

Collegedunia NCERT Notes

NCERT Notes for Class 11 Physical Education (2026-27 Syllabus)

Chapter 1: Physical Education



Chapter 1 opens the Class 11 Health and Physical Education book. It explains what physical education means, why the subject matters today, the five development objectives it works towards, the myths people still believe about it, the exam terminology you must know, and the career paths it opens.

Also see for this chapter: [NCERT Solutions](#) | [Formula Sheet](#) | [Exemplar Solutions](#)

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1 Introduction: Physical Education as a Modern Subject

Physical education is one of the most active subjects in the Class 11 course. It has changed a great deal in the last fifty years. Once it meant only drill periods and free hand exercises. Today it covers school children, working adults, athletes and senior citizens alike. This section sets the scene before the formal definitions arrive.

1.1 What This Chapter Covers

The chapter moves in a fixed order. Learn that order and every question in the paper becomes easy to place.

1. Meaning and definition of physical education.
2. Aims and objectives, split into five development areas.
3. Need and importance of the subject in modern society.

4. Misconceptions about physical education and sports.
5. Terminology such as game, sport, drill and recreation.
6. Career options in physical education and allied areas.

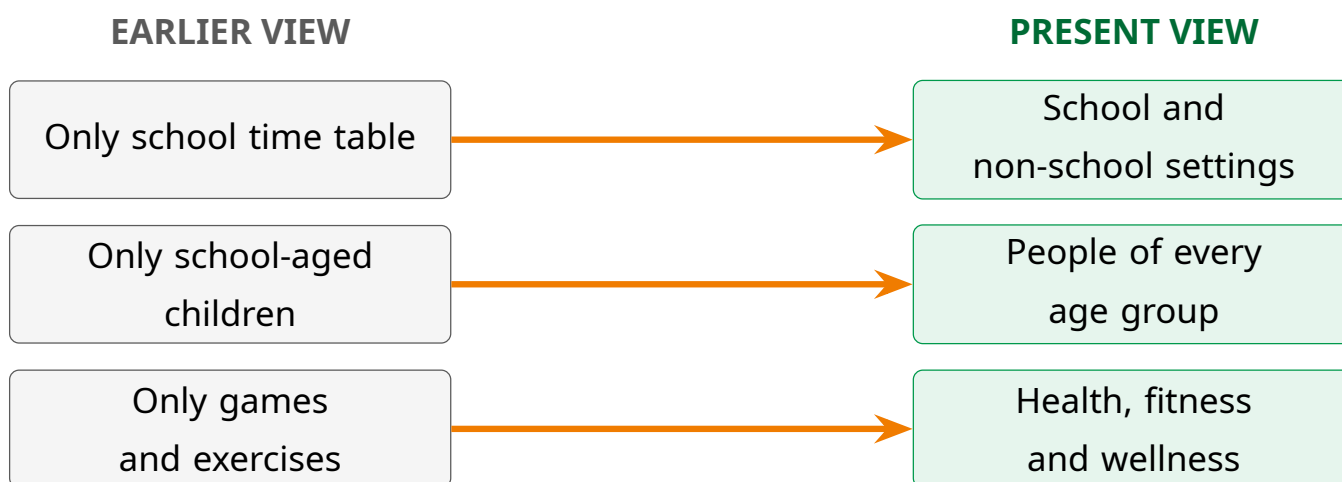


The six blocks of Chapter 1, in textbook order.

1.2 How the Subject Has Grown

Earlier, physical education was read as a list of activities. Free hand exercises, games, races and swimming filled the period. The subject stopped at the school gate.

That boundary is gone. Physical education now runs in fitness clubs, corporate wellness rooms, rehabilitation centres and old-age homes. The fitness boom and the wellness movement pushed it outward.



The scope of physical education has widened on three fronts.

The NCERT chapter opens with pictures of children doing simple bodyweight movements. Squats, planks, lunges and stretches need no equipment at all.

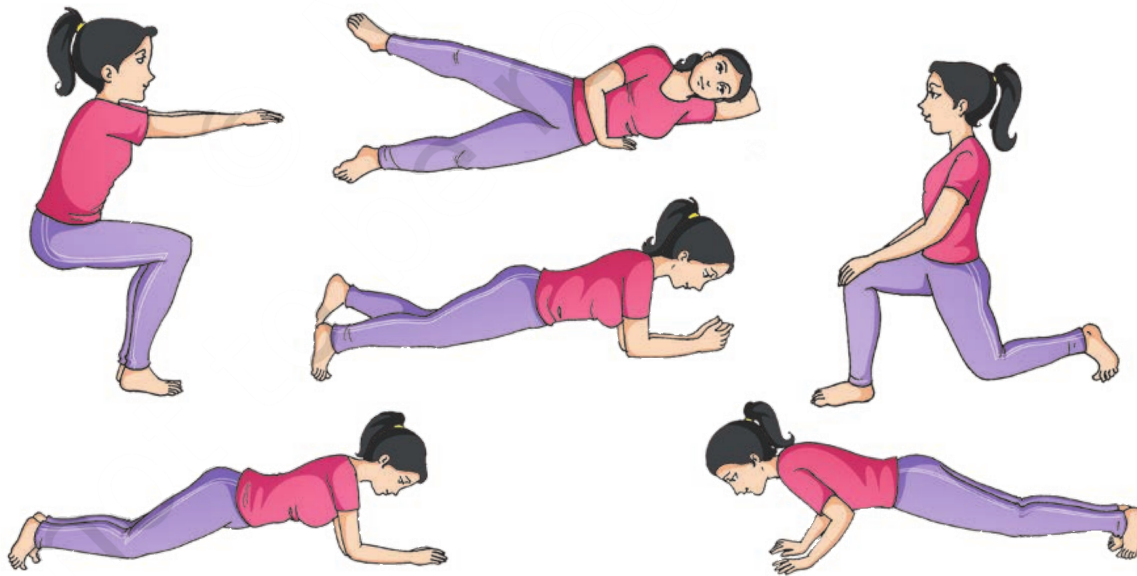


Figure 1.1: children participating in physical activities and exercise. NCERT Health and Physical Education, Class 11, Chapter 1.

Where you already see this

Your school morning assembly drill, a park yoga group, a gym floor class and a physiotherapy session are all physical education at work. The setting changes. The idea of planned body movement for a purpose does not.

1.3 Physical Education is Movement Education

Life begins with movement and ends with it. A newborn kicks before it speaks. Because of this, physical education is also called movement education.

The textbook puts it sharply. Education without physical activity is like a body without a soul. All teaching in human education begins with physical education.

