

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 HOURS

NAME: _____

ROLL NO: _____

GENERAL INSTRUCTIONS:

- 1) *There are five sections in the Question paper namely Section A, Section B, Section C, Section D and Section E.*
- 2) *Section A consists of 18 questions amongst which 18 questions have to be attempted each question carries 1 mark.*
- 3) *Section B consists of 5 questions amongst which 5 questions have to be attempted each question carries 2 marks and should have 60-90 words.*
- 4) *Section C consists of 5 questions amongst which 5 questions have to be attempted each question carries 3 marks and should have 100-150 words.*
- 5) *Section D consists of 3 questions amongst which 3 questions have to be attempted each question carries 4 marks and are case studies.*
- 6) *Section E consists of 3 questions amongst which 3 questions have to be attempted each question carries 5 marks. Should have 200-300 words.*

(SECTION A)

(18x1 Marks)

Q1. From which country did Olympics originated?

- a) USA
- b) France
- c) Greece
- d) London

Q2. Which among these are considered as Olympic Values?

- a) Excellence
- b) Friendship
- c) Respect
- d) All of the above

Q3. To whom did the Greeks dedicate Olympic Games ?

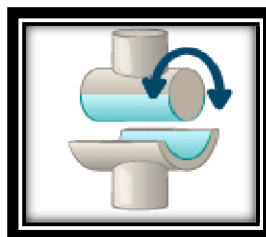
- a) Zeus
- b) Hera
- c) Apolo
- d) Diana

Q4. In the Olympic Motto the word 'Citius' refers to

- a) Stronger
- b) Faster
- c) Higher
- d) None of the above

- Q5. International Olympic Committee was formed in which year?
- 1892
 - 1894
 - 1992
 - 1994
- Q6. Which of the following is NOT an element of 'Astang Yoga':?
- Yam
 - Pranayam
 - Samadhi
 - Tratak
- Q7. Name the 'Kriya' which is performed to cleanse the Nostrils?
- Kapalbhati
 - Tratak
 - Neti
 - Dhauti
- Q8. Flexibility is of types
- 2
 - 3
 - 4
 - 5
- Q9. Which of the following is **NOT** a Traditional game?
- Malkhamb
 - Kabaddi
 - Kho-Kho
 - Golf
- Q10. Which of the following is a site of Skinfold Measurement in both Male and Female?
- Thigh
 - Abdominal
 - Chest
 - Suprailiac
- Q11. What is the meaning of 'Aerobic'?
- With oxygen
 - Extra oxygen
 - Lack of oxygen
 - Without oxygen

Q12. Identify the type of joint in the picture below?



- Saddle Joint

- b) Hinge Joint
- c) Ball and Socket Joint
- d) Pivot Joint

Q13. Which of the following organ is part of Circulatory System?

- a) Bronchi
- b) Nostrils
- c) Lungs
- d) Heart

Q14. _____ can be defined as the property of all objects to resist changes in their state of motion.

- a) Force
- b) Inertia
- c) Gravitation
- d) Projectile

Q15. The plane that divides the body into Right and Left half is known as:

- a) Frontal plane
- b) Sagittal Plane
- c) Transverse plane
- d) None of the above

Q16. The age between 0-2 years is known as:

- a) Infancy
- b) Early Childhood
- c) Late Childhood
- d) Adolescence

Q17. Which of the following does NOT falls under the criterion of Doping?

- a) Presence of a prohibited substance or method
- b) Use or attempt to use a prohibited substance or method
- c) Trafficking a prohibited substance or method
- d) Filing and notifying the whereabouts

Q18. Consumption of which of the following prohibited substance reduce the feeling of Fatigue and pain?

- a) Glucocorticoids
- b) Narcotics
- c) Blood Doping
- d) Anabolic Steroids

(SECTION B)

(5x2 Marks)

Q19. Describe the Olympic oath?

Q20. Briefly describe Physical & Mental Component of Health.

Q21. What is BMI? The BMI of an individual with 97.1 Kg and height 175 cm is 31.6. In which category does he fall?

Q22. Identify the type of Bones: a) Skull b) Femur c) Patella d) Carpus

OR

- What is Mental Toughness?
- Q23. Describe the types of Warm-up.

(SECTION C)

(5x3 Marks)

- Q24. Calculate the BMI of a male person whose weight is 80 kg and height is 1.6 m. Also state the category in which he falls.
- Q25. Describe Seetali, Bhastrika & Bhramari Pranayama
- Q26. Explain in brief the procedure of Anthropometric measurement of height?
- Q27. Describe the Type of Joints.
- Q28. Describe Flexion, Abduction & Circumduction.

OR

Describe the methods of Load adaptation.

(3x4 Marks)

(SECTION D)

- Q29. Varun was very keen to know the impacts of Yoga and thus he visit the central Library in his city. He came across many benefits of Yoga on our Health and Fitness. He was very surprised to know that Yoga has certain techniques to cleanse our inner body parts known as Shat Karma. This encouraged him to practise those Shat Karmas under specialised person so that he can reap the real benefits of those techniques.

Based on the above situation, answer the following questions:

- Shat Karmas are also known as Yogic _____.
- The technique to cleanse the nostrils is known as _____.
- The technique to cleanse the Lungs is known as _____.
- The technique to cleanse the Stomach is known as _____.

- Q30. The concept of Inclusive education intends to bring the children with special needs to main stream Physical education. Though there are certain challenges but it can be dealt with the help of few professionals and by adding certain infrastructural changes. The major problem that children with special needs face is regarding their Gross and fine motor skills. However professional working this domain can help in improving these abilities. Mr. Shivam, a teacher in ABC Pubic Schools who had the knowledge of APE requested his principal to develop a low heighted basketball with a ring double the size of normal ring.

Based on the above situation, answer the following questions:

- What does CWSN stands for?
- Which professional can help the CWSN to improve their Gross Motor Skill?
- Which professional can help the CWSN to improve their Fine Motor Skill?
- Mr. Shivam is specialised in which profession?

OR

What is APE?

Q31. John a student of Class XI regularly visits Gym and while performing exercise he finds certain connection between what he read in his Physical education book and the exercise he is doing. John noticed that while starting a Bicep curl he has to exert more force but the effort gets reduced after initiating the movement.

Based on the above situation, answer the following questions:

- a) Which principle of mechanics cause the extra effort while starting the exercise.
- b) The movement while bringing the barbell close to the chest is known as _____.
- c) The movement when the barbell goes away from the chest is known as _____.
- d) The bicep curl is performed in which Plane?

(SECTION E)

(3x5Marks)

Q32. What are the objectives of physical education?

Q33. Describe the role of Counsellor, Occupational therapist, Physiotherapist, Physical Education Teacher & Speech Therapist in development of Children with Special Need.

Q34. What does 'AAHPERD' stands for? Describe the components of AAHPERD Fitness Test.

OR

Describe Five Adolescence Problems and its Management.

