

MARKING SCHEME
Physical Education
class XI (2025-26)

Note: Any other relevant answer, not given here but given by the candidates, should be awarded accordingly.

Q.N O:	KEY POINTS/ VALUE POINTS	ALLOTTE D MARKS	TOTAL MARKS
1	a) Jammu & Kashmir	1	1
2	c) Grass	1	1
3	d) Fair play	1	1
4	c) Emperor Theodosius I in 393 AD	1	1
5	b) Sheetkari	1	1
6	a) 1-3-2-4	1	1
7	c) (A) is true and (R) is false.	1	1
8	d) Ensuring inclusive physical education for CWSN.	1	1
9	a) Apply direct pressure over the wound.	1	1
10	a) a) Both (A) and (R) are true and (R) is the correct explanation of (A).	1	1
11	b) Body fat distribution	1	1
12	b) Adrenaline	1	1
13	b) Contractility	1	1
14	a) Momentum	1	1
15	c) Abduction and adduction	1	1
16	b) Later Childhood	1	1
17	d) cooling down	1	1
18	d) Diuretics	1	1
19	The initiative taken by the government to promote sports among people with disabilities under Khelo India Program: 1. Launch of Khelo India Para Games 2. Providing the financial assistance 3. Specialized coaching facilities 4. Enhancement of Medical & Facility Support at Para Games 5. Integration of Para Athletes into TOPS (any two points)	1+1	2
20	Rules for Ancient Olympic competitions When the Olympic Games were organized in 776 B.C. certain rules were framed for competitions of various sports competitors of various sports competitions which were engraved on bronze plate. <u>These rules are given below:</u> 1. The competitors must be only Greek, and must be physically well. 2. Savages and punished persons were not allowed to participate	1+1	2

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	<p>in these games.</p> <p>3. The competitor had to stay in Olympia for one month before the beginning of the games. They had to take the oath that they had already taken the training for 10 months in their state.</p> <p>4. Married women were not only allowed to participate in competitions but they were allowed to see these games also.</p> <p>5. For participation in games, they had to do practice for one month.</p> <p>6. Only amateur sportspersons could participate in these games and not the professionals.</p> <p>(Any two)</p>		
21	<p>Preventive measures school and parents can adopt:</p> <ol style="list-style-type: none"> 1. Regular health check ups 2. Inclusive environment 3. Parental awareness and counselling 4. Safe and supportive atmosphere 5. Modified equipment 6. Special educator and support staff 	2	2
22	<p>Significance of flexibility in maintaining overall health</p> <ol style="list-style-type: none"> 1. Improve range of motion 2. Reduce risk of injuries 3. Enhance posture and alignment 4. Enhance physical performance 	2	2
23	<p>Role of tendons in the muscular system</p> <ol style="list-style-type: none"> 1. Connect muscle to bone 2. Transmit force 3. Support joint stability 4. Enable efficient movement 	2	2
24	<ol style="list-style-type: none"> 1. Kinetics focuses on forces – It studies the forces that cause or change motion, such as gravity, muscle force, and friction. 2. Kinematics focuses on motion without considering forces – It describes how an object or body moves, including speed, velocity, acceleration, and direction. 3. Kinetics is used for understanding performance and preventing injuries – By analyzing forces, coaches can improve how athletes apply power and reduce injury risk. 4. Kinematics is used to improve movement technique – It helps in refining skills like jumping, throwing, or running by analyzing movement patterns and body positions. 	1+1	2
25	<p>Olympic values which help Ravi in controlling his temper are:</p> <ol style="list-style-type: none"> 1. Respect 2. Friendship 3. Excellence 	1+2	3

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	<p>4. Fair Play</p> <p>All values guide athletes to behave with self-control, fairness and dignity, making them essential for managing temper in sports and life.</p>		
26	<p>Calculation BMI</p> <p>Formula</p> <p>$BMI = \text{Weight (kg)} / \text{Height (mtr)}^2$</p> <p>$BMI = 80 / 1.70 \times 1.70$</p> <p>$BMI = 80 / 2.89$</p> <p>$BMI = 27.7$</p> <p>Category: Overweight</p>	2+1	3
27	<p>Skinfold Measurement is a widely used method to estimate body fat percentage by measuring the thickness of subcutaneous fat (fat under the skin) at specific body sites. It is a simple, inexpensive, and non-invasive technique that helps assess an individual's body composition, especially in sports and fitness settings.</p> <p>Trained professionals use skinfold calipers to pinch and measure fat thickness at various sites such as the triceps, biceps, subscapular, suprailiac, abdomen, and thigh. These measurements are then entered into formulas or charts to calculate the estimated body fat percentage.</p> <p>Accuracy depends on proper technique, consistent measurement locations, and the skill of the person taking the readings. Skinfold measurement is ideal for tracking changes in body fat over time rather than giving exact values. While not as precise as advanced methods like DEXA or hydrostatic weighing, it remains a practical tool for coaches, trainers, and health professionals.</p>	3	3
28	<p>Interaction between muscular and skeletal system</p> <ol style="list-style-type: none"> 1. Muscles attach to bones via tendons 2. Muscle contract, bone moves 3. Joint allow movement 4. Support and stability 5. Protection of the vital organs 	3	3
29	<p>Knowledge of psychology contributes significantly to an athlete's overall growth and mental health in the following ways:</p> <ol style="list-style-type: none"> 1. Improve focus and concentration 2. Stress and anxiety management 3. Building confidence and motivation 4. Better recovery from injuries 5. Team coordination and leadership 6. Emotional control 	3	3
30	Role of WADA in maintaining fair competition	1.5+1.5	3