Key takeaway

Physical education improves human performance through physical activity. The activity range is wide: walking, jogging, running, sprinting, hopping, jumping, climbing, throwing, pushing, pulling and kicking.

Two marks you can always collect

Questions that ask "why is physical education called movement education" want one line: life is characterised by movement, and movement starts at birth and continues till the end of life. Write that line first, then add an example.

1.4 The Do You Know Box, Unpacked

The side-box on the opening NCERT page carries two thoughts. Both are quotable, so learn them as they are printed.

Straight from the Do You Know box

Sharir Madhyam Khalu Dharma Sadhnam means the physique is the prime source of performing all duties.

Swami Vivekananda, and philosophers such as Socrates, Aristotle and Plato, all held that physical training was necessary for the youth.

The Indian line and the Greek line say the same thing in different words. The body is the tool through which every other duty gets done.

- **Indian view:** the body is the medium of duty, so the body must be kept fit.
- **Greek view:** athletics is complete education, so the youth must train.
- **Shared conclusion:** training the body is not separate from educating the mind.

After Independence, the Government of India launched several schemes for schools so that every student took part in physical activity. The growing interest in games, the fitness boom and the wellness movement all grew from that base.

2 Meaning and Definition of Physical Education

Every long answer in this chapter starts with a definition. The board rewards a named definition far more than a general sentence. This section gives you the plain meaning, the five quotable definitions and the threads that run through all of them.

2.1 The Plain Meaning

Physical education is education that improves human performance with the help of physical activities. That is the textbook line in its simplest form.

Two words in it do the work. **Education** tells you the aim is learning. **Physical activities** tell you the medium is body movement.

Definition to memorise

Physical Education is an education which brings improvement in human performance with the help of physical activities.

Sanskrit adage quoted by NCERT: *Sharir Madhyam Khalu Dharma Sadhnam*. The physique is the prime source of performing all duties.

Second adage quoted in the chapter: *Sharir Servarth Sambhavo Dehe*.

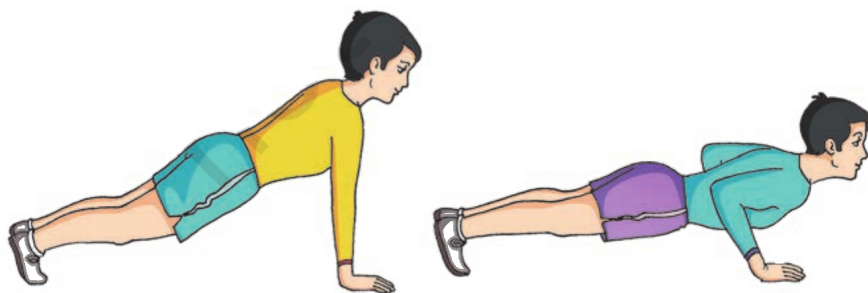


Figure 1.2: physical exercise. NCERT Health and Physical Education, Class 11, Chapter 1.

2.2 The Five Definitions You Must Quote

The chapter names five sources. Learn the source with the sentence. An unnamed quote loses marks.

Source	Definition given in NCERT
National Plan of Physical Education, 1956	Physical education should aim at making the child physically, mentally and emotionally fit. It should develop personal and social qualities that help a person live happily with others and build a good citizen.
Ministry of Education and National Planning for Physical Education and Recreation	The aim of physical education must be to make every child physically, mentally and emotionally fit. It must also develop personal and social qualities that help the child live happily with others.
Central Advisory Board of Physical Education and Recreation	Physical education is the process of education through physical activities. It is the development of the total personality of the child to its fullness and perfection in body, mind and spirit.
Charles A. Bucher	An integral part of the total educational process. It is a field of endeavour whose aim is the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities selected to realise these outcomes.
American Alliance for Health, Physical Education, Recreation and Dance	Physical education is education through physical activities which are selected and carried out with regard to their value in human growth, development and behaviour.

Do not mix up the two boards

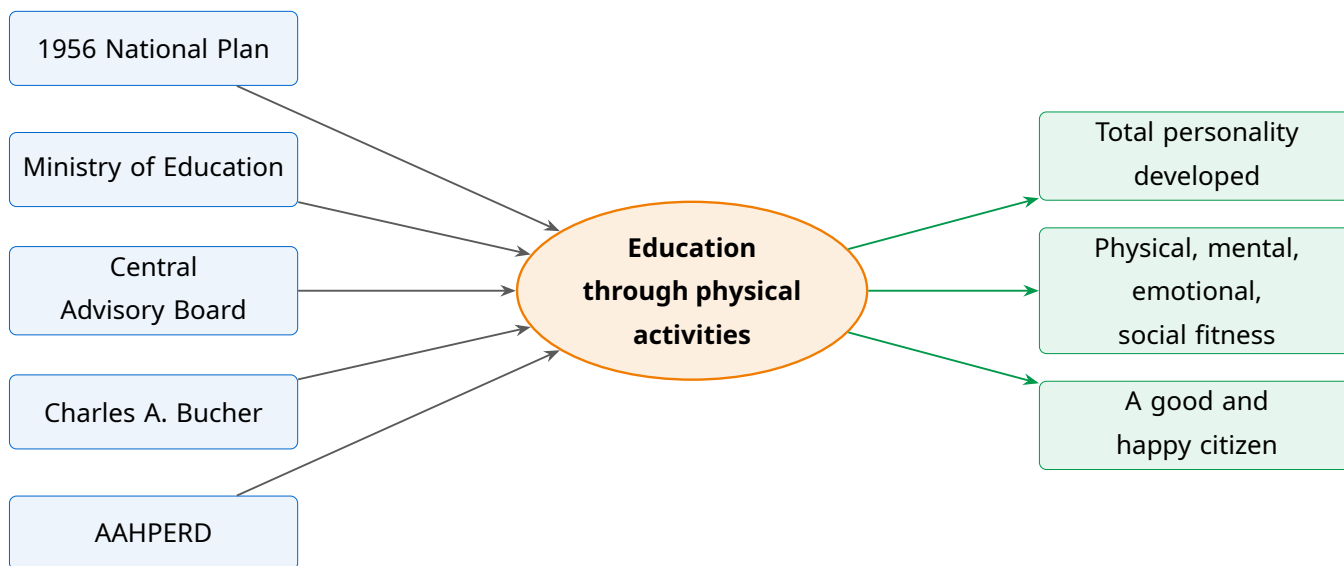
The **National Plan of Physical Education** definition is dated 1956. The **Central Advisory Board** definition is the one with "body, mind and spirit". Students swap these two every year. Tie each definition to one signature phrase and the mix-up stops.

