

Class: XI
PHYSICAL EDUCATION

SAMPLE PAPER – 2026-27

Maximum Marks: 70

General instructions:

- The questions paper consists of 5 sections and 37 questions.
- Section A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- Section B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- Section D consists of questions 31-33 carrying 4 marks each and are case studies. There are internal choices available.
- Section E consists of questions 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

Section A

- 1) The Sports Authority of India (SAI) was established in: (1)
a) 1982
b) 1984
c) 1986
d) 1990
- 2) Which among the following career option in physical education involves managing sports facilities such as gym, stadium and sports complexes? (1)
a) Sports Psychology
b) Sports Facilities Manager
c) Sports Nutritionist
d) Strength and Conditioning coach
- 3) Heling others to feel safe from violence is an example of which of following Olympic value? (1)
a) Friendship
b) Respect
c) Excellence
d) Trust
- 4) The updated Olympic motto was officially adopted before which Olympic Games? (1)
a) Rio 2016
b) Tokyo 2020
c) Paris 2024
d) London 2012
- 5) Identify the kriya from picture given? (1)



- a) Dhand Dhauti b) Vastra Dhauti
c) Vamana Dhauti d) Bhasti kriya
- 6) Match List – I with List – II and select the correct answer from the code given below:

List – I		List – II	
(i)	Purka	1	Exhalation of air from the lungs
(ii)	Rechaka	2	Inhalation of air into the lungs
(iii)	Kumbaka	3	Retention of breath
(iv)	Pratyahara	4	Detaching the mind and sense organs from the related activity.

CODES				
	I	ii	iii	iv
a)	1	3	2	4
b)	4	3	2	1
c)	2	1	3	4
d)	4	2	1	3

- 7) Given below are the two statements labeled Assertion (A) and Reason (R): (1)
Assertion (A): A special educator plays an essential role in designing learning experiences for CWSN in inclusive settings.
Reason (R): Special educators provide individualized teaching strategies and classroom modifications.
- Both (A) and (R) are true and (R) is the correct explanation of (A).
 - Both (A) and (R) are true but (R) is not the correct explanation of (A).
 - (A) is true and (R) is false.
 - (A) is false but (R) is true.
- 8) Identify the professional who can help a CWSN student struggling with daily self-care activities such as dressing and eating. (1)
- Occupational Therapist
 - Speech Therapist
 - Psychologist
 - Audiologist
- 9) The greatest amount of force a muscle or group of muscles can produce in a single effort is known as: (1)
- Strength Endurance
 - Maximum Strength
 - Speed Strength
 - Explosive Strength
- 10) Given below are the two statements labeled Assertion (A) and Reason (R): (1)
Assertion (A): During a nosebleed, the person should lean slightly forward.
Reason (R): Leaning forward prevents blood from entering the throat.
- Both (A) and (R) are true and (R) is the correct explanation of (A).
 - Both (A) and (R) are true but (R) is not the correct explanation of (A).
 - Both (A) and (R) are false.
 - (A) is false but (R) is true.
- 11) Vikas is a student whose weight is 60 kg and has a height of 150 cm? (1)
- 24.7 kg/m²
 - 26.7 kg/m²
 - 22.5 kg/m²
 - 25.5 kg/m²
- 12) The athlete who has a greater dominance of slow twitch fibre is? (1)
- Sprinter
 - Thrower
 - Long Distance runner
 - Jumper
- 13) During a high-intensity workout, an athlete begins to experience muscle fatigue and discomfort. Which substance is primarily responsible for this condition? (1)
- Glucose
 - Lactic acid
 - Oxygen
 - Glycogen
- 14) The movement of a body part towards the reference axis is called: (1)
- Abduction
 - Adduction
 - Flexion
 - Rotation
- 15) Which biomechanical principle helps in understanding how an athlete can achieve maximum distance in a jump? (1)
- Principle of force
 - Principle of leverage
 - Principle of angular motion
 - Principle of projection

- 16) A team has skilled players, but they fail to achieve good results because players do not support or cooperate with each other during matches. Which factor is affecting their performance? (1)
- a) Lack of team cohesion b) Lack of strength
- c) Lack of flexibility d) D) Lack of speed
- 17) To achieve peak performance in competition, an athlete should follow training that is: (1)
- a) Scientific and systematic b) Based only on luck
- c) Done only before competitions d) Different every day without planning
- 18) Which organization publishes the list of prohibited substances in sports? (1)
- a) FIFA b) BCCI
- c) IOC d) WADA

Section B

(Attempt any five questions)

- 19) List any two features of running shoes that make them suitable for running. (1+1)
- 20) List any two Olympic value that encourage peace and unity among nations. (1+1)
- 21) A student with a physical disability cannot perform a basketball drill. What two adaptations will the teacher make? (1+1)
- 22) What is meant by leadership? Mention any four leadership qualities that can be developed through Physical Education. (1+1)
- 23) Differentiate between tendon and ligament with one example each. (1+1)
- 24) A discus thrower rotates his body before releasing the discus. Name the axis around which this movement occurs. (1+1)

Section C

(Attempt any five questions)