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	<ol style="list-style-type: none"> 1. Promotion of Clean Sport: WADA ensures all athletes compete without the use of banned substances or methods. 2. Equal Opportunity: Anti-doping rules help provide a level playing field for all athletes. 3. Health Protection: Banning harmful substances protects athletes' physical and mental health. 4. Global Standardization: The WADA Code applies to all countries and sports, ensuring uniform rules worldwide. 5. Testing and Monitoring: WADA conducts in-competition and out-of-competition testing to detect violations. 6. Strict Penalties: Athletes found guilty of doping face suspensions, bans, or disqualification from events. 7. Education and Awareness: WADA educates athletes and support staff about prohibited substances and ethical conduct. 8. Fair Judging: Ensures performance is judged based on natural ability, training, and hard work — not drug use. <p>Challenges Faced by WADA:</p> <ul style="list-style-type: none"> • Evolving Doping Techniques: New substances and methods are constantly being developed, making detection harder. • Lack of Uniform Enforcement: Some countries or sports organizations may have weaker enforcement or political interference. • Limited Resources: Budget constraints restrict extensive global testing and research. • Legal Challenges: Athletes may contest bans, leading to lengthy and complex legal disputes. 		
31 (1)	C. Learning disorder	1	1
31 (2)	B. Locomotor disability	1	1
31 (3)	C. Organizing awareness workshops and training teachers	1	1
31 (4)	C. Disability limits activity; disorder affects function of body or mind or B. To provide proper support and teaching strategies	1	1
32 (1)	B. Frontal plane – sagittal axis	1	1
32 (2)	B. Spinning while standing upright	1	1
32	C. To match the movements with natural joint mechanic	1	1

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(3)			
32 (d4)	B. By enhancing body control and reducing injury risk	1	1
33 (1)	B) Gradually increasing training load	1	1
33 (2)	C) It allows the body to adjust to increased training demands	1	1
33 (3)	A) Tactics are situational strategies, while techniques are specific skills or movements	1	1
33 (4)	B) To prevent injury by preparing the body for physical activity OR B) A cooling-down process to aid recovery and reduce muscle stiffness	1	1
34	Career options in physical education Health career <ol style="list-style-type: none"> 1. Sport Nutrition 2. Rehabilitation 3. Physiotherapist 4. Yoga trainer 5. Fitness trainer 6. Wellness clubs 7. YouTube health blogger Media career <ol style="list-style-type: none"> 1. Sports journalism 2. Sports photography 3. Book writing 4. Book publishing 5. Sports industry 6. Sports broadcasting 	2.5+2.5	5
35	<p>To overcome the problem of continues cold during the seasonal change Neti kriya is the best for her. Neti (particularly <i>Jal Neti</i>) is a yogic cleansing technique that involves flushing the nasal passages with warm saline water using a Neti pot. It is especially helpful for those suffering from colds, sinus congestion, or allergies.</p> <p>Benefits of Neti in Cold:</p> <ol style="list-style-type: none"> 1. Clears Nasal Congestion: 2. Reduces Sinus Pressure and Headache: 3. Flushes Out Germs and Irritants: 4. Improves Breathing and Sleep: 5. Prevents Secondary Infections: 6. Soothes Nasal Membranes <p>(Explain any four)</p>	1+4	5
36	Promoting traditional and regional games <ol style="list-style-type: none"> 1. Organize a “Traditional Games Zone” <ul style="list-style-type: none"> • Include games like Kho-Kho, Kabaddi, Gilli Danda, Pittu, and Langdi. 	3+2	5

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	<ul style="list-style-type: none"> • Set up dedicated spaces and fun competitions. <ol style="list-style-type: none"> 2. Invite Local Experts or Elders <ul style="list-style-type: none"> • Invite community members to demonstrate games and share stories behind them. 3. Dress Code and Theme <ul style="list-style-type: none"> • Encourage traditional attire to match the regional spirit of the games. 4. Inter-House Competitions <ul style="list-style-type: none"> • Conduct house-wise contests to increase student participation and enthusiasm. 5. Create Informative Stalls <ul style="list-style-type: none"> • Put up displays explaining the origin, rules, and health benefits of each game. 6. Include in Morning Assemblies <ul style="list-style-type: none"> • Short demonstrations or trivia about a game each day leading up to the event. 7. Promote on Posters & Social Media <ul style="list-style-type: none"> • Use colorful posters and online platforms to generate interest and awareness. <p>✦ Relevance Today:</p> <ul style="list-style-type: none"> - Improves physical fitness using low-cost methods. - Builds team spirit, reflexes, and agility. - Preserves cultural heritage and connects students to roots. - Fosters inclusiveness and fun for all skill levels. 		
37	<p>Physical Development</p> <ul style="list-style-type: none"> • Childhood (3–12 years): <ul style="list-style-type: none"> ○ Gradual growth in height and weight. ○ Development of fine and gross motor skills (e.g., writing, running). ○ Higher vulnerability to lifestyle-related issues like obesity due to limited outdoor play in urban settings. • Adolescence (13–18 years): <ul style="list-style-type: none"> ○ Rapid physical changes during puberty (e.g., hormonal shifts, sexual maturation). ○ Increase in strength, endurance, and height. ○ Higher exposure to unhealthy habits (junk food, screen time) in metros can impact overall health. <p>Social Development</p> <ul style="list-style-type: none"> • Childhood (3–12 years): <ul style="list-style-type: none"> ○ Learning basic social skills like sharing, cooperation, and communication. ○ Dependence on family and teachers for emotional support. ○ Limited peer interaction due to nuclear families and academic pressure in cities. 	2.5+2.5	5

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	<ul style="list-style-type: none"> • Adolescence (13–18 years): <ul style="list-style-type: none"> ○ Strong influence of peer groups and social media on behavior and identity. ○ Development of independence and self-identity. ○ Exposure to urban social issues like competition, stress, and peer pressure. 		