2.3 Common Threads in Every Definition

Read the five definitions together and the same four ideas keep returning. Write these four in any definition question and you cover the marking scheme.

- Physical activity is the **medium**, never the goal itself.
- The goal is the **total personality**, not muscles alone.

- Four fitness areas appear together: physical, mental, emotional and social.
- The end product is a **good citizen** who lives happily with others.



Five sources, one shared idea, three shared outcomes.

Memory aid: P-M-E-S

The four fitness words in almost every definition are **P**hysically, **M**entally, **E**motionally and **S**ocially fit. Remember **PMES**, said as "P-mess". Write those four adjectives and the examiner sees the definition immediately.

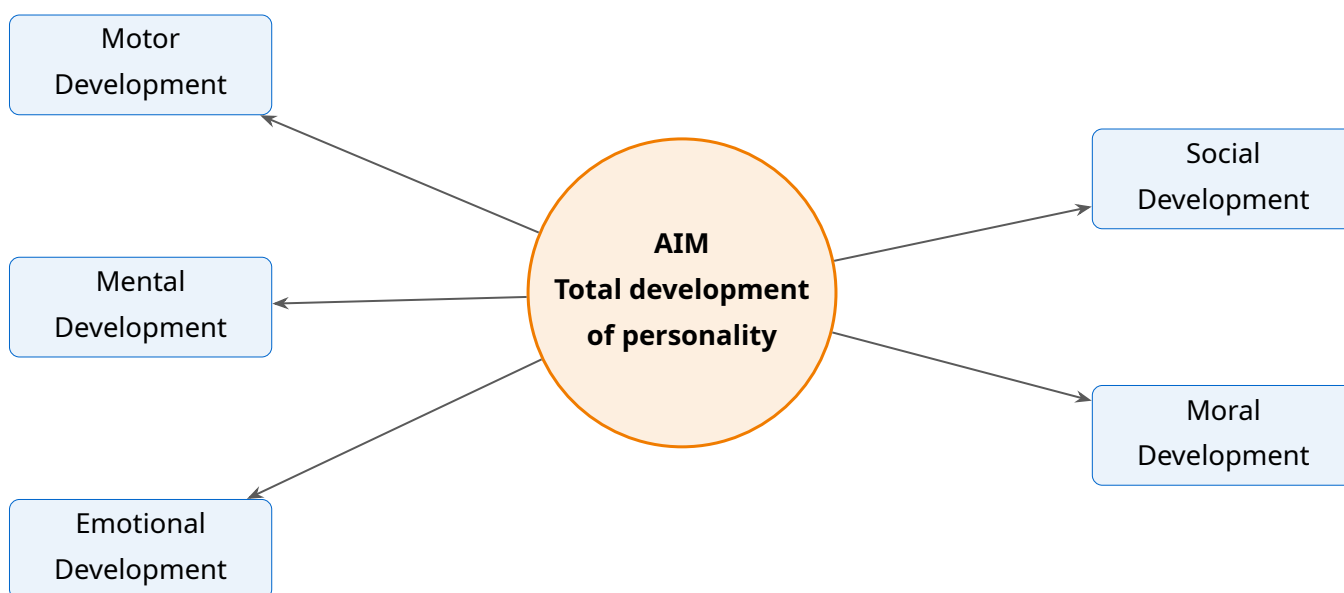
3 Aims and Objectives of Physical Education

The aim of physical education is the total development of human personality. Objectives are the smaller targets that reach that aim. NCERT lists five of them. This section is the highest scoring part of the chapter, so give it the most revision time.

3.1 Aim Against Objective

Students lose marks by treating these two words as the same. They are not.

Point	Aim	Objective
Number	One single aim	Five listed objectives
Reach	Broad and long term	Narrow and measurable
Statement	Total development of human personality	Motor, mental, emotional, social and moral development
Time	Achieved across a lifetime	Achieved through a planned programme



One aim in the centre, five objectives around it.

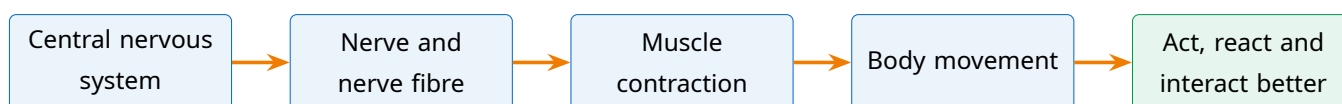
Memory aid: My Mother Eats Spicy Momos

Motor, **M**ental, **E**motional, **S**ocial, **M**oral. Say "My Mother Eats Spicy Momos" and the five objectives come out in textbook order every time.

3.2 Motor Development

Motor development is about the neuromuscular link. It is the connection of a nerve or nerve fibre that joins the central nervous system to the muscles. That link is what lets the body move.

To sharpen the body's ability to act, react and interact, the muscles and nerves need exercise. Physical activity acts on the organ systems. Size, shape and working efficiency of those organs all improve.



The neuromuscular chain behind motor development.

A person with good motor movement finishes daily work without undue fatigue or laziness. Confidence follows. Sound health follows too, which makes that person an asset to society.



Figure 1.3: children participating in physical activities and exercise. NCERT Health and Physical Education, Class 11, Chapter 1.

Motor development is built through games, sports, yoga and dance. Any planned activity programme counts.

Exam shortcut for the motor question

If the question says "motor development", your answer must contain the word **neuromuscular**. Follow it with "act, react and interact" and one activity example. Three marks are usually settled by those three items.

3.3 Mental Development

Mental development is the ability to think and solve problems well. Physical activity feeds this ability with knowledge about body movement, health, fitness, sanitation, nutrition and disease prevention.

A mentally developed person decides wisely and at the right time. The objective covers thinking correctly and acting skilfully in every situation of life.

- Class activities demand mental alertness, not just strength.
- Deep concentration is needed for precise movement.
- Regular practice sharpens the mind and makes it more efficient.

Chess boxing and match tactics

A hockey penalty corner takes under ten seconds. In that window a defender reads the runner, picks a line and commits. That is mental development trained on a field, not in a classroom.

3.4 Emotional Development

Emotion is a psychological state of body and mind. It is a drive to do something. Fear, anger, joy, love and sorrow are the examples NCERT gives.

An emotion is usually a feeling that has become intense. Joy, for instance, means intense pleasure.

What games do to emotion

A child needs three things: confidence, a feeling of belonging, and the removal of negative feelings. Games, sports and yoga build the first two and drain the third.

3.5 Social and Moral Development

These two objectives are often asked together. Keep their key words separate.

