

SATISH CHANDRA MEMORIAL SCHOOL
Pre-Mid Term Examination 2025 - 2026
Class XI
Physical Education (048)

Time allowed: 1.5 hours

Full Marks: 40

General Instructions:

- 1. The question paper consists of 5 sections and 33 questions.*
 - 2. Section A consists of questions 1-20 carrying 1 mark each and are multiple choice questions. All questions are compulsory.*
 - 3. Section B consists of questions 21-30 carrying 1 mark each and are value-based/case studies questions. All are compulsory.*
 - 4. Section C consists of question 31 carrying 2 marks and is short answer type I.*
 - 5. Section D consists of question 32 carrying 3 marks and is short answer type II.*
 - 6. Section E consists of question 33 carrying 5 marks and is long answer type.*
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SECTION-A

MCQ Questions:

(1×20 = 20)

1. The headquarter of Fit India Movement is at:
a) Chennai
b) Kolkata
c) Mumbai
d) New Delhi
2. 'Physical Education is the sum of changes in the individual caused by experience centering motor activity'. Whose definition, is it?
a) C.A. Bucher
b) D. Oberteuffer
c) Cassidy
d) C.C. Cowell
3. What is the aim of Physical Education?
a) Physical development b) Psychological development c) Motor development d) Wholesome development.
4. What is the full form of SAI?
a) Sports Authority of India
b) Sports Association of India
c) Sports Association of Indian
d) Sports Authority of Indian
5. In which one of the following cities the Laxmibai national Institute of Physical education is situated?
a) Patiala
b) Kolkata
c) Gwalior
d) Chennai

6. **Assertion (A):** The *Khelo India* programme aims to revive the sports culture in India at the grassroots level.
Reason (R): *Khelo India* provides financial assistance only to Olympic medal winners.
Options:
a) Both A and R are true, and R is the correct explanation of A.
b) Both A and R are true, but R is not the correct explanation of A.
c) A is true, but R is false.
d) A is false, but R is true.
7. In which Session Khelo India programme was launched?
a) 2016-17
b) 2017-18
c) 2018-19
d) 2019-20
8. What is the full form of NCERT?
a) National Council for Educational Research and Training
b) National Centre for Educational Resources and Teaching
c) National Commission for Educational Reform and Training
d) National Committee for Education, Research and Technology
9. Which one of the following is a career in communication media?
a) Sports Journalism
b) Sports Photography
c) Book Writing
d) All of these
10. Fit India movement was launched on the occasion of the birth anniversary of Whom?
a) Rabindranath Tagore
b) Netaji Subhash Chandra Bose
c) Sunil Chettri
d) Major Dhyan Chand
11. **Assertion (A):** Wearable gears help in enhancing athletic performance and tracking fitness.
Reason (R): Wearable gears such as fitness bands and smartwatches can monitor heart rate, calories burned, and sleep patterns.
Options:
a) Both A and R are true, and R is the correct explanation of A.
b) Both A and R are true, but R is not the correct explanation of A.
c) A is true, but R is false.
d) A is false, but R is true.

12. The concept of Olympism was created approximately.
- 120 years ago
 - 130 years ago
 - 140 years ago
 - 150 years ago
13. Father of Modern Olympic is Known as
- Pierre de Coubertin
 - J F Willams
 - C A Bucher
 - J F Kennedy
14. Which word is newly added in modern Olympic motto?
- Communis
 - Salfer
 - Joy of effort
 - Respect for Others

15. Match the Following: Olympic Movement

Column A	Column B
A. Baron Pierre de Coubertin	1. Olympic Motto
B. IOC (International Olympic Committee)	2. Founder of Modern Olympic Games
C. Olympic Rings	3. Five Continents
D. Citius, Altius, Fortius	4. Governing Body of the Olympic Movement
E. Ancient Olympic Games	5. Held in Olympia, Greece

Options:

- A-2, B-4, C-3, D-1, E-5
 - A-1, B-4, C-3, D-2, E-5
 - A-2, B-3, C-4, D-1, E-5
 - A-2, B-1, C-3, D-4, E-5
16. **Assertion (A):**
The Olympic Games are organized every four years to promote international peace and unity through sports.
- Reason (R):**
The Olympic Movement aims to build a peaceful and better world by educating youth through sports without discrimination.
- Options:**
- Both A and R are true, and R is the correct explanation of A.
 - Both A and R are true, but R is not the correct explanation of A.
 - A is true, but R is false.
 - A is false, but R is true.
17. The Olympic Anthem was composed by:
- Ludwig van Beethoven
 - Spiros Samaras
 - Johann Sebastian Bach
 - Richard Wagner

