



INDIAN SCHOOL AL WADI AL KABIR

ASSESSMENT-1

Subject: Physical education (048)

SET: 1

Class: XI

Date: 27/09/2026

Max. Marks: 70

Time: 3 Hrs.

General Instructions:

Read the following instructions very carefully and follow them:

1. The 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. Sections B consist 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. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION A (Multiple Choice Questions)		
Q. No.	Questions	Marks
Q 1.	Which of the following is a major objective of Physical Education? a) Development of only physical strength b) Development of the individual as a whole c) Development of professional athletes only d) Development of academic knowledge only	1
Q 2.	Which of the following is a career option in Physical Education? a) Sports Coach b) Chartered Accountant c) Architect d) Banker	1
Q 3.	Which organization is responsible for promoting Olympic values globally? a) UNESCO b) International Olympic Committee c) WHO d) FIFA	1
Q 4.	Which Olympic value represents treating everyone fairly and without discrimination? a) Excellence b) Friendship c) Respect d) Competition	1

Q 5.	The Olympic motto traditionally emphasizes: a) Faster, Higher, Stronger b) Win at any cost c) Unity through competition d) Fitness for all	1
Q 6.	Which one of the following is a component of Yoga? a) Asana b) Sprint c) Dribbling d) Throwing	1
Q 7.	Which asana is commonly known as the Cobra Pose? a) Bhujangasana b) Vajrasana c) Tadasana d) Trikonasana	1
Q 8.	Which of the following is a benefit of regular practice of Yoga? a) Increased mental stress b) Reduced flexibility c) Improved concentration d) Reduced body control	1
Q 9.	CWSN stands for: a) Children with Special Needs b) Children with Sports Needs c) Children with Special Nutrition d) Children with Social Needs	1
Q 10.	Which of the following is an important objective of Physical Education for CWSN? a) Social isolation b) Improving self-esteem and confidence c) Avoiding physical activity d) Promoting dependence	1
Q 11.	The term disability refers to: a) Only physical weakness b) A limitation or impairment affecting functioning c) Lack of interest in sports d) Poor academic performance	1
Q 12.	Which of the following is a component of physical fitness? a) Flexibility b) Intelligence c) Memory d) Creativity	1
Q 13.	The ability of muscles to exert force against resistance is called: a) Speed b) Strength c) Flexibility d) Balance	1
Q 14.	The ability to perform movement in the shortest possible time is known as: a) Speed b) Endurance c) Strength d) Coordination	1

Q 15.	Wellness refers to: a) Only physical health b) A state of overall well-being c) Absence of physical activity d) Only mental strength	1
Q 16.	Which component of fitness helps a person continue an activity for a longer duration without undue fatigue? a) Endurance b) Flexibility c) Balance d) Agility	1
Q 17	Which one of the following is an example of a modern trend in Physical Education? a) Use of sports technology b) Avoiding scientific training c) Eliminating fitness testing d) Discouraging recreational activities	1
Q 18.	Which of the following is NOT a dimension of wellness? a) Physical wellness b) Emotional wellness c) Social wellness d) Financial accounting	1
	SECTION B (Very Short Answer Type Questions, Attempt any 5.)	
Q 19.	Define Physical Education. Mention any one objective of Physical Education.	2
Q 20.	Write any two career options available in the field of Physical Education.	2
Q 21.	Explain any two Olympic values.	2
Q 22.	What is Yoga? Mention any one benefit of regular Yoga practice.	2
Q 23.	What do you understand by CWSN? Mention any one benefit of participation in sports for CWSN.	2
Q 24.	Define wellness. Mention any one component/dimension of wellness.	2
	SECTION C (Short Answer Type Questions, Attempt any 5.)	
Q 25.	Explain any three changing trends in Physical Education in the modern era.	3
Q 26.	Describe the role of technology in the field of Physical Education and sports.	3
Q 27.	Explain the three major Olympic values and their importance in daily life.	3
Q 28.	Explain any three benefits of Yoga for physical and mental health.	3
Q 29.	Explain the role of Physical Education and sports in the development of children with special needs.	3
Q 30.	Explain any three components of physical fitness and give one example of each.	3
	SECTION D (Case Study Based Questions)	
Q 31.	Read the case carefully and answer the questions that follow: Amit is a 12-year-old student who uses a wheelchair due to a physical disability. He wants to participate in his school's annual sports event. His PE teacher collaborates with a physiotherapist and special educator to create activities suited for him. Amit happily participates and inspires others.	4

	a) Identify Amit's type of disability. (1) b) What role did the PE teacher play in inclusion? (1) c) How can adaptive sports benefit children with disabilities? (2)	
Q 32.	Read the case carefully and answer the questions that follow: During an inter-school sports competition, students from different backgrounds participated together. The teacher encouraged students to compete honestly, respect opponents, accept victory with humility and support one another. The teacher explained that sports are not only about winning but also about developing good values. a) Which Olympic value is reflected by treating opponents fairly and respectfully? (1) b) Name another Olympic value that promotes togetherness among people. (1) c) Explain how Olympic values can help students in their daily lives. (2)	4
Q 33.	Read the case carefully and answer the questions that follow: A school organizes an inclusive sports programme in which students with and without disabilities participate together. The Physical Education teacher modifies rules and equipment according to individual abilities. Students are encouraged to cooperate and appreciate each other's abilities. a) What does CWSN stand for? (1) b) Why is modification of equipment and rules useful for CWSN? (1) c) Explain two benefits of inclusive sports programmes for CWSN. (2)	4
	SECTION E (Long Answer Type Questions, Attempt any 3.)	
Q 34.	Describe all eight limbs of Ashtanga Yoga with brief explanations.	5
Q 35.	Describe the importance of leadership in physical activity and sports. How can it be developed in students?	5
Q 36.	Describe the roles of the following professionals in supporting children with special needs: • Counsellor • Occupational Therapist • Physical Education Teacher • Speech Therapist • Special Educator	1x5= 5
Q 37.	What is physical fitness and wellness? Explain the major components of physical fitness.	5