



TERM-1 EXAMINATION (2026-27)
PHYSICAL EDUCATION (048)
MARKING SCHEME

Class: **XI Sci/Com/Hum**

Date: **09/09/2026**

Duration: **3 Hrs**

Max. Marks: **70**

General Instructions:

1. Question paper consists of 5 sections and 37 questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consists of Question 25-30 carrying 3 marks each and is short answer type and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and is long answer type and should not exceed 200-300 words. Attempt any 3.

SECTION A

Section A consist of 18 questions

1. IOA was established in?
[d] 1927 [1]
2. Hippocrates was famous physician in which country?
[b] Greece [1]
3. The word 'Fortius' in the Olympic Motto means?
[b] Stronger [1]
4. Dressing and bandages are used to?
[c] Control bleeding and prevent infection [1]
5. In which Olympics, the flag was hoisted first time
[b] 1920 [1]
6. How many verticals are there in Khelo India Program?
[c] Twelve [1]
7. In Which unit the value of BMI is measured?
[c] kg/m^2 [1]
8. Out of the following which one is not a part of Ashtanga Yoga?
[b] Neti [1]
9. The Khelo India Program was launched by the Ministry of Youth Affairs and Sports,



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Govt. of India in the financial year?

[a] 2017-18

[1]

10. Blink less gazing is known as-

[d] Trataka

[1]

11. Which Pranayama should be avoided in winters?

[a] Sheetkari

[1]

12. Which of the following is a congenital disability?

[c] Both A and B

[1]

13. What type of disorder is ADHD?

[c] Behavioral

[1]

14. World Disability Day is celebrated on?

[d] 3rd December

[1]

15. R.I.C.E. treatment refers to?

[b] Rest, Ice, Compression, Elevation

[1]

16. Which of the following is not an HRPF Component?

[a] Balance

[1]

17. Which of the following games is played with the help of animals?

[c] Polo

[1]

18. Where Lakshmibai National Institute of Physical Education (LNIPE) is situated?

[d] Gwalior

[1]

SECTION B

Section B consist of 6 questions attempt any 5

19. Write a note on The Olympic Motto?

[2]

Ans:- **The motto of the Olympic Games is “Citius – Altius – Fortius” which is Latin for “Faster- Higher- Stronger”.**

It expresses the aspirations of the Olympic Movement. It was proposed by Pierre de Coubertin upon the creation of the International Olympic Committee in 1894. The Olympic motto was first announced in 1924 held at the Olympic Games in Paris, France.

20. Write a note on Fit India Movement?

[2]

Ans:- The Khelo India Programme has been introduced to revive the sports culture in India the grassroots level by building a strong framework for all sports played in our country and to establish India as a great sporting nation.

21. Explain the Yama- Asteya in brief?

[2]



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Ans:- Asteya (non-stealing): Asteya teaches that everything we need in life is already within us. By choosing Asteya, we rise above our “base cravings” and become self-sufficient because we no longer desire something outside of ourselves. Feeling gratitude for what we have, and only taking what is freely given, makes it easy to wipe out feelings of envy or entitlement, and for authentic generosity.

22. What is the difference between Disability and Disorder?

[2]

Ans:- 1. The term Disorder refers to the disruption or disturbance caused to the normal functions of a body. Whereas the term Disability is a very vast one and encompasses all kinds of physical impairments, activity limitations, and participation restrictions.
2. Disorder is more of a ‘characteristic’ classified in medical terms according to clinically significant disturbance in an individual’s physical, cognitive and Disability is a condition that produces a long-term impairment that affects activities of daily living, such as eating, walking, and maintaining personal hygiene emotional regulation or behavior.
3. There are physical, disorders like stomach disorders which cause disturbance in normal functioning, and disorders can be mental or cognitive in nature, for example anxiety disorder. Substance abuse disorder, addiction disorder, attention disorder, eating disorder are few more common examples of disorders. Examples of Disability are congenital, or present from birth, occurring during a person’s life time, invisible disability (not noticeable easily) and temporary disability

23. What do you mean by Test and Measurement?

[2]

Ans:- Test is a Presentation of situation or a series of situations which bring out a specific response or answer from the subject. The response or reaction is liable to be measured quantitatively and qualitatively. A test may be subjective or objective in the realm of an activity or an order or a question.

