



**BK BIRLA CENTRE FOR EDUCATION**  
SARALA BIRLA GROUP OF SCHOOLS  
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



**ANNUAL EXAM 2025-2026**

**PHYSICAL EDUCATION**

Class : **XI Sci/Com/**

Date : **12/02/2026**

Admission No.:

Duration: **3 Hrs**

Max. Marks: **70**

Roll No.:

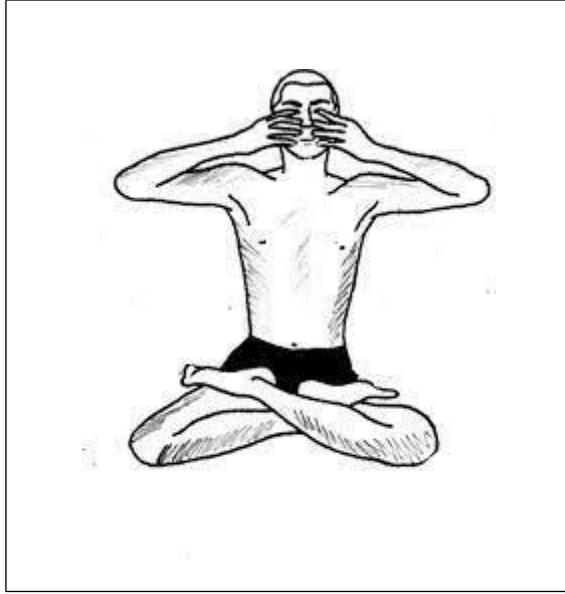
**General Instructions:**

1. The 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. Sections B consist 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. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Sections E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3

**Section-A**

*Section A consists of Multiple Choice Type questions of 1 mark each*

1. The axis divides the body into right side and left side is \_\_\_\_\_ . 1  
A. Frontal axis  
B. **Sagittal axis**  
C. Vertical axis  
D. Longitudinal axis
2. Which of the following academic course is required to be a TGT Physical Education Teacher, who teaches up to Xth class? 1  
A. **B.P.Ed**  
B. M.P.Ed  
C. M.Phill  
D. D.P.Ed
3. "Mr. "A" is working in reputed company but he is not satisfied with his job". 1  
Given statement is associated with \_\_\_\_\_ wellness.  
A. Spiritual  
B. Emotional  
C. Social  
D. **Occupational**
4. Which is **not** a problem associated with adolescence? 1  
A. Substance abuse  
B. Exercise adherence  
C. Anti-social behaviour  
D. **Lack of language development**
5. Macro-cycle involves training period of \_\_\_\_\_ . 1  
A. 3-10 days  
B. 3-6 weeks  
C. 6-12 weeks  
D. **12-54 weeks**
6. What do you mean by IOC? 1  
A. Indian Olympic Committee  
B. **International Olympic Committee**  
C. Indian Olympic Community  
D. International Olympic Community



Which type of pranayama seen in given picture?

- A. Ujjayi Pranayama
- B. **Bhramari Pranayama**
- C. Sheetkari Pranayama
- D. Anulom-Vilom Pranayama

OR

(Question for visually impaired)

In which of the following pranayama we inhale with one nostril and exhale with other nostril?

- A. Ujjayi Pranayama
- B. Bhramari Pranayama
- C. Sheetkari Pranayama
- D. **Anulom-Vilom Pranayama**

- 8 A CWSN child is very demotivated. Suggest him appropriate professional for helping him. 1
- A. **Counselor**
  - B. Speech Therapist
  - C. Occupational Therapist
  - D. Physical Education Teacher
- 9 When a player performs an action scientifically that is \_\_\_\_\_. 1
- A. Strategy
  - B. Style
  - C. Skill
  - D. **Technique**
- 10 The process of obtaining and providing useful information for judging decision alternative is known as \_\_\_\_\_. 1
- A. Test
  - B. **Evaluation**
  - C. Measurement
  - D. Technique
- 11 Which of the following is **NOT** a biological cause of disability? 1
- A. Due to polio
  - B. Due to disorder of genes
  - C. **Due to bipolar disorder**
  - D. Due disturbance in gland functioning
- 12 \_\_\_\_\_ is the ability to perform moderate to vigorous levels of physical activity without undue fatigue and the capability of maintaining such ability throughout life. 1
- A. Fitness
  - B. Wellness
  - C. **Physical Fitness**
  - D. Health

