judging, etc.

In the context of the 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.

7. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

Assertion (A) : Disability etiquette is a set of guidelines dealing specifically with how to approach people with disabilities.

Reason (R) : We should use a high tone of voice when welcoming a person with a disability.

In the context of the 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.

8. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

Assertion (A) : In swimming, earlier Nylon and Lycra were used which enabled swimsuits to be more form-fitting and less water absorbent.

Reason (R) : Lighter and flatter track shoes are designed to find the perfect balance of optimal grip and comfort.

In the context of the 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.

9. Given below are the two statements labelled Assertion (A) and Reason (R) :

Assertion (A) : Wearable technology helps athletes improve their performance and prevent injuries in sports.

Reason (R) : Wearable devices like smartwatches and smart clothing track health data and detect risky movements during physical activities.

In the context of the 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.

10. Given below are the two statements labeled Assertion (A) and Reason (R) :

A : Endurance is the ability to perform activity for extended time.

R : It is very important component for games and sports like middle and long distance races.

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.