

INDIAN SCHOOL AL WADI AL KABIR

Class 11 – Physical Education

UNIT 5 -PHYSICAL FITNESS, HEALTH, AND WELLNESS

Date: _____

Worksheet 1

Section A: Multiple Choice Questions (1 Mark Each)

1. Which of the following is a component of wellness?
 - a) Intelligence
 - b) Spiritual well-being
 - c) Financial strength
 - d) Competition
 2. Which traditional Indian sport helps develop agility and reflexes?
 - a) Kabaddi
 - b) Chess
 - c) Volleyball
 - d) Table Tennis
 3. The PRICE method in first aid stands for:
 - a) Protect, Rest, Ice, Compress, Elevate
 - b) Prevent, React, Ice, Cure, Elevate
 - c) Pressure, Rest, Inspect, Cool, Elevate
 - d) Protect, React, Ice, Compress, Exercise
 4. What is the primary goal of physical fitness?
 - a) Winning competitions
 - b) Enhancing body flexibility
 - c) Developing physical strength and endurance
 - d) Increasing height
 5. Leadership in sports helps develop:
 - a) Stress
 - b) Isolation
 - c) Teamwork and confidence
 - d) Laziness
-

Section B: Very Short Answer Questions (2 Marks Each)

6. Define wellness.

7. What is the importance of physical fitness?
 8. Mention any two traditional Indian games.
 9. What does "C" stand for in the PRICE method?
 10. Name two leadership qualities developed through sports.
-

Section C: Short Answer Questions (3 Marks Each)

11. Differentiate between health and wellness.
 12. Explain three dimensions of physical fitness.
 13. How does participation in regional games promote wellness?
-

Section D: Case Study-Based Questions (4 Marks Each)

14. Case Study:

Rita is a school sports captain who promotes yoga and kho-kho sessions every morning in her school. She helps students learn about proper warm-up and first aid techniques during practice. One day, a student sprained an ankle, and Rita quickly applied the PRICE method before calling for help.

Q1: What leadership skills did Rita demonstrate?

Q2: Identify two traditional or regional activities mentioned.

Q3: What is the benefit of promoting traditional games?

Q4: What does the PRICE method involve in such an injury?

Section E: Long Answer Questions (5 Marks Each)

15. Explain the various dimensions of wellness and their contribution to a healthy life.
 16. Describe the importance of leadership in physical activity and sports. How can it be developed in students?
-