



GAIL DAV PUBLIC SCHOOL

Worksheet 2026-27

Class: XI

Subject: Physical- Education

Class XI Physical Education Worksheet – Unit I

Topic: Changing Trends and Careers in Physical Education

Section A: Multiple Choice Questions (MCQs) (1 Marks Each)

Choose the correct option:

1. Which of the following is a modern trend in Physical Education?
 - a) Only traditional games
 - b) Yoga and wellness programs
 - c) Ignoring fitness activities
 - d) Memorization of sports rules
2. Which sector offers careers in Physical Education?
 - a) Sports coaching
 - b) Health clubs and gyms
 - c) Rehabilitation centers
 - d) All of the above
3. Adventure sports like rock climbing and paragliding are part of:
 - a) Traditional fitness activities
 - b) Emerging trends in Physical Education
 - c) Only school games
 - d) Ancient Olympic events
4. Which qualification is generally required to become a sports coach?
 - a) Diploma in Arts
 - b) Bachelor's in Physical Education (B.P.Ed)
 - c) Degree in Economics
 - d) Certificate in Language
5. Career opportunities in Physical Education can include:
 - a) Fitness trainer
 - b) Physiotherapist
 - c) Sports psychologist
 - d) All of the above

Assertion-Reason Questions

1. Assertion (A): Yoga is gaining popularity as a fitness trend.
Reason (R): Yoga helps improve physical, mental, and emotional well-being.

2. Assertion (A): Adventure sports have become a career option.
Reason (R): Adventure sports are only recreational and do not require professional training.
 3. Assertion (A): Careers in Physical Education are limited to teaching.
Reason (R): Professionals can also work in gyms, sports management, therapy, and research.
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Section C: Very Short Answer Questions (2 Marks Each)

1. Define changing trends in Physical Education.
 2. Name any two modern trends in Physical Education.
 3. Mention two career options in the field of Physical Education.
 4. What is the role of a fitness trainer?
 5. List two benefits of pursuing a career in Physical Education.
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Section D: Short Answer Questions (3 Marks Each)

1. Explain three emerging trends in Physical Education.
 2. Describe the different types of career opportunities in Physical Education.
 3. How has technology influenced Physical Education? Give examples.
 4. Explain the role of physiotherapy in careers related to Physical Education.
 5. Discuss how adventure sports are becoming a professional career option.
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Section E: Case Study Question (4 Marks Each)

Rohan is a 17-year-old student who is interested in sports and fitness. He attends a local gym, practices yoga, and plans to become a certified fitness trainer. He also participates in adventure activities like trekking and cycling.

1. Identify two modern trends in Physical Education that Rohan is following.
 2. Name two career opportunities suitable for Rohan in this field.
 3. Suggest one additional skill he could develop to enhance his career prospects.
 4. Explain how these trends in Physical Education benefit individuals and society.
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Section F: Long Answer Questions (5 Marks Each)

1. Explain the concept of changing trends in Physical Education and give examples.
2. Discuss the scope and importance of careers in Physical Education.
3. Describe how technology and research have influenced modern Physical Education.
4. Explain the role of fitness, yoga, and adventure sports in shaping professional opportunities.
5. Discuss the challenges and future prospects of pursuing a career in Physical Education.

Class XI Physical Education Worksheet – Unit II

Topic: Olympic Movement – History, Aims, Objectives, Symbols, and Values

Section A: Multiple Choice Questions (MCQs) (1 Marks Each)

Choose the correct option:

1. Who revived the modern Olympic Games in 1896?
 - a) William Penny Brookes
 - b) Pierre de Coubertin
 - c) Baron Nadi
 - d) Dr. James Naismith
2. What is the Olympic motto?
 - a) “Faster, Higher, Stronger”
 - b) “Play Fair, Win Fair”
 - c) “Unity in Diversity”
 - d) “Excellence and Glory”
3. Which of the following is NOT an Olympic symbol?
 - a) Five interlocked rings
 - b) Olympic flame
 - c) Olympic motto
 - d) Olympic whistle
4. The main aim of the Olympic Movement is to:
 - a) Promote international friendship and peace
 - b) Focus solely on professional sports
 - c) Teach only competitive games
 - d) Encourage economic growth
5. The Olympic Games are held every:
 - a) 2 years
 - b) 4 years
 - c) 5 years
 - d) Annually

Assertion-Reason Questions

1. Assertion (A): The Olympic rings represent five continents.
Reason (R): The rings are interlocked to symbolize unity among continents.
 2. Assertion (A): The Olympic flame is lit in Olympia, Greece.
Reason (R): This represents the continuity of the ancient Olympic tradition.
 3. Assertion (A): The Olympic Games promote only competition.
Reason (R): The Olympic Games also promote peace, friendship, and cultural exchange.
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Section B: Very Short Answer Questions (2 Marks Each)

1. Name the founder of the modern Olympic Games.
 2. What is the meaning of the Olympic motto?
 3. List any two Olympic symbols.
 4. Mention two objectives of the Olympic Movement.
 5. In which year were the first modern Olympics held?
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Section C: Short Answer Questions (3 Marks Each)

1. Explain three objectives of the Olympic Movement.
 2. Describe the significance of the Olympic rings.
 3. Mention the different types of Olympic Games.
 4. Explain the importance of the Olympic flame.
 5. How do the Olympic Games promote international peace and friendship?
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Section D: Case Study Question (4 Marks Each)

Case Study:

During the last Olympic Games, a country's athletes followed strict training, teamwork, and adhered to Olympic values. They performed exceptionally well and gained recognition worldwide.

Questions:

1. Identify two Olympic values demonstrated by these athletes.
 2. Explain how proper training helped in their performance.
 3. How does teamwork contribute to success in the Olympics?
 4. Discuss how the Olympic Games promote cultural understanding among nations.
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Section E: Long Answer Questions (5 Marks Each)

1. Describe the history and evolution of the modern Olympic Games.
2. Explain the aims, objectives, and significance of the Olympic Movement.
3. Discuss the role of the International Olympic Committee (IOC) in organizing the Olympics.
4. Describe the symbols of the Olympics and their meanings.
5. Explain how the Olympic Movement contributes to global peace, cultural unity, and sportsmanship.