



# Bhartiyam International School

Pre – Mid Term Assessment (2022-23)

Subject: Physical Education

Class: XI

Date: 02/08/2022

Max. Mark: 40

Name: \_\_\_\_\_

Roll No: \_\_\_\_\_

Duration: 90 mins

## INSTRUCTIONS:

- This question paper contains four sections **A, B, C** and **D**.
- There are 19 questions in the question paper. All questions are compulsory.
- **SECTION A** : Q. No. 1 to 10 are multiple choice questions. 1 mark each
- **SECTION B** : Q. No. 11 to 13 are short answer type questions. 2 marks each
- **SECTION C** : Q. No. 14 to 16 are long answer type questions. 3 marks each
- **SECTION D** : Q. No. 17 to 19 are also long answer type questions. 5 marks each

## SECTION- A

### Tick the correct option.

1. Aim and objectives of physical education are

- (a) Physical development (b) Mental development  
(c) Social development (d) All of the above

2. In which year Khelo India was launched?

- (a) 2016 (b) 2019  
(c) 2018 (d) None of the above

3. Khelo India was launched by?

- (a) Ministry of Development for Sports (b) Sports Authority of India  
(c) Ministry of Sports and Youth Affairs (d) None of the above

4. Which of the following is not a part of Khelo India Programme?

- (a) Khelo India School Games (b) Khelo India Youth Games  
(c) Khelo India University Games (d) Khelo India Primary School Games

5. Which of these playing surfaces are used in games and sports?

- (a) Synthetic (b) Artificial grass  
(c) Wooden (d) All of the above

6. Who was the founder of modern Olympics?

- (a) Phidias (b) Alexander  
(c) Pierre de Coubertin (d) L. Aemilius Cato

7. What is the meaning of Olympic Motto?

- (a) Faster, Higher, Stronger  
(b) Braver , Faster , Higher  
(c) Higher , Stronger , Faster  
(d) Stronger , Braver , Faster

8. Ancient Olympic games started in year

- (a) 394 AD  
(b) 776 BC  
(c) 1870  
(d) 1500

9. In which year were women allowed to participate in the Olympic Games?

- (a) 1908  
(b) 1912  
(c) 1924  
(d) 1900

10. Which of the following is the role of IOC.

- (a) To promote and encourage Co-ordination  
(b) To promote sportsmanship qualities  
(c) To promote women power in sports  
(d) All of the above

### **SECTION - B**

11. Write down different playing surfaces used in sports .

12. What do you mean by Physical Education?

13. When and who gave the first Olympic motto? What are the recent changes in the motto?

### **SECTION – C**

14. Discuss the teaching career in Physical Education.

15. Write down 6 objectives of Olympics.

16. What do you mean by wearable gears in sports?

### **SECTION – D**

17. Write down 10 objectives of Physical Education. Explain any five of them.

18. What are the career options in Physical Education?

19. Write briefly about the modern Olympic Games.

**OR**

Write about Khelo India Programme also mention its objectives.