

DAV PUBLIC SCHOOLS, ODISHA**PA-II/HALF YEARLY EXAMINATIONS, 2023-24****SUBJECT:- PHYSICAL EDUCATION****CLASS-XI****QUESTIONWISE ANALYSIS**

Sl. No	Chapters / units	Forms of Question - LA, CBQ, SA-II, SA-I, VSA(MCQ)	Marks Allotted	(R), (U), (A), (H), (E)
1	3	VSA (MCQ)	1	R
2	1	VSA (MCQ)	1	U
3	6	VSA (MCQ)	1	A
4	2	VSA (MCQ)	1	H
5	3	VSA (MCQ)	1	H
6	4	VSA (MCQ)	1	A
7	1	VSA (MCQ)	1	H
8	6	VSA (MCQ)	1	U
9	5	VSA (MCQ)	1	R
10	5	VSA (MCQ)	1	U
11	2	VSA (MCQ)	1	R
12	4	VSA (MCQ)	1	U
13	3	VSA (MCQ)	1	A
14	5	VSA (MCQ)	1	R
15	1	VSA (MCQ)	1	U
16	6	VSA (MCQ)	1	A

17	1	VSA (MCQ)	1	H
18	6	VSA (MCQ)	1	A
19	1	SA-I	2	A
20	4	SA-I	2	A
21	5	SA-I	2	E
22	6	SA-I	2	A
23	4	SA-I	2	H
24	5	SA-I	2	H
25	1	SA-II	3	U
26	2	SA-II	3	A
27	3	SA-II	3	R
28	5	SA-II	3	U
29	4	SA-II	3	A
30	6	SA-II	3	R
31	2	CBQ	4	E
32	3	CBQ	4	A
33	5	CBQ	4	H
34	6	LA	5	E
35	2	LA	5	U
36	4	LA	5	U
37	1	LA	5	E

DAV PUBLIC SCHOOLS, ODISHA

PA-II/HALF YEARLY EXAMINATIONS, 2023-24

SUBJECT:- PHYSICAL EDUCATION

CLASS-XI

MARKING SCHEME

QSTN NO	Value Points	Marks Allotted	PAGE NO. OF NCERT /TEXT BOOK
1	b) Tratak	1	66
2	b) 1961	1	S-4
3	a) Health on an individual	1	132
4	a) Sir Dorabji Tata	1	44
5	b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).	1	60
6	d) Both a & b	1	92
7	b) LNIPE	1	S-4
8	b) Skin fold test	1	140
9	b) Job	1	125
10	(a) will be given mark	1	115
11	b) 1920, Antwerp, Belgium	1	45
12	b) Children with disabilities	1	88
13	b) 21 June	1	55
14	c) Endurance	1	112
15	b) will be given mark	1	27
16	c) I-3,II-4,III-2,IV-1	1	135
17	b) J.B. Nash	1	25
18	c) Speed	1	132

