



TOPPERS HUB
ACADEMY

CBSE SCORING SUBJECT

Physical Education

Class 11 & 12 One-Liner Notes

A free study resource by **Toppers Hub Academy**

Founder & Director: **Mrs. Neeru Nanda**

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1945 P, Sainik Colony, Sector 49, Faridabad, Haryana 121001

Call / WhatsApp: +91 98916 12831 (9891612831) • toppershubacademy.odoo.com

Core Concepts

- Physical education promotes health, fitness and overall development.
- Wellness includes physical, mental, social and emotional health.
- Components of fitness: strength, speed, endurance, flexibility, coordination.
- BMI (Body Mass Index) = $\text{weight (kg)} / \text{height (m)}^2$.

Training & Sports Science

- Warming up prepares the body; cooling down aids recovery.
- Training methods: continuous, interval, circuit and fartlek.
- A balanced diet includes carbohydrates, proteins, fats, vitamins and minerals.
- Common sports injuries: sprain, strain, fracture and dislocation.

Yoga & Well-being

- Yoga improves flexibility, focus and stress management.
- Asanas help prevent lifestyle diseases.
- Physical activity boosts mood and concentration.
- Regular exercise builds discipline and confidence.

Want the full Physical Education PDF with diagrams and PYQs?

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