

**THIRD TERM EXAMINATION - 2021**

**GRADE 11 – Physical Education**

**02 Hours**

**Part – I**

**Select the correct answer.**

01. Momentum is the principle of Bio-Mechanism and the stage of representing it is,

i. Starting of race ii. Flight of high jump

iii. Catching a moving ball iv. Kicking off the football

02. What is a shot put technique?

i. Fosbery Flop ii. Peri O’ Braine

iii. American grip iv. Sail Method

03. An advantage of organizing a tournament under the “Knockout system” is,

i. Being easy to organize.

ii. Being able to be in the series.

iii. Being able to participate in more matches.

iv. Being able to find the real winner of the series.

04. The programs such as inter house sport meet and sport club in a school are,

i. Compulsory Physical Education programs.

ii. Co-curricular Physical Education programe.

iii. Physical Education programe.

iv. Health promotion programe.

05. Which is a middle distance running event?

i. 400 m ii. 10000 m iii. 100 m iv. 1500 m

06. The maximum number of steps, when preparing for a spiking is,

i. 2 steps ii. 4 steps iii. 1 step iv. 3 steps

07. Which is not an occasion used in a kick off method?

i. At the beginning of a match

ii. At the penalty awarded.

iii. After scoring a goal.

iv. At the start of the second half of a match.

08. All events identified under athletics have been classified into,

i. 2 groups ii. 5 groups iii. 4 groups iv. 3 groups

09. The total no of referees in a game of football is,

i. 1 ii. 4 iii. 3 iv. 2

10. A correct feature of lifting and lowering a weight in correct postures is,

i. Keeping the object as close to the body as much as possible.

ii. Keeping the object far away from the body.

iii. Keeping the legs as close as possible.

iv. Bending the legs forward without bending at knees.

11. The answer in which only the outdoor activities that may give us experience are included is,

i. Exploring jungle, inter house sport meet.

ii. Organize hikes, climbing hills.

iii. March past , climbing hills.

iv. Cooking food , March past.

12. According to the classification of posture, an example for dynamic posture are,

i. Standing and walking ii. Sitting and lying

iii. Running and walking iv. Name of the all above

13.  Excellent leadership  Communicative skills

 Flexibility  Emotional balance

According to the above qualities he is,

i. An announcer ii. A manager

iii. A follower iv. A reporter

14. We divided ourselves into two groups and played a fun game. At this game rules and regulations and the time was decided by ourselves we took part in,

i. An organized game ii. Lead up games

iii. Team games iv. Minor games

15. While walking you should move your hands and legs in opposite directions. This causes to,

i. Maintain the balance ii. Maintain the momentum

iii. Maintain the flexibility iv. Maintain the inertia

16. What are the games awarding the “Throw in” for offences?

i. Netball and Volleyball ii. Volleyball and Football

iii. Netball and Football iv. Netball, Football and Volleyball

17. Mention the event category which can be used “on your mark → get set → go” as the command to take the start of a race.

i. 400 m , 200 m , 110 hurdles , 100 x 4 m

ii. 800 m , 100 m , 200 m , 1500 m

iii. 1500 m , 400 x 4 m , 100 m hurdles , 100 m

iv. 100 x 4 m , 800 m , 1500 m , 200 m

18. No of lanes and the length of a standard running track is mentioned in order,

i. 8 lanes 400 m ii. 6 lanes 400 m

iii. 8 lanes 200 m iv. 6 lanes 200 m

19. Which is not a factor affecting the distance or the height of the jump of an athlete.

i. Velocity of takeoff ii. Angle of takeoff

iii. Weight of takeoff iv. Height of takeoff

20. A factor which does not affect in maintaining the balance at different body postures?

i. The center of gravity ii. Weight of an individual

iii. Supporting base iv. The line of gravity.

**(1 x 20 = 20 mark)**

**Part - II**

**Answer all 03 questions**

01. i. Write 02 penalties given for positioning offence in game of volleyball. **(02)**

ii. Explain what is meant by a “player rotation offence” **(01)**

iii. Write 03 methods of passing the ball among team members in game of Netball. **(02)**

iv. How many judges are required to judge a netball match. **(01)**

v. Write the 02 occasions where the “kick off” is used in football. **(02)**

vi. Write 03 major offences committed in football. **(02)**

**(10 Marks)**

02. i. Write the 05 stages of shot put technique. **(03)**

ii. Write 03 rules applied in javelin throw. **(02)**

iii. Write 02 offences committed at the start of the race. **(02)**

iv. Name the 03 phases of a running stride. **(03)**

**(10 Marks)**

03. i. Write the 03 steps you would follow in organizing an outdoor activity. **(03)**

ii. Write the 03 challenges you may face when you go to the wild for a jungle craft. **(02)**

iii. Write 03 disadvantages of knockout tournaments. **(03)**

iv. Write 03 advantages of league tournaments. **(02)**

**(10 Marks)**