

INDIAN SCHOOL AL WADI AL KABIR

Class 11 – Physical Education

UNIT 3-YOGA

Date: _____

Worksheet 1

Section A: Multiple Choice Questions (1 Mark Each)

1. What is the primary aim of Yoga?
 - a) To build muscles
 - b) To increase height
 - c) To attain physical and mental well-being
 - d) To win competitions
 2. How many limbs are there in Ashtanga Yoga?
 - a) 4
 - b) 6
 - c) 8
 - d) 12
 3. Shatkarma or Yogic Kriyas are used primarily for:
 - a) Increasing flexibility
 - b) Internal purification
 - c) Meditation practice
 - d) Improving diet
 4. Which of the following is a type of Pranayama?
 - a) Bhastrika
 - b) Bhujangasana
 - c) Tadasana
 - d) Dhyana
 5. Yoga helps in stress management by:
 - a) Avoiding exercise
 - b) Overeating
 - c) Promoting calmness and relaxation
 - d) Increasing adrenaline
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Section B: Very Short Answer Questions (2 Marks Each)

6. Define Yoga in one sentence.
 7. What do you mean by "Ashtanga Yoga"?
 8. Name any two types of Pranayama.
 9. List two benefits of an active lifestyle.
 10. Write any two Yogic Kriyas.
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Section C: Short Answer Questions (3 Marks Each)

11. Explain the importance of Yoga in modern life.
 12. Briefly describe any three limbs of Ashtanga Yoga.
 13. Write the benefits of practicing Pranayama regularly.
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Section D: Case Study (4 Marks Each)

14. Case Study:

Ritika is a class 11 student who often feels anxious before exams. Her teacher recommends practicing yoga every morning. She begins with breathing exercises and light stretching. After a few weeks, she reports feeling calmer, sleeping better, and being more focused in class.

Q1: Which aspects of yoga helped Ritika?

Q2: How does Pranayama benefit mental health?

Q3: Suggest two yoga poses that reduce stress.

Q4: What lifestyle changes can support Ritika's well-being?

Section E: Long Answer Questions (5 Marks Each)

15. Describe all eight limbs of Ashtanga Yoga with brief explanations.
 16. What are the six Yogic Kriyas? Describe any three with benefits.
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