18. Olympic flag was created in:

- a) 1913
- b) 1914
- c) 1915
- d) 1916

19. How many Vice-Presidents are there in International Olympic Committee (IOC)?

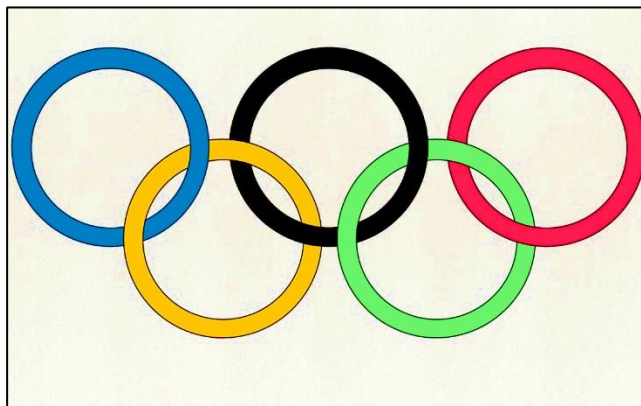
- a) One
- b) Two
- c) Three
- d) Four

20. What is the meaning of 'Fortius'?

- a) Faster
- b) Higher
- c) Salfer
- d) Stronger

SECTION-B

Case study I: On the basis of the given picture answer the following question. (1×5 = 5)



21. **Who designed the Olympic Flag?**

- a) Spyridon Samaras
- b) Demetrius Vikelas
- c) Baron Pierre de Coubertin
- d) Juan Antonio Samaranch

22. **What do the five Olympic rings represent?**

- a) Five gold medals
- b) Five Olympic values
- c) Five continents
- d) Five host cities

23. **In which year was the Olympic Flag first hoisted?**
- a) 1896
 - b) 1913
 - c) 1920
 - d) 1936
24. **What does the white background of the Olympic Flag symbolize?**
- a) Unity
 - b) Strength
 - c) Peace
 - d) Victory
25. **Why were the specific colours of the Olympic Rings chosen?**
- a) To represent ancient civilizations
 - b) They were the favourite colours of the founder
 - c) To match the host country's flag
 - d) Because all national flags include at least one of them

Case study II: Read the passage carefully and answer the questions that follow: (1×5 =5)

In modern sports, the type of playing surface and the use of wearable gear play a crucial role in both performance and injury prevention. For example, in sports like football, hockey, and tennis, matches are played on natural grass, artificial turf, or synthetic courts, each affecting the speed of the game and player movement differently. Artificial surfaces require specially designed shoes for better grip and reduced injury risk.

Similarly, wearable gears such as helmets, knee pads, shin guards, and specialized footwear are essential in protecting athletes. For instance, cricket players wear helmets and pads to protect themselves from fast balls, while basketball players often use ankle braces to prevent sprains. In recent years, smart wearable technology like fitness bands and GPS trackers has also been introduced to monitor an athlete's heart rate, steps, and physical exertion.

The selection of appropriate surfaces and gear depends on the type of sport, environmental conditions, and safety standards. Ignoring these aspects can lead to poor performance and increased chances of injury.

26. **Why is the choice of playing surface important in sports?**
- a) It only affects the appearance of the game
 - b) It affects speed, player movement, and injury risk
 - c) It reduces the number of players needed
 - d) It is chosen randomly
27. **What type of surface might require specially designed shoes?**
- a) Natural grass
 - b) Artificial turf
 - c) Clay court
 - d) All of the above
28. **Which of the following is an example of wearable protective gear?**
- a) Whistle
 - b) Helmet
 - c) Swimsuit
 - d) Sports Shoes

29. Why do basketball players often use ankle braces?

- a) To jump higher
- b) To match the uniform
- c) To prevent ankle sprains
- d) To look stylish

30. What is the recent development in wearable sports gear?

- a) Paper-based wristbands
- b) Smart wearable technology for monitoring fitness
- c) Wooden guards
- d) Cotton socks for warmth

SECTION-C
(Short answer type I)

31. Define Physical education. Write your concept on it. (1+1)

Or

Discuss any three objectives of Physical Education. (2)

SECTION-D
(Short answer type II)

32. Write short note on a) Teaching Career b) Sports Broadcasting (1.5+1.5)

Or

Write a short note on 'Ancient Olympic awards'. (3)

SECTION-E
(Long answer type)

33. What is the main objective of Khelo India programme? Explain any five objectives of this programme. (1+4)

Or

Elucidate the structure and functions of IOC. (2.5+2.5)

Or

What is OCOGs? Explain its responsibilities before, during and after the Olympic game. (1+4)