

MARKING SCHEME
Physical Education
class XI (2023-24)

Note: Any other relevant answer, not given here but given by the candidates, should be awarded accordingly.

Q.N O:	KEY POINT / VALUE POINTS	ALLOTTED MARKS	TOTAL MARKS
1	a)29 August 2019, Prime Minister of India	1	1
2	a)Tracking	1	1
3	b) King Theodosius-394 A.D	1	1
4	d) 206	1	1
5	c) Aparigraha	1	1
6	b)Anulom-Vilom	1	1
7	b) Occupational therapist	1	1
8	d) cardiovascular endurance - sustain an activity	1	1
9	c) 25	1	1
10	d) 4-2-1-3	1	1
11	c) Test	1	1
12	b) Carpal	1	1
13	a) Kinetics	1	1
14	c)Psychological Warming up	1	1
15	a)Sagittal Plane	1	1
16	b) Closed Skill	1	1
17	a) Task Cohesion	1	1
18	b) Resilience	1	1
19	Under this component the government of India provides a special package to J & K for sports facilities in the state. At the time of conceptualizing the scheme, it was felt that sports can play a major role to keep away youth from extremism and to bring them to the mainstream.	2	2
20	In olympics, athletes from around the world come together to compete at the highest level, striving to be the best they can be. The pursuit of excellence can inspire young people to set their own goals and work hard to achieve them.	2	2
21	Creating leader through physical education <ul style="list-style-type: none"> ● Giving responsibility to organize general sports. ● Adding students to different houses of school. ● Constant and continuous motivation to the students ● Giving rewards for good work. 	2	2
22	Axial skeletal bones are: Skull bones : 08 Facial bones : 14 Ear bones : 06 Back bones : 26 Rib cage : 25	2	2

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	Hyoid bone : 01		
23	<p>Abduction It is known as moving body parts away from the midline. For example lifting the limb horizontally</p> <p>Adduction It is known as moving a part towards the midline. For example, return the limb from the horizontal position.</p>	1+1	2
24	<p>Adolescents problems are:</p> <ol style="list-style-type: none"> 1. Physical problems 2. Mental problems 3. Emotional problems 4. Social problems 5. Lack of life skills 6. Education and career indecision 7. Technological addiction 8. Cyberbullying and bullying 9. Body image 10. Eating disorders 11. Sexual problems 12. Peer group relationship 13. Drug abuse 14. Behaviour changes 15. Aggression and violence <p>Explain any two</p>	1 x 2	2
25	<p>Olympic motto Citius - Altius - fortius - communis (together)</p> <p>Olympic flag</p> <ol style="list-style-type: none"> 1. The Olympic flag was created in 1913 at the suggestion of Baron Pierre De Coubertin. 2. It was first solemnly inaugurated in Paris in June 1914. But it was hoisted for the first time in the Olympic stadium at the Antwerp Olympic Games which were held in 1920. 3. The Olympic flag is made of white silk and contains five interlocking rings/circles in five colour representing five continents. 4. The interlocking of rings/circles symbolizes cooperation and friendship. <p>Olympic creed "The important thing in life is not the triumph, but the fight. The essential thing is not to have won, but to have fought well".</p>	1+1+1	3
26	<p>Test:</p> <ol style="list-style-type: none"> 1. Test refers to any specific instrument, procedure or technique used by administrator to elicit from the test taker. For e.g.: 50 m race is test <p>Measurement:</p> <ol style="list-style-type: none"> 2. It refers to the process of administering a test to obtain quantitative data. It can be said that measurement aids the 	1+1+1	3

