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CLASS 11

Physical Education

Sample Paper 5 - 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 statement correctly describes Cardiorespiratory endurance? **1**

(A) Training challenges present capacity to encourage adaptation.

(B) A physical posture forms part of yoga practice.

(C) The circulatory and respiratory systems sustain prolonged activity.

(D) Direction changes rapidly with appropriate control.

2. Which statement correctly describes Agility? **1**

(A) Activities are planned to provide suitable access and participation for diverse needs.

(B) Direction changes rapidly with appropriate control.

(C) Restoration between efforts permits adaptation and performance maintenance.

(D) Joints move through an appropriate range of motion.

3. Which concept is illustrated in this example? Daily habits balance activity, rest and social connection. **1**

(A) Wellness

(B) Reaction time

(C) Muscular strength

(D) Test and measurement

4. Which statement correctly describes Muscular strength? **1**

(A) Fair conduct includes respect for rules, opponents and oneself.

(B) Restoration between efforts permits adaptation and performance maintenance.

(C) Training challenges present capacity to encourage adaptation.

(D) Muscles exert force against resistance.

5. Which statement correctly describes Asana? **1**

(A) A physical posture forms part of yoga practice.

(B) Participants strive to improve and do their best.

(C) Physical, mental and social dimensions contribute to wellbeing.

(D) The circulatory and respiratory systems sustain prolonged activity.

6. Which concept is illustrated in this example? Teams interact respectfully beyond national boundaries. **1**

(A) Test and measurement

(B) Overload

(C) Olympic friendship

(D) Muscular strength

7. Which concept is illustrated in this example? Rules and equipment are modified without removing meaningful challenge. **1**

(A) Olympic friendship

(B) Olympic excellence

(C) Adapted physical education

(D) Wellness

8. Which statement correctly describes Overload? **1**

(A) Training challenges present capacity to encourage adaptation.

(B) Time passes between a stimulus and initiation of a response.

(C) A physical posture forms part of yoga practice.

(D) Restoration between efforts permits adaptation and performance maintenance.

9. Which statement correctly describes Test and measurement? 1

(A) A physical posture forms part of yoga practice.

(B) Activities are planned to provide suitable access and participation for diverse needs.

(C) A specified task produces information about a performance attribute.

(D) Joints move through an appropriate range of motion.

10. Which statement correctly describes Reaction time? 1

(A) A physical posture forms part of yoga practice.

(B) Joints move through an appropriate range of motion.

(C) Time passes between a stimulus and initiation of a response.

(D) Muscles exert force against resistance.

11. Which statement correctly describes Recovery? 1

(A) Joints move through an appropriate range of motion.

(B) Restoration between efforts permits adaptation and performance maintenance.

(C) A specified task produces information about a performance attribute.

(D) Mechanical principles help analyse living movement.

12. Which statement correctly describes Biomechanics? 1

(A) Training challenges present capacity to encourage adaptation.

(B) Participants strive to improve and do their best.

(C) Time passes between a stimulus and initiation of a response.

(D) Mechanical principles help analyse living movement.

13. Which concept is illustrated in this example? A supervised exercise focuses on controlled breathing. 1

(A) Pranayama

(B) Biomechanics

(C) Olympic respect

(D) Adapted physical education

14. Which concept is illustrated in this example? A runner values personal improvement alongside competition. **1**

(A) Biomechanics
(B) Olympic excellence
(C) Overload
(D) Wellness

15. Which statement correctly describes Flexibility? **1**

(A) Joints move through an appropriate range of motion.
(B) A specified task produces information about a performance attribute.
(C) Sport can promote understanding and connection across differences.
(D) Time passes between a stimulus and initiation of a response.

16. Which statement correctly describes Olympic respect? **1**

(A) Fair conduct includes respect for rules, opponents and oneself.
(B) Training challenges present capacity to encourage adaptation.
(C) Direction changes rapidly with appropriate control.
(D) Restoration between efforts permits adaptation and performance maintenance.

17. Which concept is illustrated in this example? A learner performs a posture with suitable control and alignment. **1**

(A) Olympic excellence
(B) Olympic friendship
(C) Recovery
(D) Asana

18. Which statement correctly describes Olympic friendship? **1**

(A) Time passes between a stimulus and initiation of a response.
(B) Training challenges present capacity to encourage adaptation.
(C) Participants strive to improve and do their best.
(D) Sport can promote understanding and connection across differences.

Section B - Short responses

19. Use this situation to explain Olympic respect, connecting the definition to the details: A player acknowledges an opponent and accepts fair officiating. **2**

20. Use this situation to explain Cardiorespiratory endurance, connecting the definition to the details: A runner maintains an appropriate pace over a long event. **2**

21. Use this situation to explain Reaction time, connecting the definition to the details: A sprinter responds to the starting signal. **2**

22. Compare Flexibility and Wellness. Give the meaning and an appropriate application of each. **2**

23. Use this situation to explain Recovery, connecting the definition to the details: A plan includes appropriate rest between demanding sessions. **2**

Section C - Short responses

24. Compare Biomechanics and Flexibility. Give the meaning and an appropriate application of each. **3**

25. Compare Muscular strength and Wellness. Give the meaning and an appropriate application of each. **3**

26. Use this situation to explain Test and measurement, connecting the definition to the details: A standardised test records a fitness-related result. **3**

27. Use this situation to explain Agility, connecting the definition to the details: A player moves effectively around changing obstacles. **3**

28. Compare Adapted physical education and Reaction time. Give the meaning and an appropriate application of each. **3**

Section D - Case and application questions

29. Consider this situation: Daily habits balance activity, rest and social connection.

(a) Name the concept demonstrated in the case. 1

(b) Explain the connection between the situation and that concept. 1

(c) Distinguish that concept from Muscular strength, giving an appropriate feature of each. 2

30. Consider this situation: A supervised exercise focuses on controlled breathing.

(a) Name the concept demonstrated in the case. 1

(b) Explain the connection between the situation and that concept. 1

(c) Distinguish that concept from Asana, giving an appropriate feature of each. 2

31. Consider this situation: A runner values personal improvement alongside competition.

(a) Name the concept demonstrated in the case. 1

(b) Explain the connection between the situation and that concept. 1

(c) Distinguish that concept from Olympic friendship, giving an appropriate feature of each. 2

Section E - Extended responses

32. (a) Explain Overload and analyse this application: A suitable increase in resistance changes the training demand. 5

(b) Explain Recovery and show how this second application fits it: A plan includes appropriate rest between demanding sessions.

33. (a) Explain Asana and analyse this application: A learner performs a posture with suitable control and alignment. **5**
(b) Explain Pranayama and show how this second application fits it: A supervised exercise focuses on controlled breathing.

34. (a) Explain Cardiorespiratory endurance and analyse this application: A runner maintains an appropriate pace over a long event. **5**
(b) Explain Flexibility and show how this second application fits it: An activity develops mobility needed for a particular movement.

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