

## PHYSICAL EDUCATION · CHAPTER 1

# Changing Trends and Career in Physical Education

A 1-page guide for parents · 90-second read.

EXPECTED MARKS

**8 marks**

TIME TO MASTER

**Strong hrs**

HELPLINE

**70330 05444****WHAT THIS CHAPTER IS, IN PLAIN ENGLISH**

This is the opening chapter of Class 11 Physical Education. It explains what physical education really is (education through sport and movement, not just 'games period'), why it matters for a child's all-round growth, and how sport has become a genuine, respectable career. Your child learns the aims and objectives of PE, a short history of how PE grew in India (key institutes like LNIPE Gwalior and NSNIS Patiala), the modern changes in sport (better grounds, smart gear, technology like Hawk-Eye, and schemes such as Khelo India and Fit India), the many job options in sport beyond becoming a teacher or player, and the idea of fitness, wellness and a healthy lifestyle.

**5 QUESTIONS TO ASK YOUR CHILD**

- What is the difference between an AIM and an OBJECTIVE of physical education?
- Name five career options in physical education other than 'PE teacher'.
- What are the changing trends in sports — give one example each of surface, gear and technology.
- What is the difference between Khelo India and the Fit India Movement?
- How is physical fitness different from wellness?

**WEAK-SPOT INDICATORS**

- If your child thinks PE just means 'doing exercise', the core definition is missing.
- If they can only name 'teacher' or 'player' as a career, the highest-marking question will under-score.
- If they cannot separate aim from objectives, or fitness from wellness, the 'differentiate' questions go wrong.

**WHEN TO WORRY — AND WHAT TO DO**

If, after one practice question per topic, your child gets fewer than three right, schedule a 60-90 minute focused revision. This chapter is almost entirely definitions, lists and examples — an hour of recall practice usually fixes most gaps.

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