



**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 (048)**

**SET 1**

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

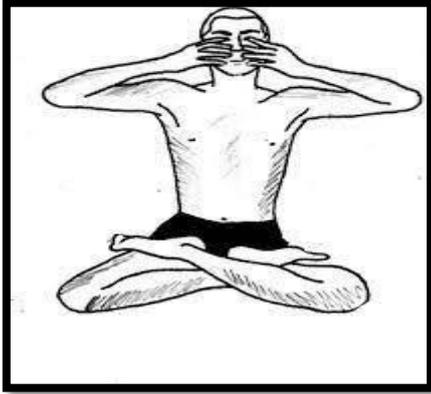
**Section-A**

*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 X class? [1]  
a. B.P.Ed                      b. M.P.Ed                      c. M.Phil                      d. D.P.Ed
3. "Mr. "A" is working in reputed company but he is not satisfied with his job". Given statement is associated with \_\_wellness. [1]  
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 behavior  
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

7. Which type of pranayama seen in given picture? [1]



- 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:

- a. Both A and R are true, and R correctly explains A.
- b. Both A and R are true, but R does not explain A.
- c. A is true, but R is false.

d. 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.

[2]

20. Define strength and enlist its various types.

[2]

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]

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

[2]

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

[2]

24. How does mental toughness contribute to sports performance?

[2]

### Section-C

#### *Attempt any 5 questions*

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

[3]

26. Define Yoga. Explain any two advantages of yoga in everyday life.

[3]

27. Describe any three importance of traditional and regional games in the development of society and culture. [3]
28. What is adolescence? Explain the management of problems faced during adolescence. [3]
29. Explain in detail any three career options in the field of Physical Education. [3]
30. Explain the basic principles of biomechanics related to sports performance. [3]

#### 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. [4]

Answer the following questions:

- The replacement of natural grass with synthetic turf in hockey is an example of \_\_\_\_\_ in physical education and sports.
  - Modification in the design and shape of hockey sticks due to artificial surfaces represents \_\_\_\_\_ trends in sports.
  - The introduction of the video review system in modern sports is considered a \_\_\_\_\_ trend in physical education.
  - Improvement and redesign of goalkeeper equipment such as pads or helmets in hockey come under \_\_\_\_\_ trends in sports.
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: [4]



- The breathing-out technique shown in the first picture (from the left) represents which pranayama?
  - Name the pranayama in which inhalation is done through one nostril and exhalation through the other nostril alternately.
  - Which pranayama is most effective for immediate relaxation and calming of the mind?
  - Identify the pranayama in which air is exhaled through the teeth, as shown in the second picture.
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: [4]



Performing Tadasana



100 Meter Run

- a. To perform Tadasana, which component of skill-related fitness is most important for children?
- b. Which skill-related fitness component is mainly required for a 100-metre sprint race?
- c. While hitting the shuttlecock in badminton, which skill-related fitness component is essential?
- 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.

### Section-D

#### *Attempt any 3 questions*

34. Explain Yoga Nidra and describe any four benefits of Yoga Nidra in detail. [5]
35. Describe the functions of the circulatory system in the human body. [5]
36. Explain the main characteristics at different stages of human development. [5]
37. Explain disability etiquettes and describe how they help in creating an inclusive society. [5]

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