19	<p>The objectives of physical education are:</p> <ol style="list-style-type: none"> 1. Physical Development 2. Mental Development 3. Social Development 4. Emotional Development 5. Neuro-muscular coordination 6. Development of health <p>(List down any four)</p>	2	12												
20	<p>Poverty and malnutrition War/Nuclear accidents Poor access to health care Illness Medicines and injections Dangerous work conditions Accidents Poisons and pesticides Inherited disabilities</p> <p>(List out any four)</p>	2	96												
21	<p>Protection, Rest, Ice, Compression and Elevation, or P.R.I.C.E., adds the concept of “protection” to the traditional R.I.C.E. protocol formula. Protecting the injured area from further damage is crucial to the healing process. Experts recommended acute injury patients use P.R.I.C.E. shortly after the injury occurs. It may be particularly helpful during the first 24 to 72 hours.</p> <p>P: Protection is meant to prevent further injury. R: Rest is important to allow for healing.</p> <p>I: Ice refers to the use of cold treatments, C: Compression is the use of a compression wrap,</p> <p>E: Elevation is recommended to help reduce the pooling of fluid in the injured extremity or joint.</p> <p>Rest, Ice, Compression and Elevation—the optimum home treatment.</p>	2	125												
22	<p>BMI stands for Body Mass Index. It is a measure of body composition. BMI is calculated by taking a person's weight and dividing by their height squared.</p> <p>Calculate your own BMI !</p> <p>Equipment required: <u>scales</u> and <u>stadiometer</u> required for measuring weight and height.</p> <p>Procedure: BMI is calculated from <u>body mass</u> (M) and <u>height</u> (H). $BMI = M / (H \times H)$, where M = body mass in kilograms and H = height in meters. The higher the score usually indicating higher levels of body fat.</p> <table border="1" data-bbox="256 1637 863 1865"> <thead> <tr> <th>Category</th> <th>BMI (kg/m²)</th> </tr> </thead> <tbody> <tr> <td>Underweight</td> <td><18.5</td> </tr> <tr> <td>Normal weight</td> <td><18.5–24.9</td> </tr> <tr> <td>Class I Obesity- Overweight</td> <td><25–29.9</td> </tr> <tr> <td>Class II Obesity</td> <td><30–39.9</td> </tr> <tr> <td>Class III</td> <td>>40</td> </tr> </tbody> </table>	Category	BMI (kg/m ²)	Underweight	<18.5	Normal weight	<18.5–24.9	Class I Obesity- Overweight	<25–29.9	Class II Obesity	<30–39.9	Class III	>40	2	132
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23	<p>Objectives of Adaptive Physical Education:</p> <ol style="list-style-type: none"> 1. Through medical check-up 2. The programme based on Interest and capacity of the students. 3. Easy environment 4. Proper equipment should be provided. 5. Teaching strategies based on students level 6. Rule should be easy 	2	114												

24	<p>Qualities of a Good Leader</p> <table border="0"> <tr> <td>Courage</td> <td>Accountability</td> <td>Empathy</td> </tr> <tr> <td>Communication</td> <td>Focus</td> <td>Flexibility</td> </tr> <tr> <td>Innovation</td> <td>Humility</td> <td>Patience</td> </tr> <tr> <td>Passion</td> <td>Resilience</td> <td>Transparency</td> </tr> <tr> <td>Respect</td> <td>Confidence</td> <td>Positivity Influence</td> </tr> <tr> <td>Vision</td> <td>Integrity</td> <td></td> </tr> <tr> <td>Honest</td> <td>Commitment</td> <td>Enthusiasm Delegation</td> </tr> <tr> <td>Responsibility</td> <td>Ability to inspire</td> <td></td> </tr> </table> <p>(List down any two)</p>	Courage	Accountability	Empathy	Communication	Focus	Flexibility	Innovation	Humility	Patience	Passion	Resilience	Transparency	Respect	Confidence	Positivity Influence	Vision	Integrity		Honest	Commitment	Enthusiasm Delegation	Responsibility	Ability to inspire		2	125
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25	<p>Khelo India: National Programme for Development of Sports, branded as Khelo India (transl. Play India), aims at improving India's sports culture at the grass-root level through organized talent identification, structured sporting competitions and infrastructure development. It is a national yojana/scheme for the development of sports in India. It was launched in the year 2018 in Delhi. The program strives to promote “Sports for Excellence” as well as “Sports for All”. The Khelo India programme sought to provide 1,000 chosen athletes with an annual scholarship of 500,000 apiece for an eight-year period. The Khelo India programme was revised to focus on the influence of the whole sports environment, including community sports, equipment, training for excellence, talent identification, competition format and the sports economy. While previous sports programmes concentrated on equipment, the new initiative is centred on developing skills and linking rural India to global competitions</p> <p>The Khelo India initiative has been organised into 12 verticals to achieve the above goals:</p> <ul style="list-style-type: none"> Play field development Community coaching development State-level Khelo India centres Annual sports competition Talent search and development Utilisation and creation/upgrade of sports infrastructure Support to national/regional/state sports academics Physical fitness of school children Sports for women Promotion of sports amongst people with disabilities Sports for peace and development Promotion of rural and indigenous/tribal games 	3	25																								
26	<p>The ancient Olympic Games were a series of <u>athletic competitions</u> among representatives of <u>city-states</u> and were one of the <u>Panhellenic Games</u> of <u>Ancient Greece</u>. They were held at the <u>Panhellenic religious sanctuary of Olympia</u>, in honor of <u>Zeus</u>. The originating Olympic Games are traditionally dated to 776 BC. The games were held every four years, or <u>Olympiad</u>. They continued to be celebrated when Greece came under <u>Roman rule</u> in the 2nd century BC. Their last recorded celebration was in AD 393, under the emperor <u>Theodosius I</u>. The origin- it is started in 776 B.C, Hercules, the son of God zeus started the games & sports in the honour of his father, it continued approximately one thousand years when it is stopped in 394A.D. The events are pentathlon, running, wrestling, leaping, throwing the discus, Javelin, Later boxing, chariot race was conducted. The winners of these games were crowned with wreaths from a sacred olive tree, food grains etc.</p>	3	35																								

