



B.K. BIRLA CENTRE FOR EDUCATION

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

PRE MID TEM

PHYSICAL EDUCATION

Class: XI Sci/Com

Date: 04.08.25

Duration: 1 Hrs

Max. Marks: 25

(SECTION – A)

1. Physical Education is the sum of changes in an individual caused by experience centring motor activity." This definition was given by: 1
 - A. Cassidy
 - B. Williams
 - C. Charles A. Butcher
 - D. Prince Martin
2. Which one of the following is NOT a current trend in physical education? 1
 - A. Integration of technology
 - B. Emphasis on lifelong fitness
 - C. Traditional teaching method
 - D. Diverse activities inclusion
3. Which value emphasizes ethical behaviour and playing by the rules? 1
 - A. Joy of Effort
 - B. Fair Play
 - C. Respect for Others
 - D. Pursuit of Excellence
4. What is the meaning of the Olympic motto "Citius, Altius, Fortius"? 1
 - A. Faster, Higher, Stronger
 - B. Unity, Peace, Harmony
 - C. Win, Compete, Conquer
 - D. Strength, Power, Victory

(SECTION – B)

5. Which organization oversees the Olympic Movement and was founded in 1894? 2
6. Define sports journalism. 2

(SECTION – C)

7. Discuss the significance of the Olympic flag and its symbols. 3
8. Explain the teaching career in physical education, including at least two educational level 3
9. How has technology influenced modern sports? Give three points. 3

(SECTION – D)

10. Compare and contrast the ancient and modern Olympic Games in terms of origins, values, inclusivity, and global impact? 4
11. Explain how PE contributes to physical, mental, social, emotional development and name careers linked to these areas. 4