

**DELHI PUBLIC SCHOOL, JAMMU**  
**ASSIGNMENT FOR PRE-BOARD-1 (2017-18)**

