

Blueprint of Question paper

Subject: Physical Education
Class: 10+1

Time: 3 Hrs

M.M: 60

Serial no. of Questions	No. of Questions	Marks
1-12	1X12	12
13-17	2X5	10
18-21	3X4	12
22-25	4X4	16
26-27	5X2	10
Total Questions=27		Total Marks=60

Type of Questions	Part A (24)	Part B (12)	Part C (24)	Total Marks(60)
MCQs= 12 (1x12)	1x5=5	1X4=4	1X3=3	12
V.V Short Answer= 10 (2x5)	2X2=4	-----	2X3=6	10
Very Short Answer =12 (3x4)	3x2=6	-----	3x2=6	12
Short Answer =16 (4X4)	4X1=4	4X2=8	4X1=4	16
Long Answer =10 (5X2)	5X1=5	-----	5X1=5	10
Total	24	12	24	60

Sample Question Paper

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Special instruction:

(i) All questions are compulsory

(ii) Choose the correct answers of 1 Mark multiple choice questions given below in each question

(iii) Answer to 2 Marks question should, in between 35-50 Words, 3 marks question should in between 60-75 Words, 4 marks questions Should in between 85-100 words and 5 marks questions Should in between 120-150 words

Write the correct answer of the following multiple choice questions from the given Options

1. Who said "Physical education is the sum of those experiences which come to the individual through movement".
A) Charles A Bucher B) J.V. Nash C) Delibert Obertuffer D) A. R. Wayman
2. Which is the longest organ of digestive system?
A) Esophagus B) Large Intestine C) Small Intestine D) None of these
3. _____ cells which found in blood fight against germs.
A) Red Blood Cells B) White Blood Cells C) Platelets D) None of these
4. In modern Era Psychology is accepted as _____.
A) Study of Mind B) Study of Soul C) Study of Consciousness D) Study of the Behavior
5. What are the misconceptions people have for physical Education
A) It is the wastage of Time B) Less job opportunity C) Low social Status D) All of these
6. The term 'Super Raid' means in Kabaddi, when a raider _____.
A) Get the bonus B) Do all out C) Get two points D) Get three or more points
7. Which is the longest running event in athletics
A) Cross Country B) Marathon C) Relay Race D) None of these.
8. When does a team rotate in volleyball?
A) When you are serving and you win a point B) when you lose the ball.
B) When you hit the ball out of the court C) When you are not serving and you win a point
9. Penalty stroke is associated with which sport
A) Football B) Handball C) Hockey D) None of these
10. Which of the following factor that do not affect the health of an individual.
A) Biological factors. B) Environmental Factor C) Health services D) Religious Factor
11. Rabies is also known as _____.
A) Hepatitis-C B) Malaria C) Hydrophobia D) Tetanus
12. Alcohol can damage the which organ of the human body (1X12)

A) Liver B) Kidney C) Brain D) all of these

13. Explain about the involuntary muscles. (2)
14. What is role of White blood cells in human body? (2)
15. Write the two functions of Indian Red Cross Society. (2)
16. Mention any two symptom of Malaria. (2)
17. Explain the effect of tobacco on human body. (2)
18. Write in short about Digestive System. (3)
19. Mention any three method of motivation. (3)
20. Write down any three effects of drugs on sports person. (3)
21. Discuss about Hepatitis –B in short. (3)
22. Discuss the various effects of exercise on blood circulation system? (4)
23. Write the History and Skills of your favorite sport/game. (2+2)
24. Explain in short about MAKKA trophy and Dronacharya Award (2+2)
25. What are the common modes of transmission of communicable disease? (4)
26. Define Physical Education and explain the objectives of Physical Education. (1+4)
27. What do you understand by obesity? How one can manage the problem of obesity. (1+4)