24. what is full form of PRICE?

[2]

Ans:- P- Prevention

R- Rest

I – Ice

C – Compression

E – Elevation

SECTION C

Section C consist of 6 questions attempt any 5

25. List down the yogic Kriyas and explain any one?

[3]

Ans:- Neti, Nauli, Dhauti, Bhasti, Kapalbhathi, Tratak

26. Describe any one Olympic core value?

[3]

Ans:- Excellence, Respect, Friendship.

Respect lies at the heart of Olympism – respect for yourself and your body, for other people, for rules and regulations, for sports and for the environment. In fact, respect is the key to strong friendships, fair play and sportsmanship. Understanding the impact of our actions, positive or negative, is an important part of playing a participative role in our communities. Respecting yourself and others goes beyond sport.

27. What kind of playing surfaces are used for indoor sports? Explain.

[3]

Ans:- **Courts:** Indoor courts are very popular for sports like badminton, basketball, handball, as they can be played around the year without restrictions of weather and climate. The indoor courts mostly have a synthetic or wooden surface. Sports like badminton are also played on synthetic mats laid on wooden floors. i. Wooden courts
ii. Synthetic courts



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2. **MUGA:** MUGA is a multi-utility games arena (MUGA) are popular at indoor sports facilities where multiple activities can be planned and organised. The rubberised surface are easy to maintain and are durable and safe.

28. What is the difference between Physical fitness components: Speed and Agility? [3]

Ans:- Speed – Speed refers to an individual's ability to perform the movement in the shortest possible time. It is the minimum time taken to complete the task. Examples are 100 m and 200 m sprint, ice hockey etc.

Agility – Agility is an individual's ability to change the direction of the body rapidly and accurately. It is a combination of speed, balance, power and co-ordination. Rugby, football, hockey are the examples of sports requiring agility.

29. What is the role of Physical Teacher in helping the CWSN? [3]

Ans:- Physical Education Teacher – The Physical Education teachers need to determine the abilities of students with special needs. They also need to determine measures to support their participation in sports, games and fitness activities through general, modified and specially designed PE Programme.

Their role of a physical education teacher is

1. improving general movement, movement skills and movement patterns
2. improving hand-eye coordination, flexibility, muscular strength, endurance
3. Developing different sports-specific skills such as in basketball, soccer, swimming etc.
4. Improving social skills such as listening, understanding, implementing, playing in small to large groups, taking responsibilities, leadership etc.

Providing psychological support by channelizing energy to reduce anxiety, hyperactivity, tension and depression, developing self-esteem, reducing feelings of isolation.

30. Discuss the trait of Endomorphs? [3]

Ans:- Endomorph – These individuals have short arms and legs. They have rounded physique. Their limbs seems to be shorter because there is a lot of deposits of adipose tissues. The upper part of arms and legs are significantly thicker than the lower part. It is hard for them to lose weight. They have soft body. They have underdeveloped muscles. They have a capacity for high fat storage and become fat easily. In fact they are more inclined to become obese. They have pear-shaped body. Their excessive mass hinders their ability to compete in sports. In fact, sports require high level of agility or speed. Sports and games, which require strengths like weightlifting and power-lifting are most suitable for endomorphs.

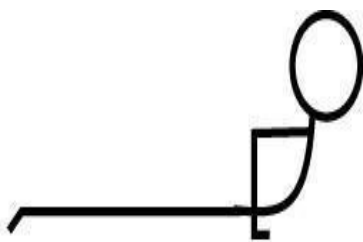
SECTION D

Section D consist of 3 questions

31. For appropriate body composition, The BMI test is usually considered very effective. Those individuals, who have high BMI? They are advised to do heavy workout. They must pay attention to their body weight. They should try to reduce the body weight by sufficient workout and appropriate amount of diet. [4]
Based on the above passage, answer the following questions.

- I. The normal range of BMI is 18.5-24.9.
- II. 35.0-39.9 is the range of Obesity class II
- III. An individual with BMI to 28.0 comes under Overweight category.
- IV. The range of BMI is often overweight individual is 25.0-29.9.

