



B.K. BIRLA CENTRE FOR EDUCATION

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

TERM 1 EXAMINATION 2025-26

PHYSICAL EDUCATION

Class: XI
Date: 03/09/2025

Duration: 3 Hrs
Max. Marks: 70

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. Which of the following is a recent trend in Physical Education?
 - a. Focus only on competitive sports
 - b. Use of virtual reality and fitness apps
 - c. Ignoring mental health in athletes
 - d. Excluding students with special needs
2. Which career involves helping people recover from physical injuries through exercise and therapy?
 - a. Sports Psychologist
 - b. Athletic Trainer
 - c. Physiotherapist
 - d. Health Coach
3. What is a key focus of modern Physical Education?
 - a. Specialization in one sport only
 - b. Emphasis on fitness and lifelong health
 - c. Limiting physical activity to school years
 - d. Ignoring individual differences
4. Which of the following is NOT a career in the field of Physical Education?
 - a. Yoga Instructor
 - b. Chartered Accountant
 - c. Kinesiologist
 - d. Recreational Therapist
5. Which of the following is NOT an official Olympic value?
 - a. Excellence
 - b. Respect
 - c. Friendship
 - d. Wealth

6. The Olympic value of 'Respect' promotes which of the following?
- Cheating to win
 - Fair play and tolerance
 - Ignoring opponents
 - Avoiding rules
7. The purpose of Olympic Value Education is to:
- Train students to become Olympic athletes
 - Teach sports rules and regulations
 - Promote universal values like peace, friendship, and respect
 - Focus only on physical strength
8. Which of the following is not a part of the eight limbs (Ashtanga Yoga) of Patanjali?
- Yama
 - Niyama
 - Asana
 - Ayurveda
9. Which of the following is a benefit of practicing yoga regularly?
- Increased aggression
 - Reduced flexibility
 - Better concentration and mental peace
 - Reduced blood circulation
10. What is the main purpose of Pranayama in Yoga?
- Muscle building
 - Controlling breath and vital energy
 - Fast running
 - Meditation on food
11. Which yoga asana is best known for improving digestion?
- Shavasana
 - Vajrasana
 - Tadasana
 - Bhujangasana
12. Which of the following is a mental benefit of yoga?
- Muscle gain
 - Mental relaxation and stress relief
 - Increase in body fat
 - Better eyesight
13. What is the primary goal of physical education for children with special needs?
- To avoid physical activity
 - To provide the same activity for all students
 - To promote inclusion, physical development, and confidence
 - To prepare only for competitive sports
14. Which of the following is an example of a physical disability?
- Dyslexia
 - Cerebral Palsy
 - ADHD
 - Autism
15. Adapted physical activities are designed to:
- Challenge only highly skilled athletes
 - Ignore the needs of children with disabilities
 - Be safe, enjoyable, and suitable for children with diverse needs
 - Eliminate physical education classes
16. Which of the following best defines physical fitness?
- Ability to do daily tasks with vigor and without fatigue
 - Ability to eat anything without gaining weight
 - Having a muscular body only
 - Playing video games for long hours
17. Which component is NOT a part of health-related physical fitness?
- Muscular strength
 - Flexibility
 - Agility
 - Cardiovascular endurance

18. What does wellness primarily focus on?
- Physical appearance only
 - Earning more money
 - Complete well-being — physical, mental, emotional, and social
 - Bodybuilding competitions

Section-B

Section B consists of 6 questions of 2 marks each. Attempt any 5.

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| 19. What are some modern trends in physical education? | 2 |
| 20. How has the role of technology changed physical education? | 2 |
| 21. How does Olympic value education promote peace? | 2 |
| 22. What is Pranayama in yoga? | 2 |
| 23. Why is physical education important for children with special needs? | 2 |
| 24. What is an adapted physical activity? | 2 |

Section-C

Section C consists of 6 questions of 3 marks each. Attempt any 5.

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| 25. What are the emerging trends in physical education? | 3 |
| 26. What are the core values promoted by Olympic Value Education? | 3 |
| 27. What role do adapted physical activities play in the development of children with special needs? | 3 |
| 28. Mention three benefits of physical activities for children with special needs. | 3 |
| 29. What is the role of Physical Teacher in helping the CWSN? | 3 |
| 30. What is the importance of the Olympic motto in value education? | 3 |

Section-D

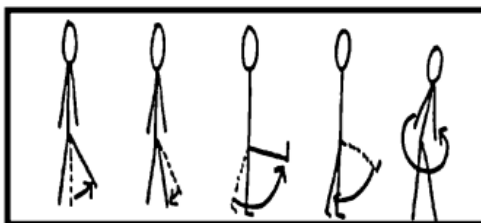
Section D consists of 3 case based questions of 4 marks each.

31. Mr. Kumar works in the sports field in which he describes what's happening at sporting events and offer their opinions to listeners and viewers: 4



Identify the career in sports.

- _____ provides a real-time commentary of a game or event.
 - He is also known as _____.
 - He discusses news, weather, or the like, as on television or radio.
 - They give _____ commentary on a sporting event.
32. Sohan, a new student in the school was very much interested in taking part in the school sports events.
He was taught the latest rules and regulations of football game. In due course, he learnt biomechanical aspects of the game including various movements.



- a. The type of movement in which the angle between joint decreases is called
 i. Flexion ii. Extension iii. Gliding iv. Sliding
- b. Straightening parts of a joint so that the angle increases
 i. Flexion ii. Extension iii. Abduction iv. Adduction
- c. Moving a part away from mid-line is
 i. Flexion ii. Extension iii. Abduction iv. Adduction
33. While introducing the topic 'Olympic Movement Structure' in Physical Education class, PE teacher found that students were not familiar with the term and were clueless about the various committees working in this field. So, he/she explained in detail about IOC, ISs, NOC and various information related to them. 1×4=4

Based on the above study and your knowledge, answer the following questions:

- a. How many members are there on the IOC Executive Board?
- b. The IOC was established on _____.
- c. What do you mean by NOC?
- d. The Indian Olympic Association (IOA), acting as NOC, was founded by _____ as President and Dr A.G. Noehren as Secretary General in 1927.

Section-E

Section E consists of 4 questions of 5 marks each. Attempt any 3.

34. Explain any five changing trends in physical education and how they have influenced career opportunities. 5
35. Explain the importance of physical education for children with special needs. 5
36. Differentiate between physical fitness, health, and wellness. 5
37. What is the role of a Physical Education teacher for children with special needs? 5

******* All the Best*******