

Preliminary Examination 2017-2018

STD: XI

SUB: P.E

Marks: 30

Date: 03/4/18

Time: 1 hour

Q.1. Fill in the blanks with appropriate words given in the brackets and complete the following [4]

1. _____ is one of the combined events with seven events in Athletics.
[Pentathlon, Heptathlon, Decathlon]
2. _____ Fitness is the ability of heart to supply oxygen to muscles.
[physical, Motor, Cardiovascular]
3. In chess total _____ arranged in an eight by eight grid.
[16 squares, 32 squares, 64 squares]
4. BMI for obese class III is _____. [40kg/m², 50kg/m², 55kg/m²]

Q.2. Match the Following [5]

A

B

- | | |
|----------------------------|------------------------|
| 1. Agility | a. 80 mtrs |
| 2. Shot put landing sector | b. Abdominal endurance |
| 3. Vijendra | c. 25 mtrs |
| 4. Sit -ups | d. 30 mtrs |
| 5. Discus Throw sector. | f. Boxing |

Q.3. State 'true' or 'false' [5]

1. Circuit is a Swedish word means 'speed play'.
2. Weight of shot put for men category is 7.260kg.
3. Height of the badminton net is 5.5 feet.
4. Power can be improved by plyometric training.
5. Weight of the javelin for women category is 700 gms.

Q.4. Answer the Following Questions in one sentence [5]

1. Define the term yoga.
2. What is the weight of discus for men and women?
3. Define the term Flexibility.
4. Name any two Grandslum tournaments in the game of Tennis.
5. What is the meaning of pranayama?

Q.5. Answer the questions in brief (Any 3)

[6]

1. Define the term body composition
2. Explain the specifications of 110mtrs hurdle run for men.
3. Mention the different types of service in volleyball game.
4. What are the Importance and benefits of pranayama?
5. Explain Body mass Index.

Q.6. Write short note on any famous player or India. (Any 1)

[5]

- | | |
|-----------------------|---------------------|
| 1) Saina Nehwal | 2) Sachin Tendulkar |
| 3) Vishwanathan Anand | 4) Sushil Kumar |
| 5) Mary Kom | |

OR

Q.6. Draw the proper diagram of ground/ Field of any sports/ game of your own choice

[5]

- | | |
|---------------|---------------|
| 1. Badminton | 2. Basketball |
| 3. Volleyball | 4. Cricket |
| 5. Kabaddi | |