32. Mr. Shyam aged 50 years is recommended to practice the below asana as a therapeutic measure. He is a software engineer by occupation and spends lot of time sitting at one place. He developed certain symptoms like frequent urge for urination, tiredness, excessive weight gain along with being anxious and gets easily irritated. [4]



1. From the shape of the body in the given pose, it can identified as _____?

[b] Bhujangasana

2. Mr. Shyam is diagnosed with _____?

[a] Only Diabetes

3. Blood sugar levels are controlled by _____ hormone?

[b] Insulin

4. This asana should be avoided by people suffering with _____?

[b] Hernia

33. The dance sports minister Mr Kiran Rejuju launched a number of sports schemes in India. Among these one of the best scheme is Khelo India programme. Mr. Raj father of Rohit met the physical education teacher of our school to know about the physical fitness level of senior classes. Art teacher replied that Khelo India programme consist of various physical fitness tests for school children. In next week, all the students physical fitness will be measured. [4]

A. To measure the lower body flexibility, which one of the following test is best?

a) Sit and Reach test

B. Which test is used to measure strength and endurance of abdominal muscles?

a) Partial Curl ups

C. Which test is most suitable to measure the upper body strength and endurance?

c) Push ups

D. Which one of the following components is not related to skill related physical fitness?

d) Cardiorespiratory endurance

OR

Which one of the following test is applicable to measure body composition?

a) BMI

SECTION E

Section E consist of 4 questions attempt any 3

34. What is the Objectives of physical education? [5]

Ans:- Many philosophers have Explained physical education. From that perspective After the analysis of all the objectives mentioned by different philosophers It can be concluded that following alkaline objectives of physical education.

a. Physical development

b. Mental development.

- c. Social development
- d. Neuro muscular coordination.
- e. Emotional development
- f. Development of Health

35. Discuss trataka Kriya in detail.

[5]

Ans:- i. **Jala Neti:** The process of cleaning the nasal passage by salt water is called as jala neti. The specially designed pot is used for this purpose called neti pot.

ii. **Kapalbhati:** Kapal means cranium; 'bhati' means shining or splendour. This is a kriya or cleansing process which cleanses the impurities of the Kapal region and makes it shine with purity, so it is called as Kapalbhati.

iii. **Trataka:** 'Trataka' means to 'gaze steadily'. Trataka is a process of concentrating the mind and curbing its oscillating tendencies. In general, trataka practice consists of gazing on the flame of a candle.

iv. **Nauli Kriya:** 'Nauli' is the yogic cleaning process; which rejuvenates the whole digestive system.

36. explain the origin of Modern Olympic Games.

[5]

Ans:- The credit to start The modern Olympic Games goes to Pierre, Baron de France Coubertin who was born in Paris on first January 1862. His family members wanted him to join the Army so he joined the Sainik Academy. But after some time, he left it and started studying political science. Having studied political science, he became to know about the national and international problems. He thought national international problems could be easily solved through Olympic Games. It was Coubertin's dream to restart ancient Olympic Games at the world for this purpose. He called a meeting of various countries in the year 1893. Some countries Italy, Greece, Spain, Sweden were in more in favour of commencing these games, whereas rest of the countries opposed it. Again on 16th June 1894 a meeting of 13 countries was held in Paris in which 75 representatives participated. It was presided over by Coubertin and it was resolved that sports competitions should be held every four years and online of Greek Olympic Games and every nation should be invited to participate. After much endeavor Coubertin succeeded in enlisting worldwide support. And the first or modern Olympic Games were held in Athens in 1896.

37. What do you mean by Test, Measurement and Evaluation? Elucidate the importance of test measurement and evaluation in the field of sports

[5]

Ans:- Test measurement and evaluation are important aspects of all the programmes of physical education and sports. Without test measurement and evaluation, it becomes very difficult to determine the level of achievement of various objectives of physical education and sports by an individual. The following points clearly indicate the importance of test measurement and evaluation in physical education and sports.

- a) For getting knowledge about the progress
- b) For preparation of effective planning
- c) For knowing the abilities and capacities.
- d) For discovering the needs of participants
- e) For motivation
- f) For classification of sportspersons
- g) For knowing the achievements in future.
- h) For research and experimentation.
- i) For identifying potential
- j) For making effective planning