

BHARTIYA VIDYA BHAVANS , V.M.PUBLIC SCHOOL. VADODARA

SECOND TERMINAL EXAMINATION

Physical Education

CLASS XI

DATE : 4.3.16

MARKS : 70 M

INSTRUCTIONS:

1-Questions 1 to 8 carry 1M

2-Questions 9 to 17 carry 3M

3-Question 18 to 24 carry 5M

Q1. What do you mean by Physical fitness of a person? (1 M)

Q2. What do you understand by the word YOGA? (1 M)

Q3. Explain the following values of Olympic Movement.

A-Friendship (1M)

B-Fair Play (1M)

Q4. What were the pre-Independent concept of Physical education? (1M)

Q5. What do you mean by physical education? (1M)

Q6. Define Suryanamaskar in your words. (1M)

Q7. Explain the following

a-Common Sports Injuries. (1M)

b-Rural Sports Program. (1M)

c-B.M.I. (1M)

Q8. What do you mean by the word Doping? (1M)

Q9. Explain Indigenous games. (3M)

- Q10. What are the functions of bones? (3M)
- Q11.Explain: (3M)
- A)Rajiv Gandhi Khel Ratna Award
 - B)Arjuna Award
- Q12. "YOGA AS AN INDIAN HERITAGE" explain. (3M)
- Q13. Explain any three skills in the game of your choice. (3M)
- Q14. Discuss the importance of warm up. (3M)
- Q16. What do you mean by Sports Psychology. (3M)
- Q17.What are the aims of Adapted Physical Education? (3M)
- Q18. Explain the problem of Adolescence in detail. (5M)
- Q.19.What do you mean by positive life style and also state its importance. (5M)
- Q20. Explain about the Olympic flag with a proper labeled diagram. (5M)
- Q21.List the Asanas recommended to overcome your back pain and obesity. (5M)
- Q22.Describe the difference between Growth and Developmet. (5M)
- Q23.Explain the procedure for Skinfold measurement. (5M)
- Q24. State the objectives of CBSE games and sports competition set up. (5M)