

NAME : \_\_\_\_\_

ROLL NUMBER: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SUBJECT: HEALTH & PHYSICAL EDUCATION – XI (2023)

MARKS: 25 TIME: 1 HOUR

SUPERVISOR'S SIGNATURE:

MARKS OBTAINED:

/25

EXAMINER'S SIGNATURE:

**I] FILL IN THE BLANKS:**

(5)

1. \_\_\_\_\_ is one of the gifts that India has given to the world.
2. Obesity is the excessive accumulation of \_\_\_\_\_ in the body.
3. According to Ayurveda, an ideal diet should incorporate all \_\_\_\_\_ tastes.
4. \_\_\_\_\_ exercises improves blood circulation and provides maximum oxygen to the body.
5. \_\_\_\_\_ refers to time spent in front of TV, computer, mobile etc.

**II] STATE WHETHER THE FOLLOWING STATEMENTS ARE TRUE OR FALSE: (5)**

1. Use of bicycle for daily tasks help to reduce pollution – \_\_\_\_\_
2. A wholesome diet is necessary to nourish the body – \_\_\_\_\_
3. Asanas are position of the body which makes us feel comfortable and steady – \_\_\_\_\_
4. Boxing causes back and spine injury – \_\_\_\_\_
5. Minimum one hour should be set aside daily for some form of physical activity – \_\_\_\_\_

**III] COMPLETE THE CHART:**

(9)

1. **Activities to develop physical fitness ( any 3) –** \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_
2. **Taste (flavors) (any 3)–** \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_
3. **Side effects of obesity (any 3)–** \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

**IV] WRITE SHORT NOTES ON: (ANY 2)**

(6)

1. Weight training
2. Balanced Diet
3. First Aid

(NOTE: ANSWERS TO SHORT NOTES SHOULD BE WRITTEN AT THE BACKSIDE OF THIS PAGE)