

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

Time: 03 Hours

**SAMPLE PAPER – 2025-26**

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) Identify the State/UT for which the 'Sports for Peace and Development' scheme has been implemented exclusively.  
a) Jammu & Kashmir  
b) Delhi and NCR  
c) Uttar Pradesh  
d) Punjab
- 2) Which surface is used for playing lawn tennis at Wimbledon?  
a) Clay  
b) Synthetic  
c) Grass  
d) Rubber
- 3) "Playing beyond the rules of the game is a violation" of which of the following educational values  
a) Pursuit of excellence  
b) Balance between body will and mind  
c) Joy of effort  
d) Fair play
- 4) Who banned the Ancient Olympic Games and in which year?  
a) Emperor Nero in 100 AD  
b) Emperor Constantine in 313 AD  
c) Emperor Theodosius I in 393 AD  
d) Emperor Augustus in 27 BC
- 5) Identify the pranayama from picture given?



- a) Sheetal  
b) Sheetkari  
c) Bhramari  
d) Anulom-Vilom
- 6) Match List – I with List – II and select the correct answer from the code given below:

List - I		List – II	
(i)	Ahara	1	Right food
(ii)	Achara	2	Right Recreation
(iii)	Vihara	3	Right conduct
(iv)	vichara	4	Right thinking

CODES				
	i	ii	iii	iv
a)	1	3	2	4
b)	4	3	2	1
c)	2	3	4	1
d)	4	2	1	3

- 7) Given below are the two statements labeled Assertion (A) and Reason (R):  
**Assertion (A):** Disability etiquette is a set of guidelines dealing specifically with how to approach people with disabilities.  
**Reason (R):** we should use a high tone of voice when welcoming a person with a disability.
- Both (A) and ( R ) are true and ( R ) is the correct explanation of (A).
  - Both (A) and ( R ) are true but ( R ) is not the correct explanation of (A).
  - (A) is true and ( R ) is false.
  - (A) is false but ( R ) is true.
- 8) \_\_\_\_\_ is the main goal of adaptive physical education.
- Achieving success in competitive sports
  - Preparing children for professional sports
  - Enhancing the schools overall performance ranking.
  - Ensuring inclusive physical education for CWSN.
- 9) In order to prevent external blood loss, it is best to:
- Apply direct pressure over the wound.
  - Take the patient to hospital
  - Wash the wound with water.
  - Apply cream on the wound
- 10) Given below are the two statements labeled Assertion (A) and Reason (R):  
**Assertion (A):** First aid should be administered only after ensuring the safety of both the rescuer and the victim.  
**Reason (R):** The rescuer may become a secondary victim if the scene is not secured.
- Both (A) and ( R ) are true and ( R ) is the correct explanation of (A).
  - Both (A) and ( R ) are true but ( R ) is not the correct explanation of (A).
  - Both (A) and ( R ) are false.
  - (A) is false but ( R ) is true.
- 11) Waist-Hip Ratio (WHR) is an indicator of:
- Overall body strength
  - Body fat distribution
  - Muscle mass
  - Aerobic fitness
- 12) During exercise, which hormone is primarily responsible for increasing the heart rate?
- Insulin
  - Adrenaline
  - Cortisol
  - Glucagon
- 13) The ability of muscle of a muscle to shorten forcefully is known as:
- Extensibility
  - Contractility
  - Elasticity
  - Excitability
- 14) Which term describes the quantity of motion possessed by a moving body?
- Momentum
  - Acceleration
  - Force
  - Power
- 15) Moving a body part away from the body's midline and back to the midline represent two movements known as :
- Pronation and supination
  - Elevation and depression
  - Abduction and adduction
  - Flexion and extension

- 16) This stage of growth and development is regarded as the golden age of skill learning and mental capacity growth.
- |            |                    |
|------------|--------------------|
| a) Infancy | b) Later Childhood |
| c) Old age | d) Adolescence     |
- 17) To bring the body temperature to normal level after finishing any physical activity. What will you follow?
- |                     |                           |
|---------------------|---------------------------|
| a) Sprint           | b) Drinking hot beverages |
| c) Overload routine | d) Cooling down           |
- 18) Name the substance which is used to remove fluid from the body?
- |              |               |
|--------------|---------------|
| a) Narcotics | b) Stimulants |
| c) Tobacco   | d) Diuretics  |

### **Section B**

#### **(Attempt any five questions)**

- 19) Highlight the initiatives taken by the government of India to promote sports among people with disabilities under Khelo India Program.
- 20) Mention any two rules of the Ancient Olympics?
- 21) Suggest preventive measures that schools and parents can adopt to minimize the risk factors related to disorders and disabilities.
- 22) Write the significance of flexibility in maintaining overall physical fitness.
- 23) What role do tendons play in the muscular system?
- 24) Differentiate between kinetics and kinematics in the context of sports.

### **Section C**

#### **(Attempt any five questions)**

- 25) Ravi is a good athlete but often loses his temper during competition. Which Olympic value does he need to improve and why?
- 26) Monika a female athlete whose weight is 80 kg and her height is 170 cm. Calculate her BMI and state the category in which she falls?
- 27) Write a short note on skin fold measurement.
- 28) Describe how the skeletal system interacts with the muscular system to facilitate movement.
- 29) Discuss how knowledge of psychology contributes to an athlete overall growth and mental health.
- 30) Assess the role of the World Anti-Doping Agency (WADA) in maintaining fair competition. What challenges does WADA face in enforcing anti-doping rules?

