

MARKING SCHEME
Physical Education
Class XI (2026-27)

Note: Any other relevant answer, not given here but given by the candidates, should be awarded accordingly.

Q.N	Answer Key	ALLOTTED MARKS	TOTAL MARKS
Section A: MCQs (1-18)			
1	b) 1984	1	1
2	b) Sports Facilities Manager	1	1
3	b) Respect	1	1
4	b) Tokyo 2020	1	1
5	b) Vastra Dhauti	1	1
6	c) 2-1-3-4	1	1
7	a) Both (A) and (R) are true and (R) is the correct explanation of (A).	1	1
8	a) Occupational Therapist	1	1
9	b) Maximum Strength	1	1
10	a) Both (A) and (R) are true and (R) is the correct explanation of (A).	1	1
11	b) 26.7 kg/m ²	1	1
12	c) Long Distance runner	1	1
13	b) Lactic acid	1	1
14	b) Adduction	1	1
15	d) Principle of projection	1	1
16	a) Lack of team cohesion	1	1
17	a) Scientific and systematic	1	1
18	d) WADA	1	1

Section B: Very Short Answers (19-24)			
19	Any two features of running shoes are: • Cushioned sole: Absorbs shock and reduces the impact on feet and joints while running. • Lightweight design: Allows easy movement and improves running speed by reducing fatigue.	2	2
20	Importance of Olympic Values in Encouraging Peace and Unity Among Nations: • Promotes friendship and mutual respect among athletes from different countries, cultures, and backgrounds. • Encourages fair play and equality, fostering harmony and reducing discrimination. • Strengthens international cooperation and peace by bringing nations together through sports and promoting understanding beyond political or cultural differences.	$\frac{1}{2} \times 4$	2
21	Any two adaptations the teacher can make are: • Modify the activity or rules according to the student's ability, such as reducing the distance, allowing extra time, or using a simplified drill. • Provide adapted equipment, such as a lighter basketball, lower basketball hoop, or assistive devices (e.g., wheelchair) to enable participation. Other acceptable adaptations: • Pair the student with a peer/helper for support. • Ensure a safe and accessible playing area. • Allow the student to perform an alternative but equivalent activity.	1 x 2	2
22	Physical Education helps in developing leadership qualities by: • Providing opportunities to lead teams, organise activities, and make decisions during sports and games. • Encouraging responsibility, cooperation, and effective communication while working with teammates. Any two leadership qualities developed through Physical Education: • Decision-making: Ability to make quick and effective decisions during games and competitions. • Responsibility: Taking accountability for team performance, discipline, and assigned tasks. Other acceptable leadership qualities: • Self-confidence • Communication skills • Teamwork • Problem-solving • Motivation • Discipline	2	2

23	Tendon: Connects a muscle to a bone and helps in movement. Example: Achilles tendon. Ligament: Connects one bone to another bone and provides stability to the joint. Example: Anterior Cruciate Ligament (ACL) of the knee.	2	2
24	Axis: Longitudinal (Vertical) Axis Reason: The body rotates around the longitudinal (vertical) axis during the discus throw before releasing the discus.	2	2
Section C: Short Answers (25-30)			
25	Any three functions of the International Olympic Committee (IOC): • Selects and supervises the host city: Ensures that the host country makes proper arrangements and conducts the Olympic Games according to Olympic standards. • Promotes and protects Olympic values: Encourages fair play, friendship, excellence, and respect throughout the Games. • Coordinates with National Olympic Committees (NOCs) and International Federations (IFs): Ensures smooth organisation, proper implementation of rules, and successful conduct of competitions.	3	3
26	Formula: Formula: Waist-Hip Ratio (WHR)= $\frac{\text{Waist Circumference}}{\text{Hip Circumference}}$ Calculation: • Waist Circumference = 84 cm • Hip Circumference = 96 cm • WHR = 84 ÷ 96 = 0.875 Answer: • Waist-Hip Ratio (WHR) = 0.875 (≈ 0.88)	1 x 3	3
27	Challenges faced by an athlete with an endomorph body type: • Higher body fat may reduce speed and agility, making quick movements difficult. • Greater body weight can lower endurance and increase fatigue during prolonged physical activity. • Needs regular training and a balanced diet to maintain an ideal body composition and improve performance. Example: • An endomorph athlete may face difficulty in events such as the 100 m sprint, where speed and agility are essential.	1+1+1	3

28	Joints can be categorized based on how they move as follows: • Immovable (Fibrous) Joints: These joints do not allow any movement. <i>Example:</i> Joints between the bones of the skull. • Slightly Movable (Cartilaginous) Joints: These joints allow limited movement. <i>Example:</i> Joints between the vertebrae of the spine. • Freely Movable (Synovial) Joints: These joints allow a wide range of movements. <i>Example:</i> Shoulder joint, knee joint, or hip joint.	1 X 3	3
29	Psychological attributes that may be responsible are: • Lack of self-confidence: The athlete may doubt their abilities during competition, leading to poor performance. • High anxiety or stress: Excessive nervousness before or during competition can reduce concentration and affect decision-making. • Poor concentration: The athlete may get distracted by the audience, opponents, or pressure, resulting in mistakes and reduced performance.	1 X 3	3
30	The athlete can improve performance by applying the following training principles: • Overload: Gradually increase the intensity, duration, or frequency of training to stimulate improvement and enhance fitness. • Variation: Introduce different training methods and exercises to prevent boredom, avoid plateaus, and maintain motivation. • Individualization: Design the training programme according to the athlete's age, fitness level, abilities, and specific needs for better results.	1 x 3	3
Section D: Case Studies (31-33)			
31.1	b) Disability Etiquette	1	1
31.2	b) Adapted Physical Education	1	1
31.3	a) To treat CWSN with respect and dignity	1	1
31.4	b) Ask for permission first or c) Promote equal participation	1	1
32.1	b) Sagittal plane	1	1

32.2	b) Frontal plane	1	1
32.3	c) Horizontal (Transverse) plane	1	1
32.4	d) Horizontal (Transverse) plane	1	1
33.1	b) Scientific sports training	1	1
33.2	b) Doping	1	1
33.3	a) Fair play	1	1
33.4	a) Progressive overload or a) Promote recovery	1	1
Section E: Long Answers (34-37)			
34	Roles of any five professionals in the field of Communication in Physical Education: • Sports Journalist: Reports sports news, covers events, conducts interviews, and writes articles to keep the public informed. • Sports Commentator: Provides live commentary during sports events, explains the action, and keeps the audience engaged. • Sports Photographer: Captures important moments of sporting events for newspapers, magazines, websites, and social media. • Sports Broadcaster/Anchor: Presents sports news, hosts sports programmes, and analyses matches on television, radio, or digital platforms. • Sports Blogger/Content Creator: Creates articles, videos, podcasts, and social media content to promote sports, athletes, and fitness awareness. Other acceptable answers: Sports Editor, Public Relations Officer (PRO), Social Media Manager, Sports Analyst, Sports Marketing Executive.	1 x 5	5
35	Suggested Pranayama: Sheetali Pranayama Benefits: • Cools the body by helping regulate body temperature during heat waves. • Reduces fatigue and tiredness, improving overall energy levels. • Relieves stress and mental exhaustion, promoting relaxation and emotional well-being.	1 x 5	5

	• Improves concentration and mental freshness, helping the person stay active despite hot weather. • Enhances overall health by refreshing the body and improving the body's ability to cope with extreme heat.		
36	Steps to encourage participation in traditional and regional games: • Organise inter-house competitions and sports festivals featuring traditional and regional games. • Demonstrate and teach the rules of these games during Physical Education classes. • Conduct awareness campaigns highlighting the benefits and cultural significance of traditional games. • Provide proper equipment and facilities to encourage regular participation. • Reward and recognise students who actively participate and perform well in these games. Importance of traditional and regional games in today's lifestyle: • Promote physical fitness by improving strength, agility, coordination, and endurance. • Preserve cultural heritage and pass traditional values to younger generations. • Develop teamwork, discipline, and social interaction among students. • Reduce screen time and encourage an active, healthy lifestyle. • Provide low-cost recreational activities that can be played with minimal equipment.	5	5
37	Psychological principles are applied in different areas of life in the following ways: In Education • Help teachers understand students' learning abilities, interests, and individual differences. • Improve students' motivation, concentration, and academic performance. • Assist in effective classroom management and guidance. In Personal Relationships • Promote empathy and understanding of others' feelings and behaviour. • Improve communication and interpersonal skills. • Help resolve conflicts peacefully and build healthy relationships. Overall Benefits • Help individuals manage stress and emotions effectively. • Enhance self-awareness, decision-making, and overall mental well-being.	2.5 + 2.5	5