- 13 Read the statements and choose the correct option: 1
- **Statement A:** The last ancient Olympic Games were held in 698 AD.
  - **Statement R:** The ancient Olympic Games were legally abolished by the Roman Emperor Theodosius.
- Options:**
1. Both A and R are true, and R correctly explains A.
  2. Both A and R are true, but R does not explain A.
  3. A is true, but R is false.
  4. **A is false, but R is true.**

- 14 Match the following: 1

|      |              |   |        |
|------|--------------|---|--------|
| I.   | Brahmacharya | 1 | Fourth |
| II.  | Satya        | 2 | First  |
| III. | Asteya       | 3 | Second |
| IV.  | Ahinsa       | 4 | third  |

- A. I-1, II-3, III-2, IV-4
  - B. I-1, II-3, III-4, IV-2**
  - C. I-1, II-2, III-4, IV-3
  - D. I-1, II-2, III-3, IV-4
- 15 Extension and flexion movement happens on \_\_\_\_\_ joint. 1
- A. Ball and Socket joint
  - B. Hinge joint**
  - C. Pivot joint
  - D. Gliding joint
- 16 Which of the following traditional game played with the help of animal? 1
- A. Chaupar
  - B. Pittho
  - C. Mallakhamb
  - D. Polo**
- 17 \_\_\_\_\_ is the passageway of both digestive and respiratory system. 1
- A. Nasal cavity
  - B. Larynx
  - C. Trachea
  - D. Pharynx**
- 18 Childhood stage is for the age group of \_\_\_\_\_. 1
- A. 0-2 years
  - B. 3-6 years**
  - C. 13-19 years
  - D. 20-30 years

## Section-B

### *Attempt any 5 questions*

19. Sumit is a Physical education teacher who informs students about modern playing surfaces. Enlist four playing surfaces that are commonly used nowadays

ANS- Modern playing surfaces are specially designed surfaces used for better performance and safety in sports.

**Four modern playing surfaces are:**

1. Synthetic track
2. Artificial turf (Astro turf)
3. Wooden flooring
4. Acrylic surface

[2]

20. Define strength and enlist its various types.

[2]

ANS- Strength is the ability of a muscle or group of muscles to exert force against resistance.

**Types of strength:**

1. Maximum strength
2. Explosive strength
3. Strength endurance

21. What role does the International Olympic Committee (IOC) play in the global structure of the Olympic Movement, and how does it support the Olympic values?

[2]

ANS- The International Olympic Committee (IOC) is the apex body of the Olympic Movement. It organizes the Olympic Games and promotes Olympic values such as excellence, friendship, and fair play across the world.

22. The respiratory system consists of various organs. Name any four of them.

[2]

ANS- The respiratory system helps in breathing and exchange of gases.

**Any four organs of the respiratory system are:**

1. Nasal cavity
2. Pharynx
3. Larynx
4. Trachea

23. Describe the role of friction in sports and give two examples of its application.

[2]

ANS - Friction plays an important role in sports by providing grip, balance, and control during movement.

**Examples:**

1. Athletes use spikes to prevent slipping while running.
2. Gymnasts apply chalk to improve grip on apparatus.

24. How does mental toughness contribute to sports performance?

[2]

ANS - Mental toughness helps an athlete to remain focused, confident, and calm under pressure. It enables athletes to handle stress, overcome failures, and perform consistently in competitions.