### **Section D**

#### **(Internal Choices Available)**

- 31) Rohan is a 13-year-old student studying in Class VIII. His teachers noticed that he struggles to read simple sentences, often confuses similar-looking letters, and finds it difficult to concentrate for long periods. Despite having normal intelligence, he performs poorly in written exams. After assessment, it was found that Rohan has dyslexia, a specific learning disorder. In another case, his classmate Aarav uses a wheelchair due to spinal cord injury he suffered in an accident two years ago. Aarav is an intelligent and active student, participating in debates and quizzes. However, he needs help accessing classrooms on higher floors, as the school lacks ramps and elevators. Their school organized a workshop to spread awareness about disabilities and disorders, emphasizing the importance of inclusive education. Teachers were trained to use appropriate teaching strategies and classroom accommodations. The focus was to differentiate between disability (a physical or mental condition that limits a person's movements, senses, or activities) and disorder (a disruption to regular bodily or mental functions).

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

- 1) Which of the following best describes Rohan's condition?
  - A. Physical disability
  - B. Intellectual disability
  - C. Learning disorder
  - D. Sensory impairment
- 2) What type of disability does Aarav have?
  - A. Hearing impairment
  - B. Locomotor disability
  - C. Cognitive disorder
  - D. Visual impairment
- 3) Which action by the school promotes inclusive education?
  - A. Assigning more homework
  - B. Removing students with disabilities from regular classes
  - C. Organizing awareness workshops and training teachers
  - D. Giving fewer marks to disabled students
4. What is the key difference between a disability and a disorder?
  - A. Disability affects only mental health; disorder affects only physical health
  - B. Disorder is always more serious than disability
  - C. Disability limits activity; disorder affects function of body or mind
  - D. There is no difference between the two.

Or

Why is it important to identify learning disorders like dyslexia early?

- A. To punish the child for poor performance
- B. To provide proper support and teaching strategies
- C. To remove the child from school
- D. To label the child permanently

- 32) Ananya is a student-athlete who participates in gymnastics and yoga. During her training sessions, her coach explains the importance of understanding how the body moves in relation to anatomical planes and axes. For example, while performing a cartwheel, Ananya's body moves through the **frontal plane** around a **sagittal axis**. Similarly, when she performs a forward roll, the movement takes place in the **sagittal plane** around a **frontal axis**. Twisting movements, like a 360° spin, happen in the **transverse plane** around the **vertical axis**. Understanding these concepts has helped Ananya improve her posture, alignment, and execution of complex moves. She can now visualize how different parts of her body move relative to planes and axes, which reduces her risk of injury and enhances her performance. This knowledge of body planes and axes is also used in physiotherapy, sports training, and rehabilitation programs to design movements and exercises suitable for each individual.

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

1. A person performing a jumping jack primarily moves in which plane and around which axis?
  - A. Sagittal plane – frontal axis
  - B. Frontal plane – sagittal axis
  - C. Transverse plane – vertical axis
  - D. Sagittal plane – vertical axis
2. Which movement best demonstrates rotation in the transverse plane?
  - A. Bending forward to touch toes
  - B. Spinning while standing upright

- C. Side lunges
- D. Jumping vertically

**3.** Why would understanding the axis of rotation be important for designing a safe rehabilitation program after a knee injury?

- A. To ensure the patient avoids strength training
- B. To isolate movements only in the sagittal plane
- C. To match the movements with natural joint mechanics
- D. To increase resistance without considering alignment

**4.** How does analyzing body movement in planes and axes help an athlete improve performance in their sport?

- A. By limiting movement to one direction
- B. By enhancing body control and reducing injury risk
- C. By focusing only on flexibility training
- D. By avoiding dynamic movements

33) Vanya, a competitive swimmer, followed a structured training program. She gradually increased her training load (overload) to improve performance, allowing time for adaptation and recovery. Vanya's coach emphasized proper warming up to prevent injury and limbering down to aid recovery. Her training focused on refining skills, techniques, and tactics to optimize her performance. However, during a major competition, a fellow athlete was disqualified for doping, highlighting the importance of clean sportsmanship and the dangers of performance-enhancing drugs.

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

1. What does the principle of overload in sports training refer to?

- A) Reducing training intensity
- B) Gradually increasing training load
- C) Stopping training sessions
- D) Maintaining the same training routine

2. Why is adaptation important in sports training?

- A) It helps maintain performance without improvement
- B) It prevents muscle growth
- C) It allows the body to adjust to increased training demands
- D) It reduces the need for recovery

3) **How do tactics differ from techniques in sports?**

- A) Tactics are situational strategies, while techniques are specific skills or movements
- B) Tactics are basic movements, while techniques are overall strategies
- C) Tactics and techniques are the same
- D) Techniques are broader game plans, while tactics are specific movements

4) What is the purpose of warming up before exercise?

- A) To increase muscle strength
- B) To prevent injury by preparing the body for physical activity
- C) To reduce training time
- D) To increase body fat percentage

**Or**

Why limbering down is important?

- A) A way to increase training intensity
- B) A cooling-down process to aid recovery and reduce muscle stiffness
- C) A method to build muscle mass

D) A strategy to improve flexibility before training

**Section E**

**(Attempt any three questions)**

- 34) Elaborate the health and media related career in physical education.
- 35) "Your sister frequently catches a cold during seasonal changes. As a student of Physical Education, suggest a specific yogic kriya to help her and explain how it will benefit her health."
- 36) "How would you promote traditional and regional games in your school's culture sports festival? explain their relevance in modern lifestyle?"
- 37) Compare the physical and social development of children during childhood (3–12 years) and adolescence (13–18 years) in the context of life in metropolitan cities."