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CLASS 11

Physical Education

Chapterwise PYQs

10 sections | 36 questions | 2022, 2023, 2025

Previous school-examination questions

Selected and rewritten questions are grouped under the current chapters or course topics. Each question shows its examination year. A chapter appears only when a verified question is available.

Choose a chapter or topic

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UNIT 1

Changing Trends and Careers in Physical Education

CBSE Physical Education

1. 2023
   Explain the meaning of physical education.

2. 2023
   Describe teaching opportunities in physical education.

3. 2022
   Discuss teaching careers in physical education, including benefits and limitations.

4. 2022
   List physical education's objectives and explain three.

5. 2022
   List modern physical-education careers and explain administrative opportunities.

UNIT 2

Olympic Value Education

CBSE Physical Education

6. 2025
   Describe the International Olympic Committee's functions.

7. 2023
   Describe awards given at the ancient Olympic Games.

8. 2022
   Explain the roles of any two: IOC, IOA and NOC.

9. 2022
   Explain Olympic value education and the values it promotes.

UNIT 3

Yoga

CBSE Physical Education

10. 2023
Define yoga.

11. 2023
Explain meditation.

12. 2023
Explain yoga nidra and its syllabus-described benefits for stress.

13. 2022
List the eight limbs of yoga and explain three.

UNIT 4

Physical Education and Sports for Children with Special Needs

CBSE Physical Education

14. 2025
Explain physiotherapists' support for children with special needs.

15. 2023
Explain inclusion in physical education.

16. 2023
Discuss objectives of adapted physical education.

17. 2022
Define adapted physical education and explain its importance.

18. 2022
Define disability and discuss its causes.

19. 2022
Explain counsellors' and physiotherapists' roles for children with special needs.

UNIT 5

Physical Fitness, Wellness and Lifestyle

CBSE Physical Education

20. 2023

List four health-related fitness components.

21. 2023

Explain coordinative abilities.

22. 2023

Define flexibility and explain its types.

23. 2023

Define physical fitness and explain strength and speed.

24. 2022

Explain flexibility, its types and its benefits in sport.

25. 2022

List physical-fitness components and explain speed.

26. 2022

Define wellness, explain its importance and list its components.

UNIT 6

Test, Measurement and Evaluation

CBSE Physical Education

27. 2025

Explain the waist–hip ratio test.

28. 2025

Distinguish test, measurement and evaluation.

29. 2025

Explain BMI and how it is calculated.

UNIT 7

Fundamentals of Anatomy and Physiology in Sports

CBSE Physical Education

30. 2025

Describe freely movable synovial joints.

UNIT 8

Fundamentals of Kinesiology and Biomechanics in Sports

CBSE Physical Education

31. 2025

Explain why biomechanics matters in sport.

32. 2025

Use sporting examples to compare kinetics and kinematics.

UNIT 9

Psychology and Sports

CBSE Physical Education

33. 2025

Define mental toughness.

34. 2025

Discuss adolescent challenges and ways of managing them.

UNIT 10

Training and Doping in Sports

CBSE Physical Education

35. 2025

Explain the relationship between training load and adaptation.

36. 2025

Explain doping and its disadvantages.

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