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CLASS 11

Physical Education

Sample Paper 1 - Questions

34 questions | 70 marks | 2026-27

Time: 3 hours. Answer all questions and subparts unless a choice is stated. Marks are shown on the right. Write answers on separate sheets. Independently prepared practice paper.

Section A - Objective questions

1. Which concept best explains the following situation? A plan includes appropriate rest between demanding sessions. **1**
(A) Muscular strength (B) Asana (C) Olympic excellence (D) Recovery

2. Which concept best explains the following situation? A suitable increase in resistance changes the training demand. **1**
(A) Asana (B) Muscular strength (C) Overload (D) Olympic excellence

3. Which concept best explains the following situation? Force and joint action are considered in a sports skill. **1**
(A) Muscular strength (B) Asana (C) Biomechanics (D) Olympic excellence

4. Which concept best explains the following situation? A standardised test records a fitness-related result. **1**
(A) Asana (B) Muscular strength (C) Olympic excellence (D) Test and measurement

5. Which concept best explains the following situation? A supervised exercise focuses on controlled breathing. **1**
(A) Muscular strength (B) Olympic excellence (C) Asana (D) Pranayama

6. Which concept best explains the following situation? A learner performs a posture with suitable control and alignment. **1**
(A) Olympic excellence (B) Muscular strength (C) Asana (D) Pranayama

7. Which concept best explains the following situation? Rules and equipment are modified without removing meaningful challenge. 1
(A) Muscular strength (B) Pranayama (C) Olympic excellence (D) Adapted physical education

8. Which concept best explains the following situation? A sprinter responds to the starting signal. 1
(A) Reaction time (B) Pranayama (C) Olympic excellence (D) Muscular strength

9. Which concept best explains the following situation? A player moves effectively around changing obstacles. 1
(A) Olympic excellence (B) Agility (C) Pranayama (D) Muscular strength

10. Which concept best explains the following situation? An activity develops mobility needed for a particular movement. 1
(A) Muscular strength (B) Olympic excellence (C) Flexibility (D) Pranayama

11. Which concept best explains the following situation? An athlete generates force in a controlled lift. 1
(A) Olympic excellence (B) Flexibility (C) Muscular strength (D) Pranayama

12. Which concept best explains the following situation? A runner maintains an appropriate pace over a long event. 1
(A) Cardiorespiratory endurance (B) Olympic excellence (C) Flexibility (D) Pranayama

13. Which concept best explains the following situation? Daily habits balance activity, rest and social connection. 1
(A) Flexibility (B) Olympic excellence (C) Pranayama (D) Wellness

14. Which concept best explains the following situation? A player acknowledges an opponent and accepts fair officiating. 1
(A) Olympic respect (B) Pranayama (C) Flexibility (D) Olympic excellence

15. Which concept best explains the following situation? Teams interact respectfully beyond national boundaries. 1
(A) Flexibility (B) Olympic excellence (C) Pranayama (D) Olympic friendship

16. Which concept best explains the following situation? A runner values personal improvement alongside competition. 1
(A) Olympic friendship (B) Olympic excellence (C) Flexibility (D) Pranayama

17. Select the term described below. Participants strive to improve and do their best. 1
(A) Flexibility (B) Pranayama (C) Olympic excellence (D) Olympic friendship

18. Select the term described below. Sport can promote understanding and connection across differences. 1
(A) Pranayama (B) Olympic friendship (C) Olympic excellence (D) Flexibility

Section B - Short responses

19. Identify and explain the concept illustrated here: A plan includes appropriate rest between demanding sessions. Give a further suitable illustration. 2

20. Identify and explain the concept illustrated here: A suitable increase in resistance changes the training demand. Give a further suitable illustration. 2

21. Identify and explain the concept illustrated here: Force and joint action are considered in a sports skill. Give a further suitable illustration. 2

22. Identify and explain the concept illustrated here: A standardised test records a fitness-related result. Give a further suitable illustration. 2

23. Identify and explain the concept illustrated here: A supervised exercise focuses on controlled breathing. Give a further suitable illustration. 2

Section C - Short responses

24. Identify and explain the concept illustrated here: A learner performs a posture with suitable control and alignment. Give a further suitable illustration. 3

25. Identify and explain the concept illustrated here: Rules and equipment are modified without removing meaningful challenge. Give a further suitable illustration. **3**

26. Identify and explain the concept illustrated here: A sprinter responds to the starting signal. Give a further suitable illustration. **3**

27. Identify and explain the concept illustrated here: A player moves effectively around changing obstacles. Give a further suitable illustration. **3**

28. Identify and explain the concept illustrated here: An activity develops mobility needed for a particular movement. Give a further suitable illustration. **3**

Section D - Case and application questions

29. Consider the application below: A plan includes appropriate rest between demanding sessions.

(a) Name the relevant concept. **1**

(b) Explain why it applies. **1**

(c) Explain Olympic excellence with a suitable example. **2**

30. Consider the application below: A suitable increase in resistance changes the training demand.

(a) Name the relevant concept. **1**

(b) Explain why it applies. **1**

(c) Explain Recovery with a suitable example. **2**

31. Consider the application below: Force and joint action are considered in a sports skill.

(a) Name the relevant concept. **1**

(b) Explain why it applies. **1**

(c) Explain Overload with a suitable example. **2**

Section E - Extended responses

32. (a) Analyse Recovery with reference to this application: A plan includes appropriate rest between demanding sessions. **5**
(b) Explain Olympic friendship with a different relevant example. Develop the reasoning behind both parts.

33. (a) Analyse Reaction time with reference to this application: A sprinter responds to the starting signal. **5**
(b) Explain Asana with a different relevant example. Develop the reasoning behind both parts.

34. (a) Analyse Muscular strength with reference to this application: An athlete generates force in a controlled lift. **5**
(b) Explain Agility with a different relevant example. Develop the reasoning behind both parts.

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