Social development covers the feeling of belongingness, adjustment to group living, social poise, social relationships and social adjustment. Physical activity helps a child meet basic needs such as recognition, self-respect, belonging and love.

When those needs are met, the individual becomes a well-adjusted social person. Along the way the child picks up cooperation, friendship, courtesy, empathy, team spirit, democratic living and sportspersonship.

Moral development works through rules. Every game has a set of rules and each player must obey them. Players know that breaking a rule is a moral crime that can get them

expelled from the team.

Obedying the rules therefore becomes a moral duty. Regular participation trains a player to separate right from wrong with honesty.

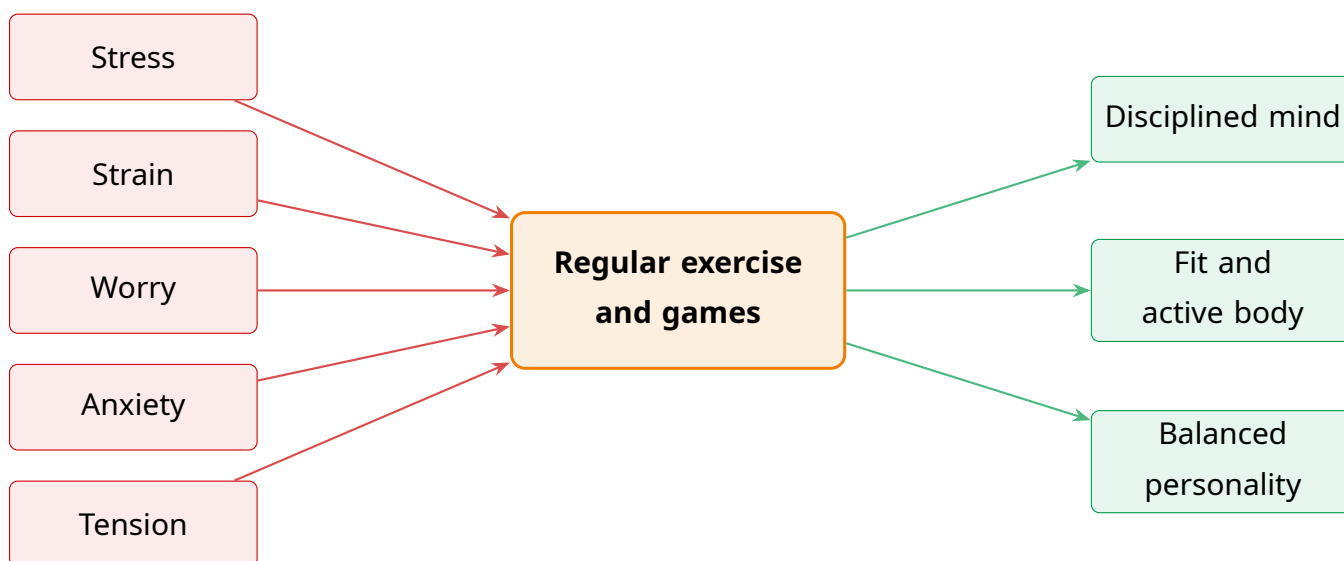
Objective	Core idea	Qualities gained
Motor	Neuromuscular coordination	Strength, speed, endurance, coordination
Mental	Thinking and problem solving	Alertness, concentration, wise decisions
Emotional	Control of feelings	Confidence, belongingness, less negativity
Social	Group living	Cooperation, courtesy, team spirit, sportspersonship
Moral	Obedying rules	Honesty, discipline, sense of right and wrong

4 Need and Importance of Physical Education in Modern Society

Modern research supports what the Greek thinkers Aristotle and Socrates already said. They treated athletics as complete education. Studies now show that adequate exercise of the limbs is needed to discipline the mind in the right spirit. This section explains why that need has grown sharper.

4.1 Why the Need Is Greater Today

Modern life has its own silent killers. NCERT names five: stress, strain, worry, anxiety and tension. Regular exercise and games help the body and mind deal with all five.



The modern problem, the physical education answer, and the result.

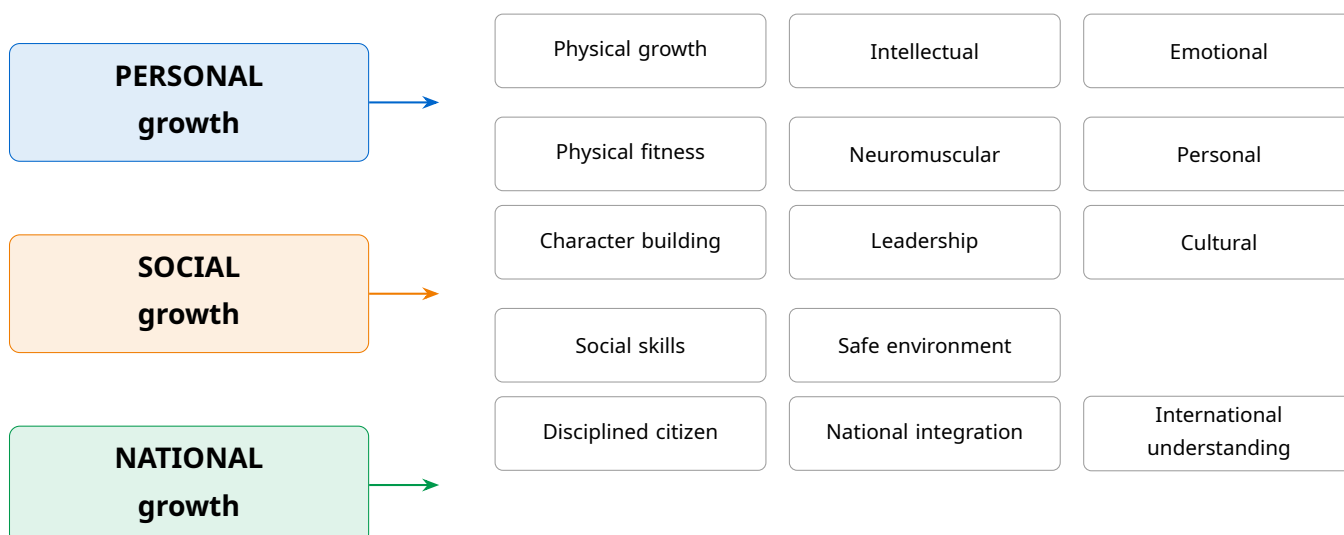
The screen-time problem

A school day now includes online classes, phones and long sitting hours. Physical education is the only timetabled block that forces a student out of the chair. That single period is a direct answer to a sedentary routine.