## Section-C

### *Attempt any 5 questions*

25. What is the **Olympic Oath**? Explain its significance.

[3]

**ANS - The Olympic Oath is a solemn promise made by an athlete on behalf of all participants during the opening ceremony of the Olympic Games to compete fairly and respect the rules.**

**Significance:**

- 1. Promotes fair play and honesty in sports.**
- 2. Encourages respect for rules and fellow competitors.**
- 3. Upholds the spirit and values of the Olympic Movement.**

**26. Define Yoga. Explain any two advantages of yoga in everyday life. [3]**

**ANS - Yoga is a practice that combines physical postures (asanas), breathing exercises (pranayama), and meditation to achieve physical, mental, and spiritual well-being.**

**Two advantages in everyday life:**

- 1. Improves flexibility, strength, and overall physical fitness.**
- 2. Reduces stress, enhances concentration, and promotes mental calmness.**

**27. Describe any three importance of traditional and regional games in the development of society and culture. [3]**

**ANS - Importance of Traditional and Regional Games**

**Importance in society and culture:**

- 1. Preserve cultural heritage and traditional values.**
- 2. Promote physical fitness and healthy lifestyle among people.**
- 3. Encourage social bonding, teamwork, and community participation.**

**28. What is adolescence? Explain the management of problems faced during adolescence. [3]**

**ANS - Adolescence and Management of Problems**

**Adolescence:**

**Adolescence is the period of life between childhood and adulthood (approximately 13–19 years), marked by physical, emotional, and psychological changes.**

**Management of problems:**

- 1. Emotional stress: Encourage open communication and counselling.**
- 2. Substance abuse: Provide awareness programs and parental guidance.**
- 3. Anti-social behaviour: Engage adolescents in sports and community activities.**

**29. Explain in detail any three career options in the field of Physical Education. [3]**

**ANS - . Career Options in Physical Education**

**Three career options:**

- 1. Physical Education Teacher: Teaches physical education in schools and colleges.**
- 2. Fitness Trainer / Personal Trainer: Guides individuals in exercise, diet, and fitness routines.**
- 3. Physiotherapist / Sports Therapist: Provides rehabilitation and injury management for athletes.**

**30. Explain the basic principles of biomechanics related to sports performance. [3]**

**ANS - Basic Principles of Biomechanics in Sports**

**Principles related to sports performance:**

1. **Stability:** Maintain balance for better performance in movements.
2. **Force:** Apply maximum force efficiently to achieve desired motion.
3. **Leverage:** Use body as a lever to increase strength, speed, and accuracy in actions.

#### Section-D

31. Hockey is one of the oldest games and is considered the origin of many modern **stick-and-ball sports**. Today, it is played in more than **130 countries** and ranks just after football in popularity among team games. The introduction of **artificial (synthetic) turfs** since the 1970s has brought major changes in the game. These surfaces have increased the speed of play and led to modifications in equipment such as hockey sticks and protective gear, enabling new techniques and better safety.

#### Answer the following questions:

- a) The replacement of natural grass with **synthetic turf** in hockey is an example of \_\_\_ **modernization** \_\_\_ in physical education and sports.
- b) Modification in the **design and shape of hockey sticks** due to artificial surfaces represents \_\_\_ **technological** \_\_\_ trends in sports.
- c) The introduction of the **video review system** in modern sports is considered a \_\_\_ **scientific** \_\_\_ trend in physical education.
- d) Improvement and redesign of **goalkeeper equipment such as pads or helmets** in hockey come under \_\_\_ **safety** \_\_\_ trends in sports.

[4]

**32. Pranayama** is an essential part of yogic practices. It is the scientific method of controlling and regulating **prana (vital energy)** through proper breathing techniques. Different pranayamas involve different methods of inhalation and exhalation. Observe the given pictures and answer the questions that follow:



a) The breathing-out technique shown in the **first picture (from the left)** represents which pranayama?

ANS - **Bhramari Pranayama.**

b) Name the pranayama in which **inhalation is done through one nostril and exhalation through the other nostril alternately.**

ANS - **Anulom-Vilom Pranayama.**

c) Which pranayama is most effective for **immediate relaxation and calming of the mind?**

ANS - **Ujjayi Pranayama.**

d) Identify the pranayama in which **air is exhaled through the teeth**, as shown in the **second picture.**

[4]

ANS - **Sheetkari Pranayama.**

ANS -  **Kapalabhati:** Cleanses the respiratory system and energizes the body.

