



The Savvy Humanities

SIMPLIFYING MINDS, SHAPING THINKERS

CLASS 11 · PHYSICAL EDUCATION · CBSE 2026-27 SYLLABUS

Physical Education (048) · Unit 1

Changing Trends & Career in Physical Education

54

pages of notes

8

marks (4 + 4 case-based)

48

board questions solved

31

key terms defined

What's inside

- Mind map and eight drawn charts
- Four definitions with their authors
- Sixteen objectives in four groups
- A dated timeline, 1948 to 2018
- Playing surfaces, gear, technology
- Courses and seventeen careers
- Khelo India's twelve verticals
- A fact page and twenty one-liners

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Handwritten-style, for revision

Every page inside is handwritten-style with highlighting, boxes and a mind map — built to be read the night before, not skimmed.



How to use these notes

What the paper wants

The Class 11 theory paper is 70 marks in 3 hours; your school sets it on the design CBSE uses for Class 12. CBSE's unit table gives Unit 1 eight marks — 4, plus a 4-mark concept-based (case study) question. The unit is made of lists and dates, so marks come from exact recall — a definition with its author's name, the year an institution was set up, a full form, the twelve verticals of Khelo India. CBSE's learning outcomes ask you to recognise the concept, aim and objectives of Physical Education, identify its development after Independence, categorise the changing trends in sports (playing surface, wearable gear, equipment and technology), explore the career options and make out the Khelo India and Fit India programmes. Every exercise in CBSE's textbook for this unit is answered here.

Study order that works

1. Make three lists on one sheet — the dates of section 2, the three NCTE courses with their classes, and the twelve verticals of Khelo India. Most one-mark questions of this unit come from these three lists.
2. Read the mind map first. It is the whole unit on one page.
3. Read the notes once, slowly.
4. Cover the page and say each **Definition** box aloud.
5. Write the model answers by hand, timed.

What the boxes mean

- Definition — exact wording to write ■ Exam tip — how to score ■ Remember — board favourite
■ Common mistake

**CBSE topics in this unit — and your revision tracker**

Tick a box each time you finish a pass. Three ticks across a row means that topic is exam-ready.

Syllabus topic	Read	Practised	Revised
Concept, Aims & Objectives of Physical Education	☐	☐	☐
Development of Physical Education in India – Post Independence	☐	☐	☐
Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements	☐	☐	☐
Career options in Physical Education	☐	☐	☐
Khelo-India Program and Fit – India Program	☐	☐	☐

Not in these notes

Nothing CBSE prescribes for this unit is left out. The textbook's newspaper clipping, its extension activities, the role-play and song activities and its list of weblinks are not reproduced. The long lists of diploma, bachelor's and master's courses are given as examples, not in full. Money figures of Khelo India are written in words. One slip in the textbook is corrected and flagged (the advantage of astroturf is printed under "polygrass"), and one picture-based MCQ is answered with a note on what the picture shows. CBSE publishes no sample paper for Class 11, so none is quoted. The practical work (30 marks) is outside these notes.



Unit at a Glance — Mind Map

Changing Trends & Career in Physical Education

Meaning

- Physical — of the body
- Education — preparation for life
- Education through movement
- Locomotor, non-locomotor

After Independence

- 1948 Tara Chand Committee
- 1957 LCPE, Gwalior
- 1961 NIS, Patiala
- 1984 SAI

Gear and technology

- Safety, performance
- Monitoring, aesthetics
- LED, Hot Spot, VAR, laser
- GPS, timing, force plates

Careers

- Teacher, coach, trainer
- Administrator, event manager
- Journalist, designer
- Seventeen options in all

Fit India

- 29 August 2019
- Fitness — easy, fun, free
- Indigenous sports
- Every school and village

Aim and objectives

- Wholesome development
- National Plan's aim
- Sixteen objectives
- Body, mind, feelings, society

Playing surfaces

- Clay, cinder, grass — natural
- Synthetic track
- Polygrass, astroturf
- MUGA
- wooden courts

Courses

- NCTE recognises three
- D.P.Ed. — Classes I–VIII
- B.P.Ed. — VI–X
- M.P.Ed. — XI–XII, colleges

Khelo India

- Launched 2017–18
- Mass participation, excellence
- Twelve verticals
- 16 priority sports



Where This Unit Sits

A hockey match today is played on blue synthetic turf, timed to a thousandth of a second and reviewed on video — and the people who coach it, manage it, report it and treat its injuries all studied Physical Education. Unit 1 has five topics: the **concept, aims and objectives** of Physical Education; its **development in India after Independence**; the **changing trends** in sports — surfaces, gear and technology; the **career options**; and the **Khelo India and Fit India** programmes.

Marks

CBSE's unit table gives this unit **8 marks: 4**, plus a **4-mark concept-based question** (a case study). The Class 11 theory paper is **70 marks**; practical work carries the other **30**. Your school sets the paper on the same design as the Class 12 board paper.

Exam tip

This unit rewards **exact recall**. Learn each definition with its **author**, each institution with its **year and place**, each course with the **classes it qualifies you to teach**, and the **twelve verticals** in order.

Two sources, always named

These notes use two CBSE documents: the **2026-27 curriculum** (what to study) and CBSE's own **Physical Education Class XI textbook** (how it is explained). CBSE publishes a sample paper only for Class 12, so the question bank here follows that paper's design and answers every exercise of the textbook.

1. Concept, Aims and Objectives of Physical Education

Meaning

Physical Education is made of two words.

- **Physical** means **related to the body** — its strength, endurance, fitness, appearance and health.