4.2 The NCERT List of Needs

The textbook gives a long point-wise list. Reproducing all of it is hard under exam pressure, so group it into three clusters. Groups are easier to recall than a flat list.

Cluster	Points from the NCERT list
Personal growth	Optimum development of a child's physical growth; intellectual development; emotional development; personal development; physical fitness; neuromuscular development
Social growth	Social development; character building; developing leadership qualities; cultural development; healthy and safe environment
National growth	Development as a disciplined citizen of the country; development of national integration; better international understanding



Fourteen needs, grouped into three easy clusters.

4.3 What NCF 2005 Says About the Subject

The chapter quotes a passage from the National Curriculum for school education, 2005. Learn its three demands.

- Health and Physical Education must stay compulsory from the primary to the secondary stage, and optional at the higher secondary stage.
- The subject needs equal status with other subjects, which it does not get at present.
- Every school needs the minimum physical space and equipment, plus regular visits by doctors and medical staff.

The passage also asks for school grounds to be opened before and after school hours at the block level. Talented children could then train there, and other children could use the space for leisure-time sport such as basketball, throwball and volleyball.

Why this passage matters

It is the only place in the chapter where policy language appears. A question on the "status of physical education in schools" is answered from this passage, not from the general need list.

Do not write vague need points

"It keeps us healthy" earns almost nothing. The marking scheme looks for NCERT's

own words: neuromuscular development, national integration, character building, leadership qualities. Use the textbook vocabulary and each point becomes a scoring point.

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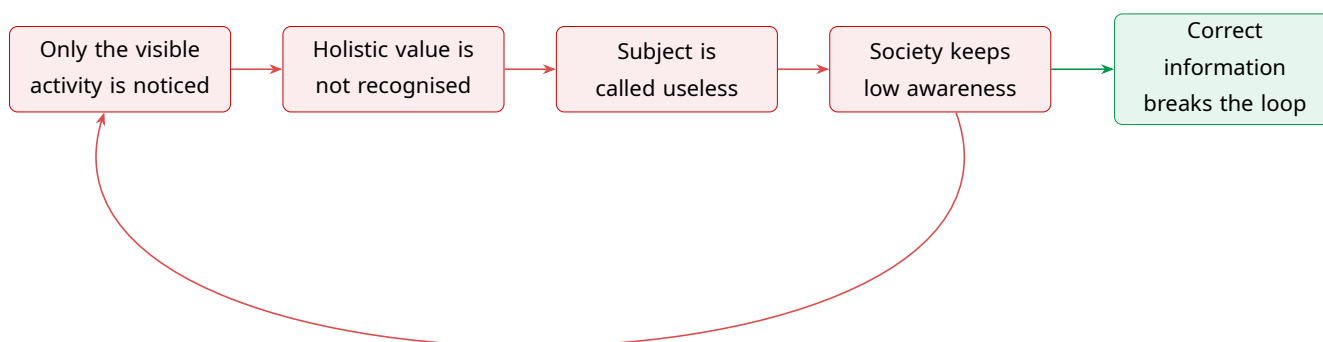
5 Misconceptions about Physical Education and Sports

Lack of understanding creates misconceptions. Some people still refuse to accept physical education as part of the educational process. The chapter lists eleven common myths and this section shows you how to answer each one.

5.1 Where the Myths Come From

The root cause is a narrow view. People see only the visible part of a period, which is running and playing, and stop there.

Skill, fitness, performance and health are all parts of physical education. The subject also addresses educational and developmental values that come from taking part.



A myth loop that only correct information can break.

5.2 The Eleven Myths Listed in the Textbook

The book prints these as sentences that begin "Physical Education...". Learn them as a numbered list.

1. is all about physical training only.
2. is only about participation in games.
3. is about building body.
4. is performing drill.
5. is play.
6. has poor social status.
7. has no job or career prospects.
8. leads to indiscipline.
9. is wastage of money only.
10. has rest periods, hence no physical or mental earning.
11. is taken up by the left out group only.

5.3 Myth Against Fact

Answer format matters here. Write the myth, then the fact. A two-column answer reads better and scores better.

Myth	Fact from the chapter
It is only physical training or drill.	Skill, fitness, performance and health are all parts of it. Drill is one small term inside the subject.
It is only play.	Play has no fixed aim. Physical education is a planned educational process with stated objectives.
It has no career prospects.	The chapter itself lists teaching, coaching, fitness instruction, dietetics, sports medicine, administration, officiating, writing and management.
It leads to indiscipline.	Every game runs on rules, and obeying them is the base of moral development.
It has poor social status.	Sports events get worldwide coverage and top performers are national figures.
It is a wastage of money.	Health spending drops when fitness rises, and sport itself is now an industry.

Never answer a myth question with only a list

Writing the eleven myths and stopping there caps your marks. Each myth needs a one-line correction. Myth plus fact is the answer the examiner wants.

Turn a myth into a definition

Almost every myth is broken by one sentence: physical education is education **through** physical activity, not education **of** physical activity. Keep that line ready and you can rebut any myth in the paper.

6 Terminology Used in Physical Education

The terminology block is the safest scoring area in the chapter. Short answer questions come straight from it. Learn eight terms with one sharp line each, then add a second line of detail for three-mark answers.

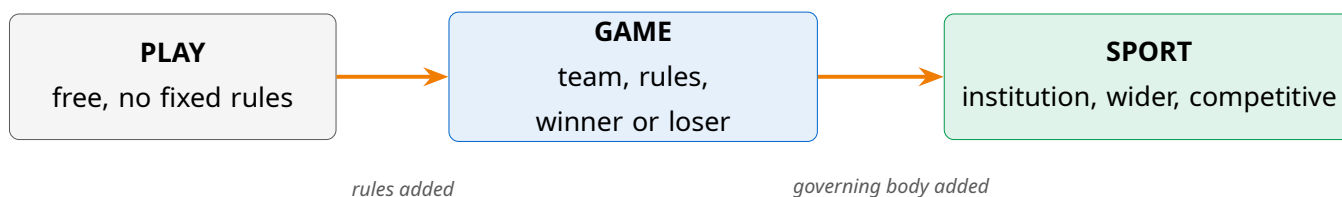
6.1 Game and Sport

A **game** is an activity played by more than two people combined as a team. It has a defined objective, time, space, rules and a limited pattern of behaviour. Its outcome decides a winner or a loser.

A **sport** is a wider term. It acts as an institution that involves all physical activities and individual skills, governed by a set of rules, and often taken competitively.



Figure 1.4: children playing football. NCERT Health and Physical Education, Class 11, Chapter 1.



Play, game and sport form a ladder, not three synonyms.

