

DELHI PUBLIC SCHOOL, JAMMU  
SAMPLE QUESTIONS FOR TERM EXAM (2019-20)  
(as per the pattern of CBSE sample paper)

CLASS:-XI

TIME ALLOWED: 3 HRS

MAX.MARKS: 70

GENERAL INSTRUCTION:

- 1) The question paper consists of 20 questions
- 2) All questions are compulsory
- 3) Question 1- 20 carry 1 mark and are multiple choice questions.
- 4) Question 21 –30 carry 3marks each and should not exceed 80-100 words each..
- 5) Question 31 –34 carry 5 marks and should not exceed 150-200 words.

SECTION-A

Q1. National Sports Day in India is celebrated on:

- (a) 29<sup>th</sup> August                      (b) 29<sup>th</sup> September    (c) 26<sup>th</sup> January              (d) 15<sup>th</sup> August

Q2. How many phases are there in the competition phase of sports training?

- (a) 5                                      (b) 3                                      (c) 6                                      (d) 2

Q3. Who coined the Olympic motto “ Citius, Altius , Fortius”?

- (a) Rousseau                      (b) Aristotle                      (c) Plato                                      (d) Henry Didion

Q4. Which competition is also known as ASIAD?

- (a) Common                      (b) Youth Olympics (c) Paralympic Game (d) Asian Games

Q5. In whose honour were the ancient Olympic Games held?

- (a) Poseidon                      (b) Apollo                                      (c) Zeus                                      (d) Jupiter

Q6. Who was the founding president of Indian Olympic Association?

- (a) Dr. AG Noehren              (b) Sir Dorabji Tata    (c) Pierre de Coubertin (d) Henri Didon

Q7. How many games are included in Special Olympic Bharat?

- (a) 15                                      (b) 18                                      (c) 20                                      (d) 24

OR

EKS day is celebrated during which month?

- (a) January                                      (b) October                                      (c) April                                      (d) September

Q8. Which is the longest bone in the human body?

- (a) Radius                                      (b) Femur                                      (c) Humerus                                      (d) Hip bone

Q9. Anabolic steroids affect directly:

- (a) Heart                                      (b) Muscles                                      (c) Lungs                                      (d) Brain

Q10. According to historical records, the first ancient Olympic Games can be traced back to:

- (a) 770 B.C                      (b) 772 B.C                      (c) 776 B.C                      (d) 394 A.D

OR

Which country has roots for practice of Yoga?

- (a) USA                      (b) Australia                      (c) India                      (d) UK

#### SECTION-B

Q11. Write in brief about the objectives of Physical Education.

Q12. Write briefly about the Special Olympics.

OR

Explain in detail about Winter Olympic games.

Q13. Write some main functions of IOC.

Q14. What is the role of physical education teacher for educating children with special needs?

Q15. What is meditation? What is the importance of meditation?

#### SECTION-C

Q16. Explain in detail the components of Physical education.

OR

Describe the formation and objectives of Indian Olympic Association.

Q17. What is Yoganidra ? Explain the steps of Yoganidra.

Q18. What is Doping? Explain in detail the ill-effects of the prohibited substances.

OR

Describe the doping test procedure.

Q19. Describe the structure and working of heart with the help of diagram.

Q20. Explain in detail the Somatotypes. How can we measure Somatotypes?