



INDIAN SCHOOL AL WADI AL KABIR
MIDTERM EXAMINATION
SUBJECT: PHYSICAL EDUCATION AND WELL-BEING

Class: IX
Date: 29/09/2026

Max. Marks: 20
Time: 1 Hr.

General Instructions:

1. The question paper consists of 15 Questions.
2. Questions 1-10 carry 1 mark each and are multiple choice questions.
3. Questions 11-13 carry 1 mark each and are one word answers questions.
4. Question 14 carries 2 marks and is a very short answer type question.
5. Question 15 carries 5 marks and is a long answer type question.
6. All questions are compulsory.
7. Write your answers in the space provided in the question paper.

Q. No.	Questions	Marks
1	Physical Education primarily aims at the: a) Development of physical strength only b) Holistic development of an individual c) Development of sports skills only d) Development of academic knowledge only Answer:-	1
2	According to Charles A. Bucher, Physical Education develops an individual: a) Only physically b) Physically and mentally c) Physically, mentally, emotionally and socially d) Only socially Answer:-	1
3	Which objective of Physical Education helps in developing teamwork and leadership? a) Physical Development b) Mental Development c) Social Development d) Emotional Development Answer:-	1
4	Physical activities during medieval India were mainly associated with:	1

	a) Entertainment only b) Warfare and military training c) Academic examinations d) Modern fitness programmes Answer:-	
5	Which of the following is a traditional Indian martial art? a) Kalaripayattu b) Basketball c) Volleyball d) Swimming Answer:-	1
6	Sportsmanship promotes: a) Competition only b) Mutual respect, discipline and fair play c) Individual achievement only d) Physical strength only Answer:-	1
7	Balance and coordination are important components of: a) Motor Skill Development b) Social Development c) Emotional Development d) Character Development Answer:-	1
8	The Sports Authority of India (SAI) was established in: a) 1975 b) 1980 c) 1984 d) 1990 Answer:-	1
9	The Khelo India Programme was launched in: a) 2015 b) 2018 c) 2019 d) 2020 Answer:-	1

10	Which of the following is a career option in Physical Education? a) Sports Coach b) Accountant c) Banker d) Architect Answer:-	1
11	Name one traditional Indian sport? Answer:-	1
12	What does Physical Education promote in terms of lifestyle? Answer:-	1
13	What is meant by sportsmanship? Answer:-	1
14	Explain any two objectives of Physical Education? Answer:-	2
15	Yoga is an important activity included in Physical Education. Answer the following: a) In which ancient Indian education system was Yoga an important practice? Answer:- b) List any four simple benefits of practicing Yoga regularly. Answer:-	1+4

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