

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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Answer Key

Date: _____

Worksheet :1

Section A: MCQs

1. c) To attain physical and mental well-being
 2. c) 8
 3. b) Internal purification
 4. a) Bhastrika
 5. c) Promoting calmness and relaxation
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Section B: Very Short Answers

6. Yoga is a physical, mental, and spiritual discipline that promotes harmony between body and mind.
 7. Ashtanga Yoga means "Eight-limbed path" described by Patanjali in the Yoga Sutras.
 8. Bhastrika, Anulom-Vilom
 9. Improves energy level, reduces risk of diseases
 10. Neti, Dhauti
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Section C: Short Answers

11. Yoga helps reduce stress, enhances focus, improves posture, and boosts immunity in modern fast-paced life.
12.
 - Yama: Ethical guidelines
 - Niyama: Personal disciplines
 - Asana: Physical postures

13.

- **Enhances lung capacity**
 - **Calms the mind**
 - **Improves concentration**
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Section D: Case Study

Q1: Pranayama and asanas helped her calm anxiety and improve sleep.

Q2: It regulates breathing, reduces anxiety, and promotes mental clarity.

Q3: Balasana (Child's Pose), Shavasana (Corpse Pose)

Q4: Regular sleep, healthy diet, digital detox, daily exercise

Section E: Long Answers

15.

16. Yama – Social ethics (non-violence, truth)

17. Niyama – Personal discipline (cleanliness, contentment)

18. Asana – Physical postures

19. Pranayama – Breath control

20. Pratyahara – Withdrawal of senses

21. Dharana – Concentration

22. Dhyana – Meditation

23. Samadhi – State of bliss/enlightenment

24.

Six Shatkarmas:

- 1. Neti – Nasal cleansing**
- 2. Dhauti – Digestive tract cleansing**
- 3. Nauli – Abdominal massage**
- 4. Basti – Colon cleansing**
- 5. Kapalabhati – Skull shining breath**
- 6. Trataka – Steady gazing**

Describe any three (example):

- **Neti: Clears nasal passage, prevents allergies**
 - **Kapalbhati: Improves oxygen intake, energizes body**
 - **Trataka: Enhances focus, strengthens eyesight**
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