



INDIAN SCHOOL AL WADI AL KABIR

CLASS XI UNIT TEST

Max Marks:30

SUBJECT-PHYSICAL EDUCATION (048)

Time: 1 hr.

Date- 24/05/2026

General instructions:

1. Section A consists of multiple-choice questions, carries 1 mark each. All questions are compulsory.
2. Section B consists of 4 questions amongst which 3 questions have to be attempted; each question carries 3 marks and should have 60-80 words.
3. Section C consists of 3 questions amongst which 2 questions have to be attempted; each question carries 5 marks and should have 100-120 words.

SECTION A

- Q 1. What is the aim of Physical education? 1
- (a) Growth and development
(b) Healthy life style
(c) Overall development of personality
(d) None of above
- Q 2. Which of the following are Olympic values? 1
- (a) Friendship
(b) Respect
(c) Excellence
(d) All of above
- Q 3. IOA was established in- 1
- (a) 1926
(b) 1927
(c) 1928
(d) 1929
- Q 4. What is the full form of IOA? 1
- (a) International Olympic Association
(b) Indian Olympic Administration
(c) Indian Olympic Association
(d) All the above
- Q 5. When the Ancient Olympics begin? 1
- (a) 782 BC
(b) 778 BC
(c) 776 BC
(d) 775 BC

- Q 6. How many rings are there in Olympic flag? 1
- 6
 - 5
 - 4
 - 3
- Q 7. How many verticals are there in Khelo India programme? 1
- 13
 - 12
 - 10
 - 11
- Q 8. What are the colours of the five rings on the Olympic flag? 1
- Red, green, blue, orange, white
 - Blue, yellow, black, green, red
 - Red, black, pink, blue, yellow
 - White, red, black, green, yellow
- Q 9. What is the full form of IOC? 1
- International Olympic Committee
 - Indian Olympic Committee
 - Indian Olympic Commission
 - Indian Oman Cooperation
- Q 10. SAI Stands for: 1
- Sports Appointment of India
 - Sports Authority of India
 - Sports Academic of India
 - Sports Accreditation of India
- Q 11. The Olympic motto "Citius, Altius, Fortius" means: 1
- Faster, Stronger, Higher
 - Higher, Stronger, Faster
 - Faster, Higher, Stronger
 - None of these

SECTION B (Any three)

Q 12. A player wants a fair judgement. So, the Olympic games provide opportunities for impartial games. That's why every athlete participate in Olympic games. 3

Based on this case study answer the following questions.

(a) In the Olympic flag, what do the rings represent?

- Colour
- Oceans
- Countries
- Continents

(b) What is the span between two Olympics?

- Three
- Two
- Four
- Five

(c) What is the motto of Olympic CITIUS expressed?

- Stronger
- Faster
- Higher
- Bigger

Q13. List any three verticals of the Khelo India Programme and explain each in brief. 3

Q 14. Mention any three key differences between the Ancient Olympic Games and the Modern Olympic Games. 3

Q 15. Explain the Olympic values in detail. 3

SECTION C (Any Two)

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| Q 16. Explain aims and objectives of physical education in detail. | 5 |
| Q 17. Write a short note on the Ancient Olympic and Modern Olympic. | 5 |
| Q 18. Explain in detail different career options in physical education. | 5 |

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