

**Class: XI**  
**PHYSICAL EDUCATION**

Time: 03 Hours      **SAMPLE PAPER- 2025**      Maximum Marks: 70

**General instructions:**

- The questions paper consists of 5 sections and 37 questions.
- Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- Section B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- Section D consists of questions 31-33 carrying 4 marks each and are case studies. There are internal choices available.
- Section E consists of questions 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

**Section A**

- 1) In 1948, the Central Government Physical Education Committees were established, also referred to as:
  - a) Tara Chand Committee
  - b) Simon Committee
  - c) RajkumariAmritkaur Committee
  - d) NSNIS Committee
- 2) How many times have the Olympics been postponed since their resuscitation as modern events?
  - a) Once -1916
  - b) Twice-1940, 1944
  - c) Thrice- 1916, 1940 & 1944
  - d) Never postponed
- 3) “It encourages us to consider sport as a tool for mutual understanding among individuals and people from all over the world” is an example of which of the following Olympic values?
  - a) Friendship
  - b) Respect
  - c) excellence
  - d) Fair play
- 4) Identify the image



- a) Dand Dhoti
  - b) Sutra Neti
  - c) JalaNeti
  - d) Vaman Dhoti
- 5) What does the element of Dharna in ashtanga yoga refer to?
  - a) Breathing control
  - b) complete stability of the mind
  - c) control of the senses
  - d) union with the supreme soul
- 6) Which medical professional can help children with a number of oral disorders such as trouble swallowing, motor skills, speech issues, cognitive-linguistic conditions and language?
  - a) Physiotherapist
  - b) occupational therapist
  - c) speech therapist
  - d) special education counselor



- a) Resilience                      b) Mental Toughness                      c) Team Cohesion                      d) Attention
- 17) The process of the body getting accustomed to a particular training program is known as:  
 a) Recovery                      b) Training Load                      c) Adaptation                      d) Overload
- 18) Which of the following is NOT a side effect associated with anabolic steroid use in sports?  
 a) A) Liver damage                      c) Increased risk of heart disease  
 b) Enhanced recovery time                      d) Mood swings

### Section B

#### (Attempt any five questions)

- 19) Write the purpose of RFID chips?
- 20) Write a brief explanation of the “pursuit of excellence”.
- 21) Why is it important to focus on the child, not the disability, in social interactions?
- 22) Describe how physical activity can influence one's ability to lead effectively.
- 23) How is body mass index calculated, and what does it indicate about an individual's health?
- 24) How are smooth muscle muscles different from cardiac muscle?

### Section C

#### (Attempt any five questions)

- 25) How have the modern Olympics influenced the development of sports and physical education globally? Provide examples to support your answer."
- 26) How important is understanding of joint structure to avoid sports injuries?
- 27) Differentiate between kinetic and kinematic analysis in the context of sports performance. Give examples to illustrate each type of analysis.
- 28) Compare and contrast the movements occurring around the three cardinal axes in terms of their biomechanical implications for sports performance.
- 29) Describe the key developmental milestones and characteristics observed during infancy. How do these milestones contribute to the overall physical, cognitive, and socio-emotional development of infants?
- 30) How can coaches help athletes develop their skills in sports? Give one example of how a coach might provide feedback to improve technique.

### Section D

#### (Internal Choices Available)

- 31) XYZ has a diverse student population, including 20 students with different disabilities. Recognizing the importance of physical activity for all, the school has implemented and adapted (APE) physical education program. This program is designed to ensure that every student, regardless of their abilities, has the opportunity to participate in activities that promote health and social interactions. The program is guided by training professionals who specialize in adaptive physical education.

**From the case study, answer the following questions**

- a) \_\_\_\_\_ is the professional who helps improve speech and communication skills.
- b) Name the professional responsible for designing an individualized educational plan at the school.
- c) \_\_\_\_\_ is the type of disability that affects cognitive functions.
- d) Write any one disability etiquette.

Or

The APE program is guided by professionals who specialize in \_\_\_\_\_ physical education.

32) Ombeer Singh is 50 years old recreational athlete who always maintain a high level of fitness Recently, he decided to undergo a comprehensive health related fitness assessment to ensure he remains in optimal health and to identify any areas for improvement. Ombeer Singh completed a Vo2 Max test on the treadmill. His one repetition maximum (1 RM) for the bench press was 80 kg. He completes 40 push-ups in 1 minute and undergoes flexibility and body composition test.

- a) \_\_\_\_\_ type of test did Ombeer Singh undergo to measure his cardiovascular fitness?
- b) \_\_\_\_\_ is the test to measure lower body flexibility.
- c) One repetition maximum (1 RM) is a test to measure \_\_\_\_\_ health related fitness components.
- d) His ability to perform 40 push-ups in one minute is an indicator of \_\_\_\_\_ health related fitness components.

Or

Ombeer Singh's one repetition maximum (1 RM) for the bench press is \_\_\_\_\_ kg.

33) Vivek is a 25 year old professional marathon runner who has been training intensively for the upcoming City marathon.. His coach Mr Chauhan designs a personalize training program for him. During the fifth week started feeling excessively fatigued and notice a drop in performance despite this he pushed through training session by the end of 6 week he experience Muscle soreness, irritability and disturb sleep. Coach noticed these signs and decided to adjust his training program. Mr Chauhan focused on Active recovery, better diet and ensure adequate rest.

**From the case study, answer the following questions**

- a) \_\_\_\_\_ is the primary cause of Vivek excessive fatigue during 5th week .
- b) Mr. Chauhan, Vivek's coach, noticed signs of \_\_\_\_\_ in Vivek, prompting him to adjust the training program.
- c) Despite feeling fatigued, Vivek pushed through his training sessions, leading to \_\_\_\_\_ by the end of the 6th week.
- d) \_\_\_\_\_ is the main purpose of recovery.

### Section E

**(Attempt any three questions)**

- 34) "In the realm of physical education, the Government of India has implemented several schemes and committees post-independence aimed at promoting sports and fitness. Explain any five of them."
- 35) State the physiological and psychological benefits of practicing yogic kriyas (shat karma). How do these cleansing techniques contribute to holistic health and well-being? Provide examples of specific shat karmas and their therapeutic applications in modern lifestyles."
- 36) "Discuss the concept of wellness and its dimensions. Explain how each dimension contributes to achieving holistic well-being. Provide examples to illustrate the practical application of wellness strategies in everyday life."
- 37) Evaluate the impact of peer pressure on adolescent substance abuse and strategies for prevention and management.