

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 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. Which of the following is considered as the beginning of the Olympic games?

- a) 394 BC
- b) 493 BC
- c) 676 BC
- d) 776 BC

Q2. In which year the 'Sports Authority of India' was established?

- a) 1981
- b) 1982
- c) 1983
- d) 1984

Q3. FIT India movement was launched in which year?

- a) 2008
- b) 2009
- c) 2018
- d) 2019

Q4. Which of the below is not an objective of physical education?

- a) Physical development
- b) Neuro muscular development
- c) Disease development
- d) Emotional development

- Q5. 'CITIUS, ALTIUS, FORTIUS' is known as:
- Olympic Symbol
 - Olympic Motto
 - Olympic Oath
 - Olympic Anthem
- Q6. In Yoga the element 'Pranayama' is related with:
- Meditative exercises
 - Breathing exercises
 - Concentration exercises
 - Slow stretching
- Q7. Yama is the _____ limb of Yoga
- First
 - Second
 - Third
 - Fourth
- Q8. 'ADHD' refers to:
- Attention Deficit Hyperactivity Disorder
 - Attention Deficit Hypo activity Disorder
 - Attention Deficit Hypo activity Disease
 - Attention Deficit Hypo activity Disease
- Q9. Performing daily routine activities without any fatigue is:
- Mental wellness
 - Dynamic ability
 - Physical Fitness
 - None of these
- Q10. 0.80 Waist Hip ration in males is categorised as:
- Excellent
 - Good
 - Average
 - At Risk
- Q11. 'Pivot Joint' falls under which category of Joint?
- Immovable Joints
 - Slightly Movable Joints
 - Freely Movable Joints
 - All of the Above
- Q12. 'Patella' is an example of which kind of Bone?
- Flat Bone
 - Irregular Bone
 - Long Bone
 - Sesamoid Bone

Q13. While doing Bicep curl, when the dumbbell is moved away the biceps, the movement is known as:

- a) Flexion
- b) Extension
- c) Abduction
- d) Adduction

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 upper and lower half is known as:

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

Q16. Which of the following is method of 'Limbering down'?

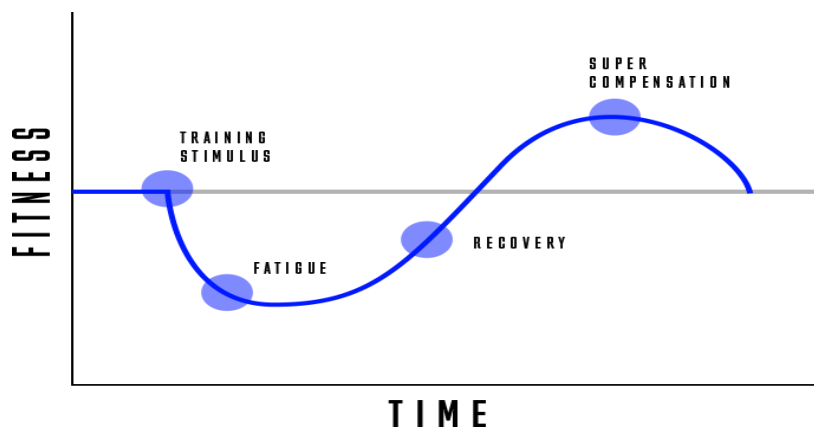
- a) Stretching
- b) Hot Bath
- c) Running
- d) None of the Above

Q17. Which of the following prohibited substance is used to Increase alertness and delay fatigue?

- a) Anabolic Steroids
- b) Diuretics
- c) Stimulants
- d) Beta Blockers

Q18. The image below (**Figure 1**) represents which component of Sports Training?

- a) Circuit Training
- b) Recovery
- c) Adaptation
- d) None of the above



(Figure 1)

(SECTION B)

(5x2 Marks)

Q19. Write a short note the Olympic flag?

Q20. Explain Modern Olympic after 1896?

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. Mention any four conditions which come under the preview of 'Doping'.

OR

Mention one Individual and one team benefit of Team Cohesion.

Q23. Identify the type of freely movable joint of the following Joints:

- a) Shoulder
- b) Thumb
- c) Elbow
- d) Wrist

(SECTION C)

(5x3 Marks)

Q24. Briefly explain any three careers in Physical Education

Q25. Write a brief note on the ancient and modern olympics.

Q26. Mention three disability etiquettes.

Q27. Briefly explain the type of Joints on the basis of their movement capability.

Q28. Differentiate Kinetics and Kinematics

OR

Describe the changes in Physical, Cognitive and Motor Skills during the Adolescence period.

(SECTION D)

(3x4 Marks)

Q29. Praveen is a good player. He wished to win in sports and make his country proud nationally and internationally, but he did not get proper coaching and guidance. He takes it as a challenge and wants to pursue a career in sports to provide coaching and proper guidance to such children. He wants to make them aware of the various schemes run by the Government of India and encourages them to participate in these schemes so that they can make their country proud in the field of sports.

Based on the above situation, answer the following questions:

- a) Mention one National and one International competition in sports.
- b) Mention one career prospect in physical education.
- c) Mention one scheme run by Govt of India for the promotion of Sports.
- d) Mention the educational qualification requires to become a coach.

Q30. Below are the illustration of freely movable joints.

- a) Identify the joint in Fig .1
- b) Identify the joint in Fig .2
- c) Identify the joint in Fig .3
- d) Identify the joint in Fig .4

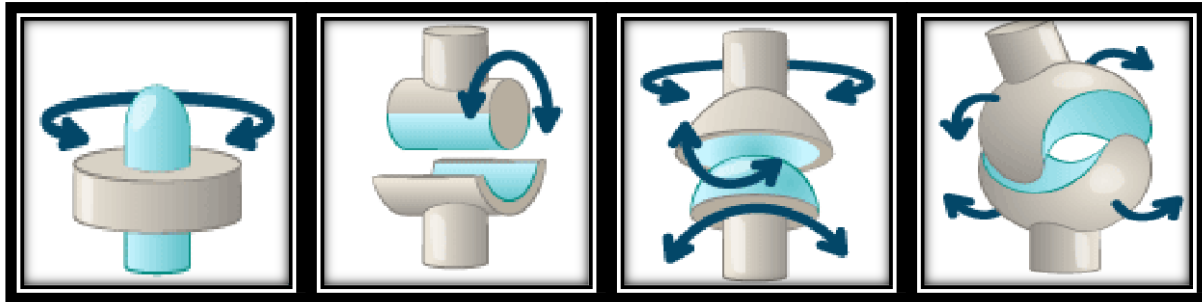


Fig 1

Fig 2

Fig 3

Fig 4

Q31. Children with special needs face different challenges in undertaking certain activities. So, in addition to the regular programmes of physical education the school must provide APE programmes for children. While introducing this chapter to the students, the Physical Education teacher explains the different types of disabilities and the objectives of APE.



- a) List down any two types of physical disabilities.
- b) What is ADHD? OR
What is SPD?
- c) What is APE?
- d) List any one aims of APE.

(SECTION E)

(3x5 Marks)

Q32. What do you mean by the term yoga? Write a note on the importance of yoga?

Q33. Explain the PRICE Theory in First Aid.

Q34. Explain the importance of Physiology and anatomy in the field of sports

OR

Highlight the principal of training in sport?