Game and sport are not interchangeable

A very common short answer question asks for the difference. Write "sport is the wider term and acts as an institution" in the first line. Without the word **institution** the answer looks incomplete.

6.2 Sports Training

Sports training is the planned and systematic process of preparing a sportsperson or athlete for better performance. It is based on scientific principles.

- It improves specific fitness for the chosen sport.
- It improves sport-specific skills.
- It improves techniques and tactics.

Three words that carry the definition

Planned, systematic and **scientific**. Drop any one of them and the definition stops being a definition of sports training.

6.3 Gymnastics

Gymnastics includes exercises done both without apparatus and with apparatus. The exercises involve the arms, legs, hands and trunk, along with jumping movements and balance.

It is built on agility exercises. The apparatus list from the textbook is a favourite one-mark question.

- Parallel bars
- Horizontal bar

- Beam
- Pommel horse
- Ring



Figure 1.5: players performing gymnastics. NCERT Health and Physical Education, Class 11, Chapter 1.

Memory aid for the apparatus list

P-H-B-P-R: Parallel bars, Horizontal bar, Beam, Pommel horse, Ring. Read it as "Please Hand Back Pommel Rings".

6.4 Physical Culture and Drill

In some countries physical education is called **physical culture**. Culture here means social belief, custom and the religious way of treating the body as a temple.

Physical culture also carries the idea of making the body beautiful through shaped muscles. Weight-training devices and sharp, high intensity exercises are the usual means.

Drill covers body exercises that develop good posture for standing, walking and fighting. It also disciplines body and mind.

In games and sports, drill means the repetition of an activity done with beats, music or a verbal order.

One-line answers that always work

Physical culture: physical education seen as a culture of shaping and respecting the

body. Drill: repetition of body exercise with beats, music or verbal order. Two lines, two full marks.

6.5 Health Education and Recreation

Health education covers knowledge about diseases, health, rest, sleep, sanitation, pollution and psychosomatic disorders. The textbook adds a sharp line: a healthy person is an asset for society, an unhealthy person is a liability.

Recreation covers playing, singing, camping, hiking, reading, gardening, dancing and many other pleasure-giving activities. Through recreation a person regains lost energy, vigour and spirit.

After hard work, recreational activity releases mental stress and removes fatigue.

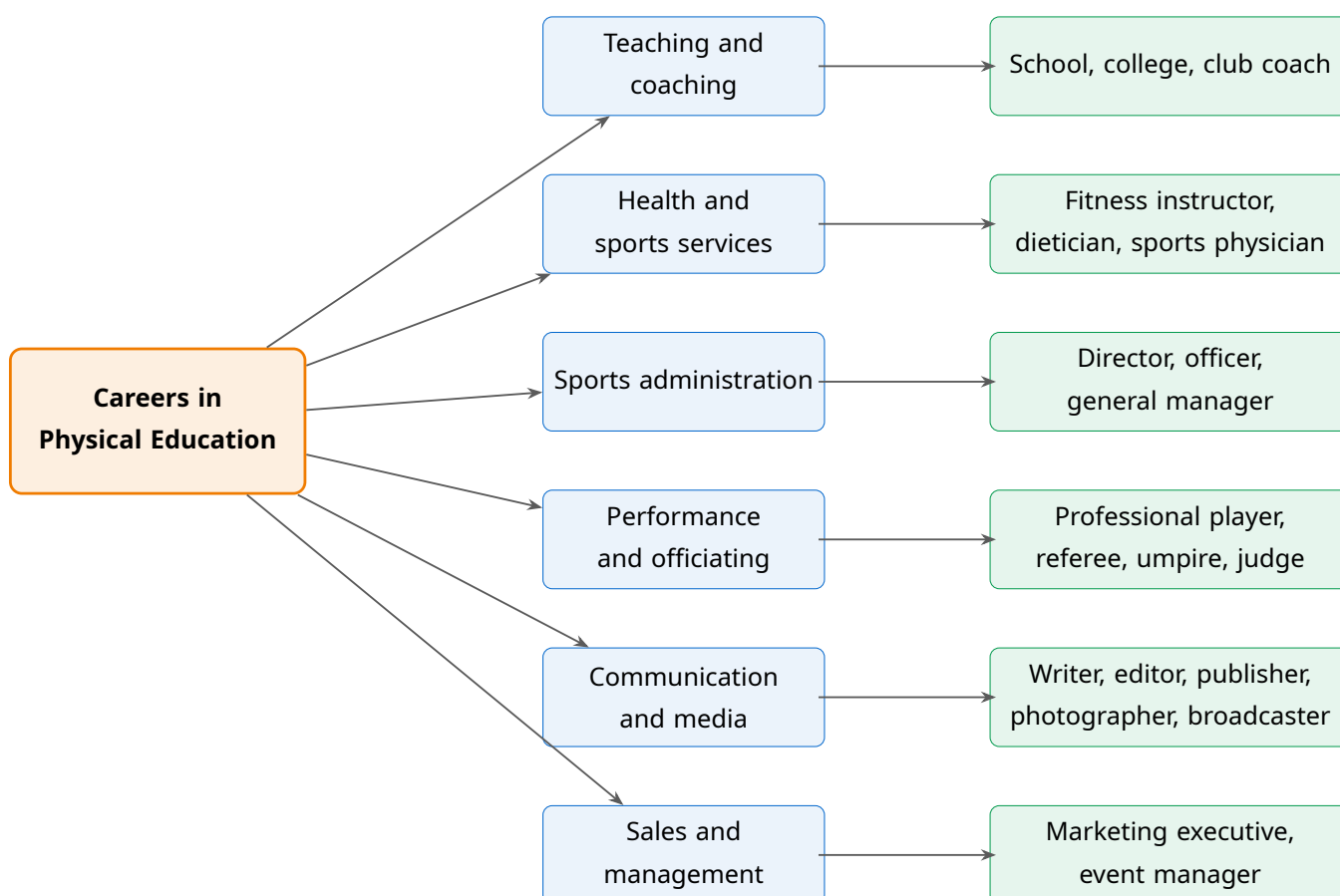
Term	One-line definition for the exam
Game	Activity played by more than two people as a team, with defined objective, time, space and rules, ending in a winner or loser.
Sport	Wider term acting as an institution, covering all physical activities and individual skills, governed by rules and often competitive.
Sports training	Planned and systematic preparation of a sportsperson, based on scientific principles, for better performance.
Gymnastics	Exercises with and without apparatus involving arms, legs, hands, trunk, jumping and balance.
Physical culture	Physical education treated as a culture of shaping the body and treating it as a temple.
Drill	Body exercises for good posture, done as repetition with beats, music or verbal order.
Health education	Knowledge of disease, health, rest, sleep, sanitation, pollution and psychosomatic disorders.
Recreation	Pleasure-giving activity that restores lost energy, vigour and spirit after hard work.

