

Bhavan's Tripura Vidyamandir
1st Terminal Examination : (2025-2026)

Class:- 11

Time: 3 hours

Name of the student:

Subject: Physical Education

Total: 70 Marks

Roll :

Section:

- 1) The question paper consists of 5 section and 34 question.
- 2) Section A consist of question 1 to 18 carrying 1 mark.
- 3) Section B consist of question 19 to 24 carrying 2 Marks.
- 4) Section C consist of question 25 to 30 carrying 3 Marks
- 5) Section D consists of question 31 to 33 carrying 4 Marks.
- 6) Section E consists of question 34 to 37 carrying 5 marks.

SECTION A

- 1) The sports which is not included in the Olympic is -
A) cricket B) Hockey C) football D) athletics.
- 2) How many sports have been included in the khelo India program ?
A) 16 B) 17 C) 18 D) 19
- 3) In the khelo India program the selected player is given an amount of RS -
A) 5 lakh B) 6 lakh C) 7 lakh D) 8 lakh.
- 4) Who is the father of modern olympic games ?
A) Pierre de coubertin B) Aristotal C) John pole D) H .C buck.
- 5) How many rings are there in the Olympic symbol ?
A) 5 B) 6 C) 7 D) 8.
- 6) The ring in the Olympic flag represent-
A) five continents B) five countries C) five colours. D) five years.
- 7) | Who are the representatives of Olympic around the world?
A) IOC B) NGO C) NOC D) FIFA
- 8) The red colour (Olympic ring) represents -
A) Asia B) America C) Australia D) Africa
- 9) The word yoga is derived from which words?
A) Nir B) Yuj C) Yuz D) Yukti
- 10) Shavasana resemble the poster of a -
A) Palm tree B) snake C) cow D) Dead body.
- 11) Which of the following is not a type of disability?
A) cognitive disability B) intellectual disability
C) physical disability D) Behaviour.
- 12) The ability of covering the maximum distance in minimum time -
A) endurance B) speed C) strength D) flexibility.
- 13) The maximum effort made to lift a weight is called -
A) explosive strength B) endurance C) Agility D) maximum strength.
- 14) In which country was the first aid word first use?
A) USA B) England C) Germany D) China.
- 15) When was the word first aid first use ?
A) 1869 B) 1905 C) 1890 D) 1879.
- 16) Exercise for a longer duration with less weight -
A) endurance B) strength C) speed D) agility
- 17) Not a source of physical activity
A) Gym trainer B) Umpire
C) agriculture profession D) administrator.
- 18) The value of Olympic are -
A) excellence B) respect C) friendship D) all this above.

SECTION B

- 19) Short note sports industry
- 20) Write the objective of yoga
- 21) Short note about Olympic flag
- 22) What is disability and disorder?
- 23) Write the importance of test in measurement.
- 24) Write importance of physical fitness.

SECTION C

- 25) Write the objective of khelo India program.
- 26) Write down in details about the Olympic value education.
- 27) Write the causes of disability.
- 28) What is PRICE
- 29) Write the qualities of good leader.
- 30) According to Sheldon write the classification of body.

SECTION D

31) Praveen is a good player he wished to own in sports and make his country proud at the national and international level, but he does not get proper coaching and guidance. He takes it is a challenge and wants to pursue a career in the sports so that he can provide coaching and proper guidance to such children. He wants to make them aware of the various scheme run by the government of India and encourage them to participate in these schemes so that they are able to make their country proud in the field of sports.

On the basis of above situation answer the following question.

- A) Name one National level football competition.
- 1) Subrata Mukherjee tournament 2) Ranjit trophy 3) Sahara cup 4) Euro cup
- B) What is the career option of physical education?
- 1) physical education teacher 2) physiotherapy
3) child care 4) administrator
- C) What is the scheme run by the government of India?
- 1) Khelo India scheme 2) fit India scheme
3) sports scholarship 4) 1 and 2
- D) who introduce Khelo India scheme ?
- 1) Prime minister Narendra Modi 2) Prime minister Atal Bihari Vajpayee
3) prime minister Rajiv Gandhi 4) Prime minister Indira Gandhi.

32) Suppose a person has a body weight 70 kg and weight 1.70 m what **his/her** BMI ?

Write body mass index category.

33) Satnam is a student of class 11th. He was absent in the class today, in the evening he called up his friends Anli and asked him about the subject that are thought in the class. Anil told him that there was a discussion about the Olympic in which we wear told about the Olympic Moto, the flag, the Oath etc, and discussion about the Olympic movement. On the basis of above situation answer the following question.

- A) What did Anil say about Olympic Moto
- 1) strength, endurance, speed. 2) unity and brotherhood
3) excellence, respect, friendship. 4) Citius, Altius, Fortius .
- B) headquarter of IOC
- 1) Germany 2) Switzerland 3) franch 4) Sweden
- C) Who is the father of Olympic?
- D) Olympic flag made up of?
- 1) White silk cloth 2) Red colour cloth 3) Blue colour cloth 4) Yellow colour cloth.

SECTION E

- 34) Write the history of Olympic.
- 35) Write the component of physical fitness.
- 36) What is physical education? Write the importance of physical education.
- 37) Write the role of counsellor and physical education teacher.