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CLASS 11

Physical Education

Chapterwise Important Questions

10 sections | 40 original questions | 2026-27

Read each chapter, attempt the questions, and support explanations with working or textbook evidence.

Choose a chapter or topic

CBSE Physical Education	
Unit 1	Changing Trends and Careers in Physical Education
Unit 2	Olympic Value Education
Unit 3	Yoga
Unit 4	Physical Education and Sports for Children with Special Needs
Unit 5	Physical Fitness, Wellness and Lifestyle
Unit 6	Test, Measurement and Evaluation
Unit 7	Fundamentals of Anatomy and Physiology in Sports
Unit 8	Fundamentals of Kinesiology and Biomechanics in Sports
Unit 9	Psychology and Sports
Unit 10	Training and Doping in Sports

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UNIT 1

Changing Trends and Careers in Physical Education

CBSE Physical Education

1. Explain the objectives of physical education beyond physical fitness alone.
2. Describe how improvements in playing surfaces, equipment and technology can affect sports participation.
3. Compare the responsibilities of a physical education teacher, a coach and a sports-event organiser.
4. Explain how initiatives that expand access to sport can support participation and talent development.

UNIT 2

Olympic Value Education

CBSE Physical Education

1. Explain the Olympic values of excellence, friendship and respect using sporting situations.
2. Describe how the Olympic movement connects sport with education and intercultural understanding.
3. Distinguish an Olympic symbol from the values that participants are expected to practise.
4. A team wins a match but insults its opponents. Evaluate its conduct using Olympic values.

UNIT 3

Yoga

CBSE Physical Education

1. Explain the meaning and aims of yoga in relation to a balanced way of life.
2. Identify the eight limbs of Ashtanga Yoga and distinguish ethical disciplines from physical practices.
3. Compare asana, pranayama and meditation at a conceptual level.
4. Explain why correct technique, suitable guidance and awareness of individual limitations matter when yoga is taught in school.

UNIT 4

Physical Education and Sports for Children with Special Needs

CBSE Physical Education

1. Distinguish an impairment from barriers that restrict participation in a particular environment.
2. Explain the purpose of adapted physical education.
3. A ball game excludes a learner who needs additional response time. Suggest changes to rules, equipment or organisation that can support participation.
4. Describe how a teacher, family member and specialist can contribute different information when planning an inclusive activity.

UNIT 5

Physical Fitness, Wellness and Lifestyle

CBSE Physical Education

1. Distinguish physical fitness, wellness and lifestyle.

2. Explain the roles of strength, endurance, speed and flexibility in different physical tasks.

3. Describe how activity, rest, nutrition and daily habits can affect well-being together.

4. A student practises only one fitness component. Explain why a balanced programme should consider the demands of the activity and overall fitness.

UNIT 6

Test, Measurement and Evaluation

CBSE Physical Education

1. Distinguish a test, a measurement and an evaluation using a fitness-assessment example.

2. Explain why validity, reliability and standardised procedures matter in a test.

3. Calculate the body mass index for a person of mass 60 kg and height 1.5 m, and explain why a numerical score alone is insufficient for judging an adolescent's health.

4. Describe why warm-up, clear instructions, appropriate equipment and accurate recording matter when administering a school fitness test.

UNIT 7

Fundamentals of Anatomy and Physiology in Sports

CBSE Physical Education

1. Explain how bones, joints and muscles work together to produce movement.

2. Compare the functions of the cardiovascular and respiratory systems during physical activity.

3. Distinguish skeletal, smooth and cardiac muscle by location and general function.

4. Explain why understanding joint structure and movement can help a teacher select and demonstrate an activity appropriately.

UNIT 8

Fundamentals of Kinesiology and Biomechanics in Sports

CBSE Physical Education

1. Distinguish kinesiology from biomechanics.
2. Explain flexion, extension, abduction and adduction using simple movement examples.
3. Compare a plane of movement with an axis of rotation.
4. Describe how the body's position and support area can affect balance during a sporting action.

UNIT 9

Psychology and Sports

CBSE Physical Education

1. Explain how psychology can help in understanding sporting performance and participation.
2. Describe how growth and developmental changes can influence a learner's experience of physical activity.
3. Distinguish an adolescent's need for peer acceptance from an individual preference for a particular sport.
4. A learner withdraws after repeated criticism during practice. Explain how constructive feedback and appropriate encouragement could support participation.

Training and Doping in Sports

CBSE Physical Education

1. Explain the relationship between training load, recovery and adaptation.

2. Distinguish warming up from cooling down in terms of their purposes.

3. Describe how gradual progression and individual differences affect the planning of training.

4. Explain why doping threatens fair competition and athlete welfare, and describe the purpose of anti-doping education.

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