

BOARD-PATTERN PRACTICE PAPER · CBSE CLASS 11**Changing Trends and Career in Physical Education**

Physical Education · Chapter 1 · Matches current CBSE blueprint · Each question PYQ-sourced where indicated

DATE	TOTAL MARKS	DURATION	MARKING	TARGET
_____	30	60 min	As per board	≥ 24/30

GENERAL INSTRUCTIONS

- All questions are compulsory.
- Support every definition or list with an example where asked.
- For 5-mark answers write distinct points; do not repeat the same idea under different names.

Section A — Short (2 × 4 = 8 marks)**8 MARKS · 16 MIN**

- Q1.** Define physical education in one or two sentences. [PYQ 2022 School Annual] **[2 marks]**
- Q2.** Name any two early/post-Independence physical-education institutes in India with their location. [PYQ 2023 CBSE SQP] **[2 marks]**
- Q3.** State the launch year and aim of the Fit India Movement. [PYQ 2024 School Annual] **[2 marks]**
- Q4.** List any four career options in physical education and sports. [PYQ 2024 School Annual] **[2 marks]**

Section B — Medium (4 × 3 = 12 marks)**12 MARKS · 24 MIN**

- Q5.** Differentiate between the AIM and the OBJECTIVES of physical education with examples. [PYQ 2023 School Annual] **[3 marks]**
- Q6.** Explain any three changing trends in sports with one example each. [PYQ 2023 CBSE SQP] **[3 marks]**
- Q7.** Differentiate between physical fitness and wellness, and list two healthy-lifestyle habits. [PYQ 2024 School Annual] **[3 marks]**
- Q8.** Write a short note on the development of physical education in India, naming any three institutes with their location and role. [PYQ 2022 School Annual] **[3 marks]**

Section C — Long (5 × 2 = 10 marks)**10 MARKS · 20 MIN**

- Q9.** Explain the aim and objectives of physical education. [PYQ 2023 School Annual] **[5 marks]**
- Q10.** Discuss any five career options available in physical education and sports. [PYQ 2024 CBSE SQP] **[5 marks]**

Marking scheme & model answers — see companion Answer Key PDF · all PYQs traceable to actual CBSE papers · readyforboards.com · +91 70330 05444