27	<p>‘Yoga’ means the individual should be united to or be in communion with the God. Yoga means union, join, attach or connect. It also means the unification of physical, mental, intellectual and spiritual aspects of human being. The following definitions can be beneficial to understand the meaning of yoga. : “Checking the impulses of mind is Yoga.” —Patanjali.“Yoga is attaining the pose.” —Mahrishi Ved Vyas. “Yoga is spiritual Kamdhenu.” —Swami Sampurnanand. In Bhagwad Gita Lord Krishna said, ‘Skill in actions or efficiency alone is Yoga’. It has given stress on Karma Yoga, the individual should perform his duties well without thinking about its benefits. Yoga is also defined as a state of higher powers and potentialities and even the ultimate state of silence. IMPORTANCE:- Physical Purity, Cure and Prevention from diseases, reduce mental tension, beautification of body, provides relaxation, helps maintain the correct posture of body, yoga can be performed easily, spiritual development, increases flexibility, reduces obesity, Improves health, enhance moral and ethical values. Any four is to be explained in answer.</p>	3	75
28	<p>The scientific meaning of wellness is the state of being healthy and free of diseases. Wellness is defined as the optimal functioning of body and creative adapting to environment that involves the whole person. Importance;- (i) It help the improvement and toning up the muscle.(ii) It reduce the recovery time after injury or illness.(iii) It helps in fulfilling power of nutritional requirements.(iv) It helps in better management of stress and tension.(v) It helps to regulates and improves overall body function.(vi) It also motivate positive lifestyle habits or changes.</p>	3	115
29	<p>Disability etiquette means respectful ways to communicate with and about people with disabilities. To ensure a disability-inclusive workplace culture, employees need to understand the basics and have the opportunity to learn and refresh their knowledge.</p> <ol style="list-style-type: none"> 1.Be respectful and treat everyone with kindness 2. Use person-first language 3. Ask before offering help 4. Be mindful of physical space 5. Avoid using wrong language 6. Communicate directly 7. Ask if you’re unsure 8. Respect personal boundaries 9. Be patient and listen 10. Recognize invisible disabilities 11. Advocate for accessibility <p>(Mention any four)</p>	3	97
30	<p>1. Cardiovascular or Cardiorespiratory Endurance - The ability to perform large muscle moderate to high intensity exercise for <u>PROLONGED PERIODS</u> keeping your heart rate in the heart rate target zone. It is the maximum functional capacity of the cardiovascular system to carry on the work or Physical activity involving large muscle group over an extended period. Cardiovascular endurance is the physical ability of an individual to indulge in aerobic exercise for prolonged period of time. It is the ability of the heart lungs and blood vessels to supply oxygen and nutrients to the</p>	3	137

working muscles and the ability of those muscles to allow sustained exercise. Swimming, Jogging, continuous slow running, skipping with a jump rope and other aerobic exercises for longer duration can enhance cardiovascular endurance.

2. **Muscular Strength-** The ability of a muscle or muscle group to exert a maximum force against a resistance ONE TIME through the full range of motion. Range of motion (ROM) is the degrees through which a joint can move. Muscular strength is the maximum amount of force that can be exerted by a muscle group against a resistance during a single contraction. It is the ability of the muscles to lift weight. It can be increased through weight training like bench press, standing press, curling, shoulder press, squats, leg press etc.