7 Career Options in Physical Education, Sports and Allied Areas

A sports career in India was once seen as a poor choice. That has changed. The chapter lists a wide set of jobs and the mental skills they demand. This section organises them into six families so a long answer writes itself.

7.1 The Six Career Families

Individuals who perform at their peak follow a set of mental processes. Those processes become mental skills, and mental skills lift performance. The textbook advises starting with modest but meaningful goals.



Six career families and the roles inside each one.

7.2 Teaching and Coaching

Careers in sport have long centred on teaching and coaching in schools, colleges and universities.

A **teacher** handles the theory and practical syllabus of health and physical education. The job also covers extramural activity and team preparation.

A **coach** is usually a former player with command over fundamentals, techniques and rules. Coaches own the overall preparation and performance of the team.

- Coaches work in government run centres, sporting clubs and holiday resorts.
- Many run their own sports training centres and are self-employed.

7.3 Health and Sports Related Careers

Interest in fitness keeps rising, so demand for health specialists rises with it. The chapter names three roles.

Role	What the job involves
Physical fitness instructor	Also called a gym or aerobics instructor. Supervises people in fitness clubs and sports centres, plans routines by age, gender and fitness level, and checks that equipment is set up correctly. Works with dieticians, physiologists, psychologists and doctors.
Dietician	Plans the diet of a player or team so food matches the physical work done. Now employed by hospitals, health centres, spas and beauty parlours as well.
Sports medicine physician	Treats sports injuries after judging how serious they are. The duty is to bring the sportsperson back into the mainstream. A good sportsperson often makes a better physician.

An IPL support staff sheet

One franchise team sheet carries a head coach, a strength and conditioning coach, a physiotherapist, a team doctor, a nutritionist, an analyst and a media manager. Five of the six career families in this chapter appear on that single sheet.

7.4 Administration and Performance Careers

An administrator in sport can be a Sports Director, Sports Officer, Head of Department, General Manager, Executive Director or Supervisor.

The work covers finance, scheduling, equipment, facilities and public relations. It also covers curriculum, staff and office monitoring, sports information, scholarships, promotion, supervision of coaches and the organising of conferences.

Qualities an administrator needs

Leadership, good organisation, willingness to accept responsibility, hard work and honesty. These five words answer any question on the qualities of a sports administrator.

Performance related careers split into two. **Professional performers** play as individuals or in teams, on contract or on pay-roll. **Sports officials** such as referees, umpires and judges officiate matches and tournaments on the same terms.

Every sportsperson wants to turn professional but few succeed in earning a living from it. The chapter names Dhyan Chand, Milkha Singh, Sachin Tendulkar, Mary Kom, Vishwanathan Anand, Mahesh Bhupathi and Sakshi Malik as the dream.

The officiating fact examiners like

For officiating, no educational qualification or degree is required. A written and practical examination conducted by the state or national body of that sport must be cleared. That single fact is a ready one-mark answer.

7.5 Communication, Sales and Management Careers

Sports communication is broad. It includes the sports writer, sports editor, sports publisher, sports photographer, painter or artist, broadcaster, sports information director and sports statistician.

- **Sports writers** cover stories on performance, team selection, policies, management and results for newspapers, magazines and bulletins.
- **Sports publishers** handle quality, content, sales and promotion of books, magazines, journals and audio-visual material.

- **Photography** suits people with artistic ability and drawing or painting skill, usually as a part-time or full-time choice.
- **Television and radio reporters** present live programmes from the stadium, plus commentary, summaries, reviews, news and interviews.

Sales and management careers cover sports marketing executives, event managers and competition organisers linked to sports equipment and material. The base skill is convincing a customer that the product or event fits their need.

Knowledge of the product and of tournament organisation is a pre-requisite. The job carries high responsibility and long service hours.

Physical education also opens doors into defence, para-forces and the police service.

8 Quick Reference Summary and Exam Toolkit

This last section is your revision page. It carries the definition bank, the key terms table, the question trend, the mnemonics and the mistake list in one place. Read only this section on the morning of the exam.

8.1 Definition Bank for Long Answers

Five lines that carry most of the marks

- 1. Physical education:** education which brings improvement in human performance with the help of physical activities.
- 2. Central Advisory Board:** the process of education through physical activities, developing the total personality of the child to its fullness and perfection in body, mind and spirit.
- 3. Charles A. Bucher:** an integral part of the total educational process, aiming at physically, mentally, emotionally and socially fit citizens through selected physical activities.
- 4. Aim of physical education:** total development of human personality.
- 5. Five objectives:** motor, mental, emotional, social and moral development.

8.2 Key Terms at a Glance

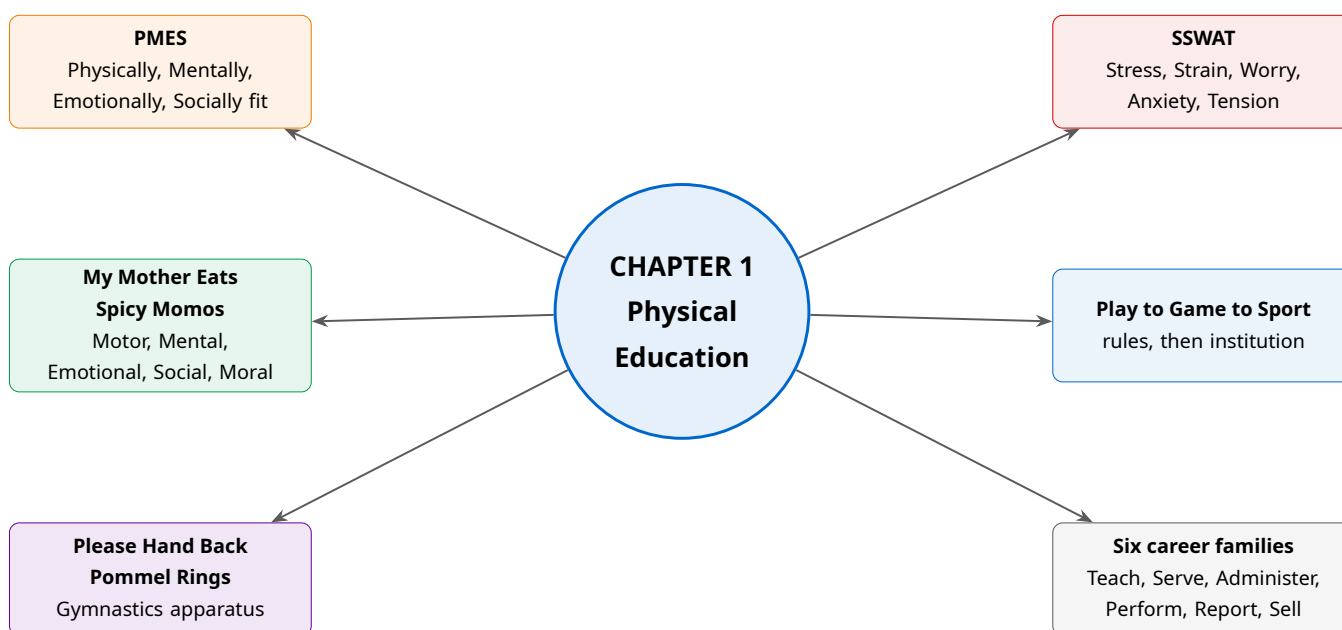
Term	Meaning in one line
Movement education	Another name for physical education, because life is characterised by movement from birth to the end.
Neuromuscular	The nerve-to-muscle link that the central nervous system uses to produce movement.
Motor development	Improving that neuromuscular link so the body can act, react and interact better.
Sportspersonship	Fair and respectful conduct in competition, gained through social development.
Psychosomatic disorder	A physical disorder caused or worsened by mental factors, listed under health education.
Extramural	Activity conducted outside the walls of one's own school, handled by the physical education teacher.
Wellness movement	The modern public interest in health and fitness that widened the scope of the subject.

