



BK BIRLA CENTRE FOR EDUCATION
SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL
Term-1 Examination (2026-27)
PHYSICAL EDUCATION (048)



Class: **XI Sci/Com/Hum**
Date: **09/09/2026**

Duration: **3 Hrs**
Max. Marks: **70**

General Instructions:

1. Question paper consists of 5 sections and 37 questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consists of Question 25-30 carrying 3 marks each and is short answer type and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and is long answer type and should not exceed 200-300 words. Attempt any 3.

SECTION A

Section A consist of 18 questions

1. IOA was established in? [1]
[a] 1897 [b] 1929 [c] 1894 [d] 1927
2. Hippocrates was famous physician in which country? [1]
[a] Germany [b] Greece
[c] France [d] Italy
3. The word 'Fortius' in the Olympic Motto means? [1]
[a] Higher [b] Stronger [c] Faster [d] None of the above
4. Dressing and bandages are used to? [1]
[a] increase the victim's pain [b] increase internal bleeding
[c] control bleeding and prevent infection [d] stitch up a deep wound
5. In which Olympics, the flag was hoisted first time [1]
[a] 1928 [b] 1920 [c] 1927 [d] 1932
6. How many verticals are there in Khelo India Program? [1]
[a] Ten [b] Eleven [c] Twelve [d] Thirteen
7. In Which unit the value of BMI is measured? [1]
[a] pound/foot² [b] gm/cm² [c] kg/m² [d] None of these

8. Out of the following which one is not a part of Ashtanga Yoga? [1]
 [a] Yama [b] Neti [c] Niyama [d] Samadhi
9. The Khelo India Program was launched by the Ministry of Youth Affairs and Sports, Govt. of India in the financial year? [1]
 [a] 2017-18 [b] 2016-17 [c] 2015-16 [d] 2018-19
10. Blink less gazing is known as- [1]
 [a] Basti [b] Nauli [c] Neti [d] Trataka
11. Which Pranayama should be avoided in winters? [1]
 [a] Sheetkari [b] Bhramari [c] Suryabhedana [d] Ujjayi
12. Which of the following is a congenital disability? [1]
 [a] Down Syndrome [b] Cerebral Palsy [c] Both A and B [d] None of the above
13. What type of disorder is ADHD? [1]
 [a] Mental [b] Emotional [c] Behavioral [d] Genetic
14. World Disability Day is celebrated on? [1]
 [a] 2nd April [b] 21st June [c] 29th August [d] 3rd December
15. R.I.C.E. treatment refers to? [1]
 [a] Rest, Ice, Crutches, Elevation [b] Rest, Ice, Compression, Elevation
 [c] Rest, Ibuprofen, Crutches, Exercise [d] Recovery, Ice, Compression, Exercise
16. Which of the following is not an HRPF Component? [1]
 [a] Balance [b] Flexibility [c] Strength [d] Body Composition
17. Which of the following games is played with the help of animals? [1]
 [a] Kalaripayattu [b] Shatranj [c] Polo [d] Atya Patya
18. Where Lakshmibai National Institute of Physical Education (LNIPE) is situated? [1]
 [a] New Delhi [b] Kerala [c] Patiala [d] Gwalior

SECTION B

Section B consist of 6 questions attempt any 5

19. Write a note on The Olympic Motto? [2]
20. Write a note on Fit India Movement? [2]
21. Explain the Yama- Asteya in brief? [2]
22. What is the difference between Disability and Disorder? [2]
23. What do you mean by Test and Measurement? [2]
24. what is full form of PRICE? [2]

SECTION C

Section C consist of 6 questions attempt any 5

25. List down the yogic Kriyas and explain any one? [3]
26. Describe any one Olympic core value? [3]
27. What kind of playing surfaces are used for indoor sports? Explain. [3]
28. What is the difference between Physical fitness components: Speed and Agility? [3]
29. What is the role of Physical Teacher in helping the CWSN? [3]
30. Discuss the trait of Endomorphs? [3]

SECTION D

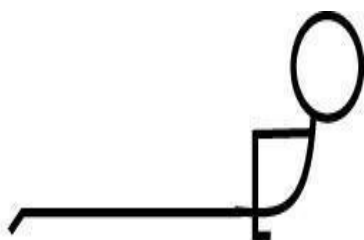
Section D consist of 3 questions

31. For appropriate body composition, The BMI test is usually considered very effective. Those individuals, who have high BMI? They are advised to do heavy workout. They must pay attention to their body weight. They should try to reduce the body weight by sufficient workout and appropriate amount of diet. [4]

Based on the above passage, answer the following questions.

- I. The normal range of BMI is _____.
- II. 35.0-39.9 is the range of _____.
- III. An individual with BMI to 28.0 comes under _____ category.
- IV. The range of BMI is often overweight individual is _____.

32. Mr. Shyam aged 50 years is recommended to practice the below asana as a therapeutic measure. He is a software engineer by occupation and spends lot of time sitting at one place. He developed certain symptoms like frequent urge for urination, tiredness, excessive weight gain along with being anxious and gets easily irritated. [4]



1. From the shape of the body in the given pose, it can identified as _____?
[a] Gomukhasna [b] Bhujangasana [c] Tadasana [d] Vajrasana

2. Mr. Shyam is diagnosed with _____?
[a] Only Diabetes [b] Both Diabetes & Hypertension
[c] Only Hypertension [d] Asthma

3. Blood sugar levels are controlled by _____ hormone?
[a] Thyroxin [b] Insulin [c] Pituitary [d] Progesterone

4. This asana should be avoided by people suffering with _____?
[a] Obesity [b] Hernia [c] Diabetes [d] Hypertension

33. The dance sports minister Mr Kiran Rejuju launched a number of sports schemes in India. Among these one of the best scheme is Khelo India programme. Mr. Raj father of Rohit met the physical education teacher of our school to know about the physical fitness level of senior classes. Art teacher replied that Khelo India programme consist of various physical fitness tests for school children. In next week, all the students physical fitness will be measured. [4]

- A. To measure the lower body flexibility, which one of the following test is best?
- | | |
|-----------------------|------------------------|
| a) Harvard step test | c) 600mtr Run and walk |
| b) Sit and Reach test | d) Plate Tapping test |
- B. Which test is used to measure strength and endurance of abdominal muscles?
- | | |
|---------------------|------------------------|
| a) Partial Curl ups | c) 600mtr Run and walk |
| b) Push ups | d) 4x10mtr Shuttle Run |
- C. Which test is most suitable to measure the upper body strength and endurance?
- | | |
|---------------------|------------------------|
| a) Partial Curl ups | c) Push ups |
| b) 50mtr dash | d) Standing Broad Jump |
- D. Which one of the following components is not related to skill related physical fitness?
- | | |
|------------|--------------------------------|
| a) Balance | c) Power |
| b) Speed | d) Cardiorespiratory endurance |

OR

Which one of the following test is applicable to measure body composition?

- | | |
|---------------------|-----------------------|
| a) BMI | c) Sit and Reach Test |
| b) Partial Curl ups | d) None f these |

SECTION E

Section E consist of 4 questions attempt any 3

34. What is the Objectives of physical education? [5]
35. Discuss trataka Kriya in detail. [5]
36. explain the origin of Modern Olympic Games. [5]
37. What do you mean by Test, Measurement and Evaluation? Elucidate the importance of test measurement and evaluation in the field of sports [5]