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MUMBAI REGION
HALF YEARLY EXAMINATION
PHYSICAL EDUCATION AND WELL BEING

CLASS: 6TH

TIME- 2.30 HOURS

TOTAL- 60 MARKS

SAMPLE QUESTION PAPER

General instructions: -

1. All questions are compulsory.
2. Read questions carefully before answering.
3. Attempt competency-based questions with proper explanation/examples.

Section A – Multiple Choice Questions (15 × 1 = 15 Marks)

1. Physical education mainly deals with:
(a) Reading and writing only
(b) Physical fitness and health
(c) Playing only indoor games
(d) Watching sports
2. Which of the following is not a component of motor fitness?
(a) Speed
(b) Agility
(c) Flexibility
(d) Painting
3. Kho-Kho is a?
(a) Team game
(b) Individual game
(c) Board game
(d) Water sport
4. Importance of physical education is mainly to:
(a) Improve handwriting
(b) Maintain physical fitness and teamwork
(c) Avoid schools
(d) Sleep more
5. Which exercise improves flexibility?
(a) Stretching
(b) Sprinting
(c) Push-ups
(d) Weight lifting
6. In Kho-Kho, a player chases by touching with:
(a) Foot
(b) Palm

- (c) Elbow
- (d) Knee

7. Motor fitness helps in:

- (a) Saving money
- (b) Performing physical tasks efficiently
- (c) Avoiding meals
- (d) Playing only video games

8. Teamwork, discipline, and leadership are developed best through:

- (a) Outdoor physical activities
- (b) Sleeping
- (c) Watching TV
- (d) Painting pictures

9. Which one of these is a motor skill?

- (a) Running
- (b) Throwing
- (c) Catching
- (d) Lifting

10. A Kho-Kho court is generally of shape:

- (a) Circular
- (b) Rectangular
- (c) Triangular
- (d) Oval

11. Which activity requires following commands quickly?

- a) Balancing Act
- b) Shivam Says
- c) Ice Water
- d) Crocodile Race

12. Which game involves sitting and chasing?

- a) Kho-Kho
- b) Kabaddi
- c) Football
- d) Badminton

13. Which activity improves arm strength?

- a) Push-ups
- b) Hula Hoop
- c) Dodging
- d) Zig-Zag Running

14. Which of the following improves teamwork?

- a) Chess
- b) Collaborate and Conquer
- c) Cricket Bowling

d) Running alone

15. Which activity makes the body flexible?

- a) Aerobic exercise
- b) Swimming
- c) Sleeping
- d) Chess

16. How many innings are there in a Kho-Kho Match?

- a) One
- b) Two
- c) Three
- d) Four

Section B – True/False (10 × 1 = 10 marks)

- 17. Physical activities reduce laziness.
- 18. Giving Kho is an important skill in Kho-Kho.
- 19. Crocodile race helps in improving speed.
- 20. Aerobic exercises are harmful for health.
- 21. Games like “Follow Me” improve concentration.
- 22. Chasing requires alertness and speed.
- 23. Motor fitness includes balancing and strength.
- 24. Hula hooping improves body coordination.
- 25. Seven Stones is a running game.
- 26. Playing games together develops friendship.

Section C – Short Answer Questions (6 × 2 = 12 marks)

- 27. Define physical education in your own words.
- 28. State any two importance of physical education for students.
- 29. Write two differences between speed and agility.
- 30. Name any two skills required to play Kho-Kho effectively.
- 31. Explain why flexibility is important in motor fitness.
- 32. Write two safety rules to follow while playing Kho-Kho.

Section D – Competency-Based Questions (4 × 3 = 12 marks)

- 33. Imagine your school is organizing a Kho-Kho competition. Write 3 ways in which you and your team can show discipline and teamwork.

34. A student feels tired quickly while running in races. As his friend, what 3 activities would you suggest to improve his motor fitness?

35. Suppose you are a sports leader. Explain how you would encourage your classmates to practice physical education regularly for better health.

36. You are the sports leader of your class. Prepare a 5-minute warm-up routine using any three activities to energize your classmates before a game.

Section E – Long Answer (2 × 5 = 10 marks)

37. "Physical education is not only about sports, but it also develops social, emotional, and moral values." Justify this statement with examples from your classroom, playground, or community experience.

38. Define motor fitness. Explain any two components of it with example.

THE END