



GYANODAYA GURUKUL

Affiliated to C.B.S.E., Delhi

Gola Road, Bailey Road, Patna - 801503

Half Yearly Examination – (2019-20)

Class :- XIth
Subject :- Physical Education

Max. Marks :- 70
Time Allowed :- 3 hr

GENERAL INSTRUCTIONS:-

- Questions are divided into three sections.
- Read the questions carefully and write the answers in the answer sheets provided.
- Do not answer the questions randomly. Attempt all the questions of one section before moving on to another section.
- Do not write anything on the question paper.

SECTION A

1. Short answer type questions

[1×11 = 11 Marks]

1. Define physical education.
2. What is the aim of physical education?
3. What is Olympic movement?
4. What are Olympic awards?

Or

Write down the Olympic oath?

5. What is Olympic motto?
6. What do you mean by IOC?
7. What is the meaning of physical fitness?

Or

What do you mean by wellness?

8. What do you mean by strength?

9. What do you mean by elements of yoga?

10. Define endurance.

Or

Who can participate in Paralympics games?

11. What is asana?

Or

What is meditation?

SECTION B

2. Answer the questions in brief

[3×8 = 24 Marks]

12. Briefly mention the importance of yoga?

13. What do you mean by asana? Discuss the types of asana.

14. Explain the three elements of yoga.

15. Write a short note on meditation.

Or

16. What do you mean by the integrated physical education ?

17. What is flexibility? Name two types of flexibility.

Or

Discuss the concept of positive life style.

18. Describe the objectives of Chacha Nehru sports award.

Or

Explain about Rajiv Gandhi Khel Ratna award in detail.

19. Write a short note on Chacha Nehru sports award.

Or

Discuss about teaching careers in physical education in brief.

SECTION C

3. Long Answer type questions.

[5×7 = 35 Marks]

20. Elucidate the coaching career in detail.
21. Describe the various physical education courses available in India.
22. Explain the origins of modern Olympic games.

Or

Elucidate in detail about international Olympic committee.

23. Do the components of positive lifestyle help in leading life? Discuss in detail.
24. What do you mean by physical fitness?
25. Elucidate any two components of physical fitness.
26. Describe in detail about the role of various professionals for children with special needs.

BEST OF LUCK