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	<p>evaluation process in which various tools and techniques are used in the collection of data. For eg: time taken in 50 m race is a measurement</p> <p>Evaluation Evaluation is a means of organized assessment done to appraise the value of something. The most important aspect of evaluation is to determine the applicability, capability and achievement of the said objective, its efficiency, effectiveness, impact and sustainability. For eg: comparing the score of 50 m with parameters is evaluation.</p>		
27	<p>Flexibility Flexibility is the range of movement of joints. In other words, it means the range of motion available in a joint. How to perform sit and reach test</p> <ol style="list-style-type: none"> 1. After warming up the test is performed 2. The subject is asked to remove shoes and place his/her feet against the testing box sitting on the floor with straight knees. 3. Now the subject is asked to place one hand on top of the other so that the middle fingers of both hands are together at the same length. 4. The tester keeps his/her hands on the knees of the subject to keep them straight, not allowing any bending of the knees. 5. The subject should place one hand on the top of the other hand forward slowly and extend the arms over the scale. He /she should extend the arms as far as possible and hold the extended position for two seconds. 6. No jerk action or quick movement is done during the test. 	1 + 2	3
28	<p>Diarthroses or freely movable joints: These joints are also called synovial joints. These joints include most of the joints of the body.</p> <p><u>These freely moveable joints are further classified in six categories:</u></p> <ol style="list-style-type: none"> a) Gliding joints: These joints permit gliding movements only, as in the joints between tarsal bones of the ankle. b) Hinge joints: These joints permit angular movement in one direction, like a door on its hinges. The movement of these joints are called flexion and extension e.g. humerus and ulna, in the knee and ankle joints, and in the joints of phalanges. c) Condylloid joint: These joints allow an angular movement in two directions e.g. wrist joint. Movements of these joints include flexion, extension, adduction, abduction and circumduction, but no rotation. d) Saddle joints: These joints permit a great freedom of movements' e.g. joint of thumb. e) Ball and socket joint: These joints have an angular movement in all directions and a pivot movement. Shoulder joint and hip joint are the example of ball and socket joint. 	3	3

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	f) Pivot joint: These are joints with a rotary movement in one axis.		
29	<p>Types of bones</p> <p><u>According to shape and formation of bones, there are various types of bone:</u></p> <ol style="list-style-type: none"> 1. Long bones: Long bones are found mainly in the upper and lower limbs. These bones act as levers in our body, like the humerus, femur. Only due to the length of these bones, these are called long bones. 2. Short bones: These bones are short in length; hence they are called short bones. For example: carpus and tarsus are called short bones. 3. Flat bones: Usually these bones are found where protection is required, such as the bones of skull, scapula and ribs. 4. Irregular bones: These bones have a peculiar shape. So, these cannot be grouped under any preceding heads. A vertebra is a good example of these bones. 5. Sesamoid bones: The word sesamoid is derived from the Greek word sesame, a seed of the sesamum and eidos form or resemblance. These bones are found in knee, hand and foot. <p>(Explain Any three)</p>	1 x 3	3
30	<p>Skill Skill is the ability to execute movements of different games and sports</p> <p>Technique Technique is the way of performing a skill.</p> <p>Tactics Tactics are short term plans that are used to achieve immediate or short term objectives.</p>	1+1+1	3
31 (a)	Biomechanics is the study of forces and their effects on living systems.	1	1
31 (b)	To increase the friction for better grip.	1	1
31 (c)	<p>Principles of biomechanics</p> <ol style="list-style-type: none"> 1. force-Motion 2. force-Time 3. Inertia 4. Principle of range of motion 5. Balance 6. Biomechanical analysis 7. Muscle mechanics 8. Joint kinematics <p>Any two</p>	$\frac{1}{2} + \frac{1}{2}$	1

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31 (d)	<p>Biomechanical movements</p> <ol style="list-style-type: none"> 1. Flexion 2. Extension 3. Adduction 4. Abduction 5. Circumduction 6. Supination 7. Pronation <p>(any two)</p> <p style="text-align: center;">Or</p> <p>It helps in analyzing motion of various body segments.</p>	<p>$\frac{1}{2} + \frac{1}{2}$</p> <p>1</p>	1
32 (a)	<p>GPS tracker</p> <p>Heart rate monitor</p> <p>Smart watches</p> <p>(Any two)</p>	$\frac{1}{2} + \frac{1}{2}$	1
32 (b)	<p>Benefits of wearable devices</p> <ol style="list-style-type: none"> 1. It prevents sports injuries 2. Enhances the sports performances 3. Helps in comparison 4. Helps in research work <p>(Any two)</p>	$\frac{1}{2} + \frac{1}{2}$	1
32 (c)	<p>Challenges of wearable technologies</p> <ol style="list-style-type: none"> 1. Data interpretation 2. Privacy and ethics 3. Technical issues 4. Cost 	1	1
32 (d)	It refers to electronic devices or sensors that athlete can wear on their body to collect data related to their performance	1	1
33 (a)	If James is caught in doping violation he can face disciplinary action as per WADA rules.	1	1
33 (b)	<p><u>In the code, doping is defined as the breaking of one or more of the following anti-doping rules:</u></p> <ol style="list-style-type: none"> 1. Presence of a prohibited substance or method. 2. Use or attempt to use a prohibited substance or method. 3. Refusing to submit sample collection after being notified. 4. Tampering with any part of the doping control process. 5. Possession of a prohibited substance or method. 6. Trafficking a prohibited substance or method. 7. Administering or attempting to administer a prohibited substance or method to an athlete. <p>Any two</p>	$\frac{1}{2} \times 2$	1
33 (c)	<p>Harmful effect of doping in long run are:</p> <ol style="list-style-type: none"> 1. Addictive effect 2. Cardiac problems 3. Affects kidney and liver 4. Unbalanced psychological behaviour 	$\frac{1}{2} \times 2$	1

