

KOTHARI INTERNATIONAL SCHOOL, NOIDA

ANNUAL EXMINATION, SESSION: 2025-26

GRADE: 11 SUBJECT: PHYSICAL EDUCATION (048)

SET- A

DAY & DATE: WEDNESDAY –FEBUARY 11, 2026

MAXIMUM MARKS: 70

TIME ALLOTTED: 3 HOUR

NAME: _____

ROLL NO: _____

GENERAL INSTRUCTIONS:

Section A (1 Mark Each)

Q. No	Answer Option	Answer Content
Q1	776 BC ²	Beginning of the Olympic games ³ .
Q2	1984 ⁴	Establishment of 'Sports Authority of India' ⁵ .
Q3	2019 ⁶	Launch of FIT India movement ⁷ .
Q4	Disease development ⁸	Not an objective of physical education ⁹ .
Q5	Olympic Motto ¹⁰	Meaning of 'CITIUS, ALTIUS, FORTIUS' ¹¹ .
Q6	Breathing exercises ¹²	Element of Yoga related to Pranayama ¹³ .
Q7	First ¹⁴	Yama is the first limb of Yoga ¹⁵ .
Q8	Attention Deficit Hyperactivity Disorder ¹⁶	Full form of ADHD ¹⁷ .
Q9	Physical Fitness ¹⁸	Performing routine activities without fatigue ¹⁹ .
Q10	Excellent ²⁰	0.80 Waist-Hip ratio in males ²¹ .
Q11	Freely Movable Joints ²²	Category of 'Pivot Joint' ²³ .
Q12	Sesamoid Bone ²⁴	Classification of 'Patella' bone ²⁵ .

Q. No	Answer Option	Answer Content
Q13	Extension ²⁶	Movement when dumbbell is moved away during Bicep curl ²⁷ .
Q14	Inertia ²⁸	Property of objects to resist changes in motion ²⁹ .
Q15	Transverse plane ³⁰	Plane dividing body into upper and lower halves ³¹ .
Q16	Stretching ³²	A method of 'Limbering down' ³³ .
Q17	Stimulants ³⁴	Substance used to increase alertness/delay fatigue ³⁵ .
Q18	Adaptation ³⁶	Component of Sports Training shown in Figure 1 ³⁷ .

Section B (2 Marks Each)

Q19. Olympic Flag:

- Created by Baron Pierre de Coubertin in 1913³⁸.
- Features five interlaced rings (blue, yellow, black, green, and red) on a white background, representing the five continents of the world³⁹.

Q21. BMI Category:

- **BMI Definition:** Body Mass Index is a measure of body fat based on height and weight⁴⁰.
- **Category:** A BMI of 31.6 falls under the **Obese (Class I)** category⁴¹.

Q23. Freely Movable Joints Identification⁴²:

- **Shoulder:** Ball and Socket Joint⁴³.
- **Thumb:** Saddle Joint⁴⁴.
- **Elbow:** Hinge Joint⁴⁵.
- **Wrist:** Condyloid Joint⁴⁶.

Section C (3 Marks Each)

Q26. Disability Etiquettes:

1. **Ask before you help:** Do not assume a person needs help; ask first and listen to their instructions⁴⁷.

2. **Speak directly:** Address the person with the disability directly, rather than through a companion or sign language interpreter⁴⁸.
3. **Respect personal space:** Treat mobility aids (wheelchairs, canes) as part of the person's personal body space⁴⁹.

Q28. Kinetics vs. Kinematics⁵⁰:

- **Kinematics:** The study of motion (displacement, velocity, acceleration) without considering the forces that cause the motion⁵¹.
 - **Kinetics:** The study of the forces (gravity, friction, muscle force) that act on a body and cause motion⁵².
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Section D (Case Studies - 4 Marks Each)

Q29. Career and Schemes⁵³:

- **National/International Competition:** Khelo India (National) or Olympic Games (International)⁵⁴.
- **Career Prospect:** Sports Coaching or Physical Education Teacher⁵⁵.
- **Govt Scheme:** Target Olympic Podium Scheme (TOPS) or Khelo India⁵⁶.
- **Qualification for Coach:** Diploma from NSNIS (Netaji Subhas National Institute of Sports) or a specialized degree in Sports Coaching⁵⁷.

Q30. Joint Identification (Figure 1-4)⁵⁸:

- **Fig 1:** Pivot Joint (as shown in the rotation diagram)⁵⁹⁵⁹⁵⁹⁵⁹.

+1

Section E (5 Marks Each)

Q33. PRICE Theory in First Aid⁶⁰:

- **P – Protection:** Protect the injured area from further harm.
- **R – Rest:** Stop the activity and rest the injured part.
- **I – Ice:** Apply ice to reduce swelling and pain.
- **C – Compression:** Use a bandage to apply pressure and limit swelling.
- **E – Elevation:** Raise the injured limb above heart level to reduce fluid buildup.