**Basti:** Cleanses the colon and improves digestion.

**Trataka:** Improves concentration and strengthens the eyes.

**Nauli:** Strengthens abdominal muscles and improves digestive health.

**33. Good physical fitness plays a vital role in the effective performance of sports skills. Different sports require different components of skill-related fitness. The following pictures show various sports activities. Carefully observe them and answer the questions below:**



- a) To perform **Tadasana**, which **component of skill-related fitness** is most important for children?

ANS - balance

- b) Which **skill-related fitness component** is mainly required for a **100-metre sprint race**?

ANS - SPEED

- c) While hitting the shuttlecock in **badminton**, which **skill-related fitness component** is essential?

ANS - **reaction time**.

- d) In the game of **Kho-Kho**, a runner moves quickly in a **zig-zag pattern** to escape the chasers. Identify the **skill-related fitness component** required for this movement.

ANS - **agility**.

[4]

#### Section-D

**Attempt any 3 questions**

34. Explain **Yoga Nidra** and describe **any four benefits** of Yoga Nidra in detail.

[5]

ANS - **Yoga Nidra:**

Yoga Nidra, also called “Yogic Sleep,” is a state of conscious deep relaxation where the body sleeps but the mind remains fully aware. It is practiced lying down in a comfortable position, using guided meditation or visualization techniques.

**Four benefits of Yoga Nidra:**

1. **Reduces stress and anxiety:** Calms the nervous system and lowers mental tension.
2. **Improves sleep quality:** Helps in overcoming insomnia and enhances restorative sleep.
3. **Enhances concentration and memory:** Relaxes the mind, improving mental clarity and focus.
4. **Promotes overall well-being:** Balances physical, mental, and emotional health.

35. Describe the **functions of the circulatory system** in the human body.

[5]

ANS - **Functions:**

1. **Transport of oxygen and nutrients:** Carries oxygen from the lungs and nutrients from food to all body cells.
2. **Removal of waste products:** Transports carbon dioxide and other metabolic wastes to lungs, kidneys, and liver for excretion.
3. **Regulation of body temperature:** Distributes heat produced in muscles and organs to maintain body temperature.
4. **Immune system support:** Transports white blood cells and antibodies to fight infections.
5. **Hormone transport:** Carries hormones from glands to target organs, helping in body regulation.

36. Explain the **main characteristics at different stages of human development.**

[5]

**ANS - Stages and their characteristics:**

1. **Infancy (0–2 years):** Rapid physical growth, development of motor skills, dependence on caregivers.
2. **Childhood (3–12 years):** Growth in height and weight, development of basic skills, learning social and language skills.
3. **Adolescence (13–19 years):** Puberty, hormonal changes, development of identity, emotional fluctuations.
4. **Adulthood (20–40 years):** Physical maturity, career and family responsibilities, stable cognitive abilities.
5. **Old age (60+ years):** Gradual decline in physical strength, slower metabolism, emotional maturity, and wisdom.

37. Explain **disability etiquettes** and describe how they help in creating an inclusive society.

[5]

**ANS - Disability Etiquettes:**

Disability etiquettes are the respectful and thoughtful ways of interacting with persons with disabilities to ensure dignity and inclusion.

**Examples:**

1. Speak directly to the person, not their companion.
2. Offer assistance only when needed; do not assume.
3. Avoid using negative or patronizing language.
4. Respect personal space and mobility aids.
5. Use inclusive language that focuses on abilities, not disabilities.

**Role in an Inclusive Society:**

- Promotes respect, understanding, and equality.
- Reduces stigma and discrimination.
- Encourages participation in education, sports, and social activities.
- Helps in building confidence and independence in persons with disabilities

\*\*\*\*\*All the Best\*\*\*\*\*