



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-2)

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. How many elements (limbs) are there in Ashtanga Yoga? [1]
a. 7 b. 10 c. 8 d. 6
2. Who defined physical education as "the sum of those experiences which come to the individual through movement"? [1]
a. J.B. Nash b. Delbert Oberteuffer c. J.F. Williams d. C.C. Covell
3. The ability of muscles to overcome resistance is known as: [1]
a. Speed b. Agility c. Strength d. Endurance
4. How many components are included in Health-Related Physical Fitness? [1]
a. 6 b. 4 c. 7 d. 5
5. Which of the following belongs to Skill-Related Fitness? [1]
a. Body Composition b. Muscular Strength c. Agility d. Muscular Endurance
6. Who helps children with special needs in performing fine motor activities such as eating, dressing, grooming, etc.? [1]
a. Counsellor
b. Physical Education Teacher
c. Occupational Therapist
d. Physiotherapist
7. Which Olympic motto stands for "Faster"? [1]
a. Fortius b. Communiter c. Citius d. Altius
8. Olympic Day is celebrated on: [1]
a. 28 June b. 23 June c. 25 June d. 30 June

9. Any disruption that prevents an individual from performing daily human activities is known as: [1]
 a. Disease b. Disorder c. Illness d. Disability
10. The ancient Olympic Games were held in honour of which Greek God? [1]
 a. Hermes b. Zeus c. Apollo d. Poseidon
11. Who among the following has won two Olympic medals for India? [1]
 a. Neeraj Chopra b. Saina Nehwal c. Bajrang Punia d. P. V. Sindhu
12. Which of the following is NOT a physical disability? [1]
 a. Hearing Impairment b. Cerebral Palsy c. Dyslexia d. Amputee
13. Match the following [1]

List-1		List-2	
i.	Saucha	1.	Desire
ii.	Santosha	2.	Education
iii.	Tapa	3.	Purity
iv.	Swadhyay	4.	Practice

- a. a–ii, b–iii, c–i, d–iv
 b. a–iii, b–ii, c–i, d–iv
 c. a–iii, b–i, c–iv, d–ii
 d. a–ii, b–i, c–iv, d–iii
14. Flexion and extension movements mainly occur at which type of joint? [1]
 a. Pivot joint b. Gliding joint c. Hinge joint d. Ball and socket joint
15. Which of the following traditional games is played with the help of an animal? [1]
 a. Mallakhamb b. Chaupar c. Polo d. Pittho
16. Which structure serves as a common passage for both the digestive and respiratory systems? [1]
 a. Trachea b. Pharynx c. Larynx d. Nasal cavity
17. The childhood stage generally belongs to which age group? [1]
 a. 13–19 years b. 0–2 years c. 20–30 years d. 3–6 years
18. Which of the following is NOT considered a biological cause of disability? [1]
 a. Disturbance in gland functioning b. Disorder of genes
 c. Bipolar disorder d. Polio

Section-B

Attempt any 5 questions

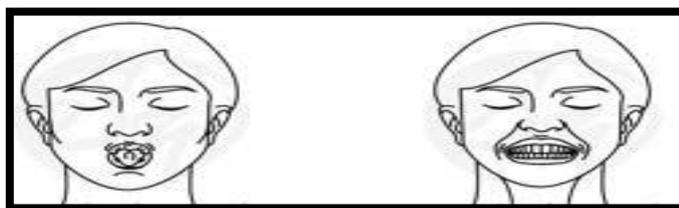
19. Explain the role and importance of a physiotherapist in the development of children with special needs. [2]
20. Describe the aim and objectives of Physical Education in detail. [2]
21. Write a short note on the Olympic Flag. Explain its significance. [2]
22. How does Physical Education contribute to nation building? Discuss its role in the overall development of a country. [2]
23. Explain the different types of disabilities in detail with suitable examples. [2]
24. Define strength and enlist its various types. [2]

Section-C
Attempt any 5 questions

25. Explain how an occupational therapist helps children with special needs in their daily activities. [3]
26. What is Yoga? Explain any two benefits of yoga in daily life. [3]
27. Explain the concept of adolescence. Also discuss how problems faced during adolescence can be managed. [3]
28. Describe any three career opportunities available in the field of Physical Education. [3]
29. Explain any three ways in which traditional and regional games contribute to the development of society and culture. [3]
30. Describe the fundamental concept of biomechanics and how it relates to enhancing athletic performance. [3]

Section-D

31. Radhika works as a wellness coach. She focuses on the continuous and active process through which individuals become aware of and make choices toward a healthier and more fulfilling life. Based on this information, answer the following questions: [4]
- a. Which dimension of wellness helps an individual meet daily work demands and take responsibility for personal health?
 - a. Environmental Wellness
 - b. Physical Wellness
 - c. Occupational Wellness
 - d. Social Wellness
 - b. Which dimension of wellness motivates self-care and the development of one's inner self?
 - a. Physical Wellness
 - b. Emotional Wellness
 - c. Spiritual Wellness
 - d. Social Wellness
 - c. Which dimension of wellness helps an individual find meaning, purpose, and direction in life?
 - a. Mental Wellness
 - b. Occupational Wellness
 - c. Social Wellness
 - d. Spiritual Wellness
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]



- a. The breathing-out technique shown in the first picture (from the left) represents which pranayama?
 - b. Name the pranayama in which inhalation is done through one nostril and exhalation through the other nostril alternately.
 - c. Which pranayama is most effective for immediate relaxation and calming of the mind?
 - d. Identify the pranayama in which air is exhaled through the teeth, as shown in the second picture.
33. The Olympic Games are the world's premier multi-sport event, with participation from over 200 countries. They bring the world together to compete, be inspired, and celebrate sportsmanship. Based on the above information, answer the following questions: [4]
1. In which year were the first Ancient Olympic Games held?
a. 393 AD b. 1896 AD c. 776 BC d. 1894 AD
 2. Which organization serves as the highest authority of the Olympic Games?
a. International Olympic Games Committee b. International Olympic Federation
c. International Olympic Committee d. International Olympic Games Federation
 3. The first modern Olympic Games took place in which city?
a. Tokyo b. Athens c. Paris d. Rome
 4. Which of the following is the official body governing the Olympic movement in India?
a. India Olympic Committee b. India Olympic Association
c. India Olympic Games Association d. India Olympic Academy

Section- E

Attempt any 3 questions

34. Explain disability etiquette and describe how following it contributes to an inclusive society. [5]
35. Discuss the key characteristics of human development at different life stages. [5]
36. What are the functions of the human circulatory system? Explain briefly. [5]
37. Define Yoga Nidra and explain any four benefits of practicing it in detail. [5]
