



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



PRE-MID TERM (2026-27)

PHYSICAL EDUCATION (048)

Class : XI
Date : 23/07/2026
Admission No.:

Duration: 1 Hrs
Max. Marks: 25
Roll No.:

General Instructions:

1. The question paper consists of 3 sections and 15 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 14-15 carrying 3 marks each and are short answer types and should not exceed 100-150 words. All questions are compulsory.

Section-A

1. The Ministry of Youth Affairs and Sports, Govt. of India launched the Khelo India Programme in. (1)
i. 2013-2014 ii. 2016-2017 iii. 2014-2015 iv. 2017-2018
2. The IOA was established in. (1)
i. 1926 ii. 1927 iii. 1928 iv. 1930
3. SAI Stands for: (1)
i. Sports Appointment of India iii. Sports Academic of India
ii. Sports Authority of India iv. Sports Accreditation of India
4. Fit India movement was launched on: (1)
i. 29th July 2019 ii. 29th August 2019 iii. 29th Sept. 2019 iv. 29th June 2019
5. Which of the following is a natural playing surface? (1)
i. Cinder ii. Astroturf iii. Polygrass iv. Wood
6. Which course of Physical Education is not recognised by IICTE? (1)
i. D.P.Ed. ii. B.P.Ed. iii. M.P.Ed iv. B.P.E.S
7. The maximum duration of 'Long Term Athlete Development Programme' is (1)
i. 4 Years ii. 6 Years iii. 8 Years iv. 12 Years

Section-B

8. What is the full form of NCTE? (2)

OR

How Physical Education develop neuro-muscular coordination?

9. List down any 4 wearable gears required for Taekwondo (2)

OR

Write a short note on the Olympic Flag.

10. Briefly explain the developmental process of first professional institution of physical education after independence. (2)

11. List down the different kinds of physical education academic courses available in India? (2)

12. Illustrate the concept of fair play with sports examples. (2)

13. Short note on sports competitions in schools. (2)

Section-C

14. List objectives of Khelo India. Complete the table about Khelo India given below. (1+½+½+½+½)

Launched by	
Launched in the year	
1 st competition held on	
1 st competition held in	

(OR)

What is the Vision and Mission of Khelo india

15. Write a brief note on the origin and conduct of Ancient Olympics. (3)

(OR)

How did the Modern Olympic Games originate?

*****ALL THE BEST*****