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	5. Impotence 6. Digestive problems		
33 (d)	World anti doping agency is responsible for the control of doping in Olympic games <p style="text-align: center;">Or</p> Role of athletes in combating doping <ul style="list-style-type: none"> ● Avoid using the band substances. ● Provide whereabouts. ● Education program ● Follow the anti doping rules 	1	1
34	In Ashtanga yoga, ashta means eight and anga means limbs. It means eight limbs of yoga. These elements of yoga are stated below: <ol style="list-style-type: none"> 1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi (Explain any four of the above mentioned)	1+4	5
35	The following principles should be taken into consideration for effective implementation of adapted physical education: <ol style="list-style-type: none"> 1. Medical check-up 2. The programmes must be based on interests of students 3. Equipments should be according to the needs 4. Specific environment should be provided 5. A variety of different instructional strategies should be used 6. Rules should be modified according to the needs of students (Explain any five)	1 x 5	5
36	Role of psychological attributes in the improvement of sports performances <ol style="list-style-type: none"> 1. Focus and concentration 2. Confidence 3. Mental toughness 4. Visualization and mental rehearsal 5. Goal setting 6. Emotional regulation 7. Positive self talk 8. Managing pressure 9. Resilience and adaptability 10. Team cohesion 11. Analyzing opponents 12. Understanding game strategies (Explain any five)	1 x 5	5

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37	<p>Traditional sports and regional games for promoting wellness Various traditional games are part and parcel of Indian tradition. Traditional sports and games provide unique opportunities that mainstream sports may not. They are often based on fun and participation, not competition and provide a link to something bigger than sports and physical activity alone.</p> <p>Some of the traditional games played in India are described below:</p> <table border="0"> <tr> <td>1. Mallakhamb</td> <td>2. Kalaripayattu</td> </tr> <tr> <td>3. Qila Raipur sports festival</td> <td>4. Kabaddi</td> </tr> <tr> <td>5. Shatranj or chess</td> <td>6. Ludo</td> </tr> <tr> <td>7. Polo</td> <td>8. Teerandaji</td> </tr> <tr> <td>9. Silambam</td> <td>10. Vallam kali</td> </tr> <tr> <td>11. Kho-kho</td> <td>12. Thang ta</td> </tr> <tr> <td>13. Kancha or lakhoti</td> <td>14. Gilli danda</td> </tr> <tr> <td>15. Pithu</td> <td></td> </tr> </table> <p>Gilli Danda: Gilli Danda played with the help of one small stick and one big stick is very popular in India. The game is similar to cricket in many ways. It requires a sharp eye, hand and quick feet movement. In Nepal it is called Dandi Biyo, Iranians call it Alak-Dolak.</p> <p>These games and sports help in the promotion of various components of wellness. Which are described below:</p> <ol style="list-style-type: none"> 1. Improve physical wellness 2. Helpful in improving social wellness.. 3. Helpful in improving intellectual learning 4. Helpful in improving emotional wellness 5. Economic wellness 6. Helps to maintain cultural wellness <p>(Explain any one game)</p>	1. Mallakhamb	2. Kalaripayattu	3. Qila Raipur sports festival	4. Kabaddi	5. Shatranj or chess	6. Ludo	7. Polo	8. Teerandaji	9. Silambam	10. Vallam kali	11. Kho-kho	12. Thang ta	13. Kancha or lakhoti	14. Gilli danda	15. Pithu		5	5
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