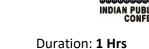


# BK BIRLA CENTRE FOR EDUCATION

## SARALA BIRLA GROUP OF SCHOOLS SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL

#### **PERIODIC TEST (2024-25)**

## **PHYSICAL EDUCATION (048)**



Class : XI Sci/Com/Hum
Date : 28/06/2024

Max. Marks: 25

Admission No.: Roll No.:

#### **General Instructions:**

- 1. The question paper consists of 3 sections and 14 Questions.
- 2. Section A consists of question 1-7 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3. Sections B consist of questions 8-13 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. All questions are compulsory.
- 4. Sections C consist of Question 14-15carrying 3 marks each and are short answer types and should not exceed 100-150 words. All questions are compulsory.

### **Section-A**

1.	Which Pranayam should be	avoided during winters? (2	1)
	i.Sheetkari	iii. Bhastrika	
	ii.Ujjayi	iv.Nadishodhan	
2.	"Playing beyond the rules o	f the game" is violation of which of the following educational value? (	(1)
	i. Pursuit of Excellence	ii. Balance Between Body, Will and Mind	
	iii. Joy of Effort	iv. Fair play	
3.	Word 'Yoga' derived from: i. Yug ii. Yua	iii. Yuj iv. Yuy	1)
4.	Man is a,i.Physical, social and emoti.Mental, economical and	· ·	1)
5.	The IOA was established in i. 1926 ii. 1927	iii. 1928 iv. 1930	1)
	is the final stage called?	ining for a yogi to go through in order to reach "moksha" (release). While iii. Dhyana iv. Samadhi	hat 1)
7.	Cleaning of Colon is known i. Nauli ii. Kapalbhat	•	1)

	How can yoga contribute in enhancing physical fitness? Write a short note on the Olympic Flag.	(2) (2)		
10.	10. Explain the concept of Pranayama.			
11.	11. Illustrate the concept of fair play with sports examples			
12.	. Yogic concept considers health as a holistic way and sees the person as a whole. list down the	five		
	approaches.	(2)		
13.	. Define yogic kriyas.	(2)		
	Section-C			
	<u>Section-c</u>			
14	The path of yoga is a flight of eight steps. Efficiency in yoga is attained through step by step process. These are also known as eight elements of yoga. They are for the individual to think about and ponder over with a rational mind ,because yoga is not about mindlessly accepting externally imposed rules- it is about finding the truth for oneself and connecting with it. On the basis of your knowledge of elements of yoga answer the following questions:-			
	a) Which is the first element of yoga?	$(1 \setminus 2)$		
	<ul><li>b) Which is the last element of yoga?</li><li>c) The last three limbs of Ashtanga Yoga are the essential stages of meditation; name</li></ul>	$(1\2)$		
	them. d) Name the five yamas or code of conduct towards the outside world? e) What is the meaning of Pranayama?	$ \begin{array}{c} (1 \mid 2) \\ (1 \mid 2) \\ (1) \end{array} $		
15.	. Write a brief note on the origin and conduct of Ancient Olympics.  (OR)			
	How did the Modern Olympic games originate?	(3)		
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\*\*\*\*\*ALL THE BEST\*\*\*\*