8.3 Previous Year Question Trend

The pattern from CBSE Class 11 papers and school unit tests is stable. Use it to decide how deep to prepare each block.

Topic	Marks	How often	Usual question form
Definition of physical education	3 to 5	Very high	Define and explain the importance in daily life
Aims and objectives	5	Very high	Explain any four objectives in detail
Misconceptions	3 to 5	High	List the myths and correct them
Career options	5	High	Describe the career options with examples
Terminology (game, sport, drill, recreation)	1 to 3	Very high	Define the term or give the difference
Gymnastics apparatus	1	Medium	Name the apparatus used in gymnastics
Need and importance	3	Medium	Why is physical education needed in modern society
Fill in the blanks and true or false	1 each	High	Straight from the terminology block

8.4 Mnemonics and Quick Recall



Every memory hook from this chapter on one page.

8.5 Common Mistakes and How to Avoid Them

Mistake	Fix
Writing the aim as if it were an objective	One aim, total development of personality. Five objectives under it.
Quoting a definition without naming the source	Always attach the name: Bucher, Central Advisory Board, or the 1956 National Plan.
Using "game" and "sport" as the same word	Sport is wider and acts as an institution. Say so in the first line.
Listing myths with no correction	Pair every myth with a one-line fact.
Describing careers in general words	Name the roles: coach, fitness instructor, dietician, sports medicine physician, administrator, official, writer, event manager.
Skipping the word neuromuscular in the motor development answer	That single word is usually a marked keyword.

8.6 NCERT Assessment Questions with Answer Cues

The chapter closes with an Assessment block. Learn the cue for each question, not a full paragraph.

I. Long answer questions

Question	Answer cue
Define physical education and discuss its importance in daily life.	Start with the improvement-in-human-performance definition. Then take points from the fourteen-item need list, grouped as personal, social and national growth.
What are the main objectives of physical education? Explain any four in detail.	Name all five (motor, mental, emotional, social, moral), then expand four. Use neuromuscular for motor and rules for moral.
What are the misconceptions about physical education and sports?	Give the eleven myths, then pair each with a one-line fact. Close with education <i>through</i> physical activity.
What are the career options in physical education?	Use the six families: teaching and coaching, health services, administration, performance and officiating, communication, sales and management.

II. Short answer questions

1. **Define recreation.** Playing, singing, camping, hiking, reading, gardening and dancing are pleasure-giving activities that restore lost energy, vigour and spirit.
2. **What is drill?** Body exercises that build good posture for standing, walking and fighting, done as repetition with beats, music or a verbal order.
3. **Name the apparatus used in gymnastics.** Parallel bars, horizontal bar, beam, pommel horse and ring.
4. **Difference between game and sport.** A game is played by more than two people as a team with a defined objective, time, space and rules, and ends in a winner or loser. A sport is the wider term, acts as an institution, covers individual skills too, and is often competitive.

III. Fill in the blanks

1. Games include different teams where the number of players is **more than two**.
2. In some countries physical education is considered as **physical culture**.
3. After hard work, one can engage in any kind of **recreational** activity for releasing mental stress and getting rid of fatigue.

4. Drill includes different kinds of body **exercises** for developing good posture of standing, walking and fighting.

IV. True or false

Statement	Answer	Reason
The concept of physical education is new.	False	Its roots are in the ancient period.
In modern times physical education is one of the most exciting and dynamic subjects in its history.	True	The opening line of the chapter.
Charles A. Bucher defined physical education as an integral part of the total educational process.	True	That is his exact phrase.
Gymnastics includes exercises without apparatus and with apparatus.	True	Stated in the terminology block.
Physical education does not promote emotional development.	False	Emotional development is one of the five objectives.

Watch the negative statements

Two of the five true-or-false items are written in the negative form. Read the sentence twice before marking. A statement that says physical education is new, or that it does not promote emotional development, is always false in this chapter.

8.7 Activities Suggested in the Chapter

NCERT prints four activity boxes. They often turn into project work or internal assessment, so keep a note of each.

- **Activity 1.1:** chart the steps taken by the Government of India to promote games and sports, and a second chart on the importance of physical activity for health. Discuss the Fit India Movement and its benefits.
- **Activity 1.2:** prepare a project on the games and sports facilities available in your district, and analyse how they can be shared effectively.
- **Activity 1.3:** list the common myths in your surroundings by talking to parents, grandparents and community members, then compare with the textbook list.
- **Activity 1.4:** collect more information about careers in health and physical education.

Fit India Movement as a ready example

The Fit India Movement gives you a live, named example for almost any need-and-importance answer. It links a government scheme to the school timetable, which is exactly what Activity 1.1 asks you to chart.

8.8 Sixty Second Revision**Read this last**

Physical education is education **through** physical activity. Its aim is total personality development. Its five objectives are motor, mental, emotional, social and moral. Its need today comes from stress, strain, worry, anxiety and tension. Its myths break the moment you state the definition. Its terminology block gives the easiest marks. Its career list runs from coaching to sports management.

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