

अधिकतम अंक/ Max. Marks: 70

अवधि/ Duration: 3 घंटे/ 3 hours

सामान्य निर्देश-

- इस प्रश्न पत्र में 30 प्रश्न हैं।
- सभी प्रश्न अनिवार्य हैं।
- प्रश्न संख्या 1-12 तक प्रत्येक प्रश्न एक अंक का है और यह बहुविकल्पीय प्रश्न हैं।
- प्रश्न संख्या 13-16 तक प्रत्येक प्रश्न के दो अंक हैं।
- प्रश्न संख्या 17-26 तक प्रत्येक प्रश्न के तीन अंक हैं और इसका उत्तर 80-100 शब्दों में दिया जाना चाहिए।
- प्रश्न संख्या 27-30 तक प्रत्येक प्रश्न के पाँच अंक हैं और इसका उत्तर 150-200 शब्दों में दिया जाना चाहिए।

General Instructions-

- The question paper consists of 30 questions.
- All questions are compulsory.
- Question numbers 1-12 carry one mark and are multiple choice questions.
- Question numbers 13-16 carry two marks.
- Question numbers 17-26 carry three marks and should be answered in 80-100 words.
- Question numbers 27-30 carry five marks and should be answered in 150-200 words.



Q. No.	Question	Marks
1	अष्टांग योग में _____ अंग होते हैं। ख. 6 ख. 7 ग. 8 घ. 10 Asthanga Yog has _____ elements. a. 6 b. 7 c. 8 d. 10	1
2	"शारीरिक शिक्षा उस अनुभवों का सामूहिक प्रभाव है, जो शारीरिक क्रियाओं द्वारा व्यक्ति को प्राप्त होते हैं" उपरोक्त परिभाषा किसके दी? क. डेल्बोर्न ओवेरहॉफ ख. सी.सी. कोटेल ग. जे.बी. लॉरे घ. जे.एफ. विलियम्स	1

Physical Education Class 11 Sample Paper

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