3. **Muscular Endurance-** The ability of a muscle or muscle group to exert a sub-maximal force REPEATEDLY over a period of time. Muscular endurance is the ability of a muscle or group of muscles to repeat muscular Contractions against a force or to carry on contraction over a maximum period. It is associated with the muscles' ability to continue to perform the activity without fatigue. It can be improved through jogging, walking, cycling, dancing, push-ups, chin-ups, slow running, stepping and running on treadmill.

4. **Flexibility:** Is the ability to move a joint through its complete range of motion (ROM). Flexibility is the range of movements of joints. It is important for all individuals in daily life. It can be classified into passive flexibility and active flexibility. Active flexibility can be further classified into static flexibility and dynamic flexibility. It means the range of motion available in a joint. It is affected by muscle length, joint structure, tendons, ligaments, and other factors. Regular Physical activities & yogasans is a perfect medium to enhance flexibility.

5. **Body Composition:** Is the amount of lean body mass (bone, tendons, muscles, water, organs, ligaments, and body fluids) compared with the amount of body fat. The body composition means the amount of the fat-free body weight. It is well known that a high percentage of body fat in relation to the total body weight is harmful and may lead to obesity from the health point of view, the normal percentage of body fat for young men and women should not exceed 15 and 25 percentage (Men-15-18%), (Women-20-25%). It means that for health related fitness an individual should have ideal body weight and fat percentage. Aerobic exercises such as jogging, swimming, cycling, continuous slow running, climbing stairs and cross country race are significant in reducing the body fat percentage

(Explain any three)

31	<p>A- Friendship, Excellence, Respect (any one) B- International Olympic Committee C- 1894 D- Lausanne, Switzerland</p> <p>Or 15</p>	4	31
32	<p>A-Yamas B-Samadhi C- Self Reading of Spiritual Books D-To sit in a comfortable position for a longer period of time is called asana.</p>	4	71
33	<p>A- To prepare properly for any emergent situation and act quickly and calmly B- Prevent/Promote/Preserve C- it is the most important and immediate care given to a victim of an accident, injury, sudden illness or any other medical emergency. D. Protection, Rest, Ice, Compression and Elevation,</p>	4	125
34	<p>Test:- Test is a tool used to obtain data of an individual or a group. It is intended to measure knowledge of what students have learned or what they know. It meets some requirements, such as validity and reliability.</p> <p>Measurement:-Measurement is the score that shows the size or amount of something. It is used to obtain information about the characteristics of students, such as their knowledge, skills, abilities, and interests.</p> <p>Evaluation:-Test and measurement are prerequisites for evaluation. The evaluation is the process which tells the worth or progress of the individual or group. It is a process of making judgments based on criteria and evidence.</p> <p>Importance of Test, Measurement & Evaluation</p> <p>Classification of sportsperson: Test helps to classify the sportsmen of various groups by testing their capacities and present level of fitness.</p> <p>Selection of sportsperson: Tests are used to select participants for various categories of sports activities based on their selection criteria</p> <p>Training effects: The progress of sports training and physical fitness program can be evaluated with the help of scientific measurement and evaluation procedure</p> <p>The individualisation of the training program: The measurement and evaluation process helps to diagnose the weakness or needs of the students, based on this training schedule.</p> <p>The motivation of sportsperson: Test, measurement and evaluation are highly associated with self-involvement of students. Thus create interest among students and motivate them towards fitness programs.</p> <p>To achieve goals and objectives specifically: It helps students to find out whether the specific goal and objectives have been achieved.</p> <p>To study the development of a sportsperson: It helps to check the</p>	5	130

	<p>development of neuromuscular, interpretive, social and emotional aspects of an individual.</p> <p>To prepare standards and norms: The measurement and evaluation process is used to conduct standards or norms.</p> <p>To predict performance: The evaluation process helps to predict future performance potential.</p> <p>To compare and evaluate training methods: This enables the coach to compare different training methods suitable for different groups.</p> <p>To conduct research work: Measurement and evaluation are very helpful to research work.</p>		
35	<p>The Olympic Movement is composed of three main constituents: the International Olympic Committee (IOC), the International Sports Federations (IFs), Organising Committees for the Olympic Games (OCOGs) and the National Olympic Committees (NOCs).</p> <p>International Olympic Committee (IOC) – It is the highest body which is controlling the Olympic games. It was formed during the International Athletic Congress held in Paris in June 25, 1894, With the efforts of Baron de Coubertin. The Headquarter of IOC are located in Lausanne (Switzerland).The main role of the IOC is to ensure the regular celebration of the Olympic Games, Formulate and update the rules & regulations, Encourage and supports the promotion of ethics in sports, act against discrimination, promotion of women in sports etc.</p> <p>International Sports Federations (IFS) – It is responsible for the integrity of their sport on the international level. The International sports federation are international non-governmental organisations recognised by the International Olympic Committee as administering one or more sports at world level. It is having the responsibility and duty to manage and to monitor the everyday running of the world’s various sports disciplines. Anti-doping policy, to organised the international champions etc. International Association of Athletic Federation (IAAF), Federation de Football International (FIFA) etc.</p> <p>Organising Committees for the Olympic Games (OCOGs) – Responsible for the practical organisation of the games. Their task is enormous. From the moment when the city is selected to host the games, there are only seven years left to put in place all the necessary arrangements. Overall venue in-charge.</p> <p>National Olympic Committees (NOCs) – NOC is a unit at national level of Olympic movement. There are 206 NOCs. Together with the international sports federations, the NOCs are a constituent of the Olympic Movement under the leadership of the IOC. It is to carry out different functions in the respective countries for the development of sports at all levels. It is having the responsibility for sending a delegation of athlete to the Olympic games.</p> <p>Organisational set up of IOA – the organisational setup of Indian Olympic Committee consists of</p> <p>1 president as its head to see the entire work of the IOA</p>	5	48

	<p>2 senior vice-presidents to look after in absence of president 9 elected vice-presidents to look after in absence of sr. vice presidents. 1 secretary general to look after the day to day administration. 1 treasurer to look after the financial & accounts. (others not required, at least these to be written for 2 marks)</p>		
36	<p>The need of various professionals helps the children with special needs in a greater way. Role Of Professionals For Differently Abled</p> <p>1. School Counsellor: Counsellor is the trained person who improved our student’s abilities to function in social, emotional and behavioural capacity and they provide support to their partner and their families which is beneficial for disabled child from time to time.</p> <p>2. Occupational Therapist: It is the treatment of physical and psychiatric condition to promote independent function in all aspects of daily life. The role of therapist to address a child’s ability to perform activities of daily living like – making, eating, drinking, dressing, toileting, bathing etc inspite of their disabilities.</p> <p>3. Physiotherapist: They are also known as ‘Movement specialist’ because they evaluate and improve the movement and function of body specially for balance, posture, fatigue and pain. The important role of Physiotherapist is to maximize a child’s ability to move and control pain in the joint, muscles and bones.</p> <p>4. Physical Education Teacher: Physical Education Teachers generally determine the abilities of students with special needs that may need implementing to support their participation in sports and fitness. The children need the support and encouragement from physical education teachers to participate regularly in physical activities.</p> <p>5. Speech Therapist: They play an important role in the treatment for speech and language disorders. A speech disorder involves a problem producing words and sounds that makes the child difficult to express. Speech therapist might use, play or book to arouse communication and increase chances to develop language skills.</p> <p>6. Special Educator Special Educator deals with children with intellectual disabilities. The children may have problems in oral impression, listening comprehension, written impression, basic reading skills, reading comprehension, Mathematical Calculation.</p>	5	100
37	<p>Teaching Career, Coaching Career, Health-Related Career, Administrative Careers, Performance Related Career, Careers in Communication Media are to be explained There are different career options in the field of physical education: 1. Teaching related career (a) Elementary school level (b) Middle school level (c) High school and senior secondary school level. (d)</p>	5	25

University and college level, 2. Coaching related career (a) Administration related career. (b) Physical education department(c) Sports department (iv) Industrial recreation, (v) Sports facilities Management. 3. Health related carer, (a) Heath club (b) Athletic training, 4. Performance related career, (a) As a player (b) As an official 5. Career in communication and media (a) Sports journalism, (b) Book Publication(c) Sports photography (d) Sports Broad Casting, • Sports Journalism: (.Explain the points)		
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