

Delhi Public School Bahadurgarh

Blue Print Physical Education

Class XI Weekly Test

Sr no	Marks distribution	Changing Trends & Career in Phy.edu	Physical Fitness ,wellness& lifestyle	Yoga
1.	Mark 1 *7 =7	Marks 1*2=2	Marks 1*2=2	Marks 1*3=3
2.	Mark2*9=18	Marks2*3=6	Marks2*3=6	Marks2*3=6
3	Marks 3*3=9	–	–	Marks3*3=9
4.	Marks 4*4=16	Marks 4*2=8	Marks 4*2=8	–
5.	Total (50)	16	16	18

DELHI PUBLIC SCHOOL, BAHADURGARH
FINAL EXAMINATION Sample Paper
PHYSICAL EDUCATION
CLASS XI

MAX MARKS:70
DURATION-3 HRS
Total pages: 2

DATE

- Question paper consists of 26 questions
- All questions are compulsory
- 01 mark question must be answered in 10-20 words.(Q.1 – Q.11)
- 03 marks question must be answered in 30-50 words. (Q.12- Q.19)
- 05 marks question must be answered in 75-100 words. (Q.20 – Q.26)

Q:1 What do mean by learning?

Q:2 BMI is invented by -----.

1

Q:3 What do you mean by measurement?

1

Q:4 Define Human Anatomy.

1

Q:5 What do you mean by Symphysis?

1

Q:6 What is ADP?

1

Q:7 ----- is the study of force and their effect on living systems.

1

Q:8 Define Dynamic Equilibrium in brief.

1

Q:9 What do you mean by Psychology?	1
Q:10 ----- is the stage in which a child tries to become capable of doing everything by himself.	1
Q:11 Define Sports Training.	1
Q:12 What is Overload? Mention the symptoms of Overload in detail.	3
Q:13 Define Emotion. Write any three methods to controlling the Emotion.	3
Q:14 Elucidate the principles of Stability.	3
Q:15 Write any four types of Bones.	3
Q:16 What do you mean by Force? Write the factors related to movement Activity.	3
Q:17 Briefly discuss about Centripetal and Centrifugal force.	3
Q:18 Explain the classification of individuals by Ernest Kretschmer.	3
<p>Q:19 Ramesh was a good high jumper of our school. He used to do strenuous training. During practice, he used to jump 1.55m. His intention was to win medal at the state level tournament. But his technique was not proper for winning a medal at such level. He showed interest in learning the new technique i.e, fosbury flop. His coach helped him in learning this technique and made him perfect. Ultimately , he learnt the new technique of high jump. His performance was enhanced extraordinarily. Consequently, he won the gold medal in high jump event by clearing a height of 1.75metre. It was a remarkable achievement for him.</p>	
Based on the above passage, answer the following questions:	1*3=3
<p>A. What values of the coach did impress you?</p> <p>B. What values does Rakesh possess?</p> <p>C. Was achievement of Rakesh remarkable in comparison to his past performance?</p>	
Q:20 What do you mean by Plateau? Elaborate the causes of plateaus in the field of physical education and sports.	5
Q:21 What do you mean by Warm-up? Write any five importance of warm up.	5
Q:22 Explain the structure of respiratory system in brief.	5
Q:23 Explain the behaviour change technique for Physical Activity.	5
Q:24 Write any five Essential Elements of Positive Sports Environments.	5
Q:25 Write the procedures for fixing marks for skinfold measurements.	5
Q:26 What do mean by Adolescent ? Write the problems related to Adolescents.	5

.....