
CBSE Class 11 physical Education
Sample Paper 04

Max Marks. 70 Duration: 3 Hrs

General Instructions:

- Question paper consists of 26 questions.
 - All questions are compulsory
 - Questions 1 to 11 are 01 Mark questions. These must be answered in 10-20 words.
 - Questions 12 to 19 are 03 Marks questions. That must be answered in 30-50 words.
 - Questions 20 to 26 are 05 Marks questions. That must be answered in 75-100 words.
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1. What are the aims of physical education.
 2. What do you mean by learning.
 3. What is meant by life style?
 4. How does regular exercise help a person to protect from ill health?
 5. Throw light on Chacha Nehru sports award.
 6. What is the Motto of Olympic Games?
 7. What is Meditation.?
 8. Name the various types of Doping?
 9. What is meant by positive play?
 10. What is meant by waist-Hip Ratio.
 11. Enlist the functions of Muscles.
 12. Describe the different types of bones.
 13. What is centripetal force?
 14. Enumerate any two problems faced by an adolescent child.
 15. What is skill? What are its types?
 16. What are Narcotics? Why are they taken?
 17. What is pranayam? What are the stages of pranayam?
 18. What Precautions need to be taken before undergoing adventure sports?
 19. What are the functions of muscles?
 20. Briefly discuss about the effects of prohibited substances in games and sports.
 21. What is the importance of Bio-mechanics in sports?
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22. Discuss about the effect of exercise on skeletal system?
 23. Write the meaning and aim of training.
 24. Define learning what are the principles of Learning.
 25. What do you mean by Equilibrium. Describe the types of equilibrium in detail.
 26. What is second wind? What is the significance of second wind.?