- 25) State any three functions of the International Olympic Committee (IOC) related to the organisation of the Olympic Games. (1 x 3)
- 26) Neeraj, a male javelin throw athlete, underwent a body composition assessment. During the assessment, his waist circumference was recorded as 84 cm and hip circumference was recorded as 96 cm. Calculate his Waist-Hip Ratio (WHR). (3)
- 27) Explain the challenges faced by an athlete with an endomorph body type in sports with a suitable example. (1 x 3)
- 28) Joints can be classified on the basis of their structure. Explain the classification with suitable examples. (1 x 3)
- 29) An athlete performs well in practice but poorly during competitions. Which psychological attributes may be responsible? Explain with suitable reasons. (1 x 3)
- 30) Despite following a training schedule, an athlete is unable to achieve better results. Analyze how the principles of Overload, Variation, and Individualization can improve performance. (1 x 3)

Section D

(Internal Choices Available)

Q31. Priya is a student with a locomotor disability. During sports activities, her classmates ask before helping her, speak respectfully, and do not move her wheelchair without permission. The Physical Education teacher modifies the game so that Priya can participate equally.

Q1. The classmates are following:

- a) Sportsmanship b) Disability Etiquette
c) Recreation d) D) Competition

Q2. The teacher has modified the game. This is called:

- a) Inclusive Education
- c) Yoga

- b) Adapted Physical Education
- d) Athletics

Q3. What is the main purpose of Disability Etiquette?

1

- a) To treat CWSN with respect and dignity
- b) To keep them separate
- c) To reduce participation
- d) To increase competition only

Q4. Before helping a person using a wheelchair, you should:

1

- a) Push the wheelchair immediately
- b) Ask for permission first
- d) Ignore the person
- d) Call someone else

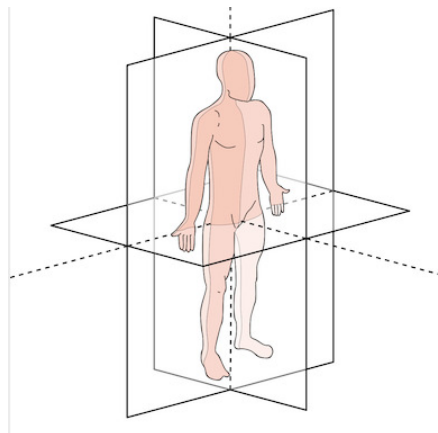
Or

Modifying sports activities according to the needs of CWSN helps to:

1

- a) Exclude them from sports
- b) Reduce confidence
- c) Promote equal participation
- d) Increase unfair competition

32) Based on the picture below answer the following question



Q1. A sprinter moves the legs forward and backward while running. These movements mainly occur in which plane?

1

- a) Frontal plane
- b) Sagittal plane
- c) Horizontal plane
- d) Transverse plane

Q2. A gymnast performs a cartwheel. The movement mainly takes place in the:

1

- a) Sagittal plane
- b) Frontal plane
- c) Horizontal plane
- d) Vertical plane

Q3. A discus thrower rotates the body before releasing the discus. This movement mainly occurs in the:

1

- a) Sagittal plane
- b) Frontal plane
- c) Horizontal (Transverse) plane
- d) Coronal plane

Q4. A hockey player swings the stick by rotating the upper body. This movement mainly takes place in the:

1

- a) Sagittal plane
- b) Frontal plane
- c) Vertical plane
- d) Horizontal (Transverse) plane

33) **Sarvesh Kushare**, an Indian **high jumper**, secured a third-place finish at world-level athletics meet. His achievement was the result of years of scientific training, discipline, proper nutrition, and adherence to fair play. Throughout his career, he focused on improving his performance through hard work and avoided the use of prohibited performance-enhancing substances. His success demonstrates that international achievements can be earned through dedication and ethical sports practices.

Q1. Sarvesh Kushare's achievement mainly reflects:

1

- a) Doping
- b) Scientific sports training

- | | | |
|---|------------------|---|
| c) Luck | d) Recreation | |
| Q2. The use of prohibited substances to improve sports performance is known as: | | 1 |
| a) Rehabilitation | b) Doping | |
| c) Warm-up | d) Conditioning | |
| Q3. Which value is best demonstrated by Sarvesh Kushare's approach to sports? | | 1 |
| a) Fair play | b) Cheating | |
| c) Negligence | d) Aggression | |
| Q4. To improve his jumping ability, the coach gradually increases the intensity of Sarvesh's training. This follows the principle of: | | 1 |
| a) Progressive overload | b) Reversibility | |
| c) Recovery | d) Variety | |

Or

Sarvesh gets enough sleep after intense training sessions. The main purpose is to:

- a) Promote recovery
b) Increase fatigue
c) Reduce flexibility
d) Avoid practice

Section E

(Attempt any three questions)

- 34) Recall the name of any five professionals involved in sports media and Communication (1 x 5)
- 35) Frequent heat waves and changing weather conditions due to climate change have reduced your friend's energy levels and affected her overall well-being. As a student of Physical Education, suggest a suitable yogic practice (Pranayama) that can help improve her health and explain its benefits. (2.5+2.5)
- 36) Many students in your school prefer online games over traditional and regional games. As the Sports Captain, what steps would you take to encourage participation in traditional and regional games? Explain their importance in today's lifestyle. (1 x 5)
- 37) How do psychological principles apply to different areas of life, as education, and personal relationships? (2.5+2.5)