

KOTHARI INTERNATIONAL SCHOOL, NOIDA
ANNUAL EXMINATION, SESSION: 2025-26
GRADE: 11 SUBJECT: PHYSICAL EDUCATION (048)
SET- B

DAY & DATE: WEDNESDAY –FEBUARY 11, 2026

MAXIMUM MARKS: 70

TIME ALLOTTED: 3 HOUR

NAME: _____

ROLL NO: _____

This answer key is based on the Grade 11 Physical Education Final Examination (Session 2025-26) for Kothari International School!

Section A (18 Marks)

- Q1. Greece²
- Q2. All of the above (Excellence, Friendship, Respect)³
- Q3. Zeus⁴
- Q4. Faster⁵
- Q5. 1894⁶
- Q6. Tratak (It is a Shat Karma/Kriya, not an element of Astang Yoga)⁷
- Q7. Neti⁸
- Q8. 2 (Static and Dynamic)⁹
- Q9. Golf¹⁰
- Q10. Abdominal¹¹
- Q11. With oxygen¹²
- Q12. Hinge Joint¹³
- Q13. Heart¹⁴
- Q14. Inertia¹⁵
- Q15. Sagittal Plane¹⁶
- Q16. Infancy¹⁷
- Q17. Filing and notifying the whereabouts (This is a requirement, not the act of doping itself)¹⁸
- Q18. Narcotics¹⁹

Section B (10 Marks)

- Q19. Olympic Oath: A symbolic promise made by one athlete, one coach, and one judge on behalf of all participants during the opening ceremony to respect the rules, compete without doping, and uphold the spirit of sportsmanship²⁰.
- Q20. Health Components: * Physical: Proper functioning of body organs, absence of disease, and maintaining fitness²¹.
 - Mental: State of emotional and psychological well-being where an individual realizes their potential and can cope with normal life stresses²².
- Q21. BMI Category: An individual with a BMI of 31.6 falls into the Obese (Class I) category²³.
- Q22. Bone Types: a) Skull: Flat bone; b) Femur: Long bone; c) Patella: Sesamoid bone; d) Carpus: Short bone²⁴.
 - OR (Mental Toughness): The psychological edge that enables an athlete to remain consistent, confident, and focused under pressure²⁵.
- Q23. Types of Warm-up: Includes General Warm-up (jogging, stretching to increase body temperature) and Specific Warm-up (movements related to the specific sport, like shooting drills in

basketball)²⁶.

Section C (15 Marks)

- Q24. BMI Calculation:

$$BMI = \frac{\text{Weight (kg)}}{\text{Height (m)}^2} = \frac{80}{1.6 \times 1.6} = \frac{80}{2.56} = 31.25$$

Category: Obese²⁷.

- Q25. Pranayamas: * Seetali: Cooling breath involving rolling the tongue²⁸.
 - Bhastrika: "Bellows breath" involving rapid, forceful inhalation and exhalation²⁹.
 - Bhramari: "Humming bee breath" used to calm the mind³⁰.
- Q26. Height Measurement: Use a stadiometer. The person stands barefoot with heels, buttocks, and upper back touching the wall/rod, looking straight ahead. The horizontal bar is lowered to the crown of the head³¹.
- Q27. Type of Joints: * Immovable (Fibrous): No movement (e.g., Skull).
 - Slightly Movable (Cartilaginous): Limited movement (e.g., Vertebrae).
 - Freely Movable (Synovial): Wide range of movement (e.g., Shoulder, Knee)³².
- Q28. Movements: * Flexion: Decreasing the angle between bones (bending).
 - Abduction: Moving a limb away from the body's midline.
 - Circumduction: Circular movement of a limb³³.
 - OR (Load Adaptation): The process by which the body adjusts to the physiological stress of exercise through recovery and progressive overload³⁴.

Section D (12 Marks)

- Q29. Shat Karma Case Study:
 1. Kriyas³⁵
 2. Neti³⁶
 3. Kapalbhati³⁷
 4. Dhauti³⁸
- Q30. CWSN Case Study:
 1. Children with Special Needs³⁹
 2. Physiotherapist⁴⁰
 3. Occupational Therapist⁴¹
 4. Adaptive Physical Education (APE)⁴²
 - OR (APE): A diversified program of developmental activities suited to the interests and capacities of individuals with disabilities⁴³.
- Q31. Biomechanics Case Study:
 1. Inertia⁴⁴
 2. Flexion⁴⁵
 3. Extension⁴⁶
 4. Sagittal Plane⁴⁷

Section E (15 Marks)

- Q32. Objectives of Physical Education: Physical development, Mental development, Social development, Emotional development, and Neuro-muscular coordination⁴⁸.
- Q33. Roles for CWSN:
 - Counsellor: Provides emotional support.
 - Physiotherapist: Improves mobility/gross motor skills.
 - Occupational Therapist: Improves fine motor skills/daily living tasks.

- PE Teacher: Implements adapted sports.
- Speech Therapist: Aids communication⁴⁹.
- Q34. AAHPERD Fitness Test: Stands for American Alliance for Health, Physical Education, Recreation, and Dance. Components include Pull-ups (boys)/Flexed arm hang (girls), Sit-ups, Shuttle run, Standing long jump, 50-yard dash, and 600-yard run/walk⁵⁰.
 - OR (Adolescence Problems): Issues like substance abuse, eating disorders, identity crisis, aggression, and stress. Management includes parental support, counseling, and physical activity⁵¹

Q31. Principles of Mechanics²⁹

- Principle causing extra effort at start: Inertia³⁰
- Movement bringing barbell to chest: Flexion³¹
- Movement moving barbell away from chest: Extension³²
- Plane of Bicep curl: Sagittal Plane³³

SECTION E: Long Answer Key (5 Marks each)

Q32. Objectives of Physical Education:³⁴

- Physical Development
- Mental/Intellectual Development
- Social Development
- Emotional Development
- Neuro-muscular Coordination

Q34. AAHPERD Fitness Test:³⁵

- Stands for: American Alliance for Health, Physical Education, Recreation and Dance.
- Components: Pull-ups (Boys)/Flexed Arm Hang (Girls), Sit-ups (Flexed Leg), Shuttle Run, Standing Broad Jump, 50-yard Dash, and 600-yard Run/Walk.