



B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL

PERIODIC TEST - 2 PHYSICAL EDUCATION

Class: XI
Date: 10.11.25

Duration: 1 Hrs
Max. Marks: 25

(SECTION – A)

1. Which of the following is not a component of physical fitness? 1
A. Speed B. Ability C. Flexibility D. Intelligence
2. Which test is used to measure cardiovascular endurance? 1
A. Harvard Step Test
B. Sit and Reach Test
C. Push-up Test
D. 50M Dash
3. The main purpose of test and measurement in sports is to — 1
A. Reward athletes
B. Evaluate performance
C. Train coaches
D. Organize tournaments
4. Which part of the brain controls balance and coordination? 1
A. Cerebrum B. Cerebellum C. Medulla D. Pons
5. Which muscle type is involuntary and found in internal organs? 1
A. Skeletal B. Cardiac C. Smooth D. Voluntary
6. Which of the following is a function of the circulatory system? 1
A. Food Digestion
B. Blood Transportation
C. Hormone Secretion
D. Movement Control

(SECTION – B)

7. Define measurement in Physical Education. 2
8. What is the importance of evaluation in sports? 2
9. What are the main functions of the skeletal system? 2
10. Define blood and its major components. 2

(SECTION – C)

11. Explain the steps involved in the process of evaluation in sports. 3
12. Explain the structure and function of a muscle fibre. 3

(SECTION – D)

13. Describe the structure and functions of the human respiratory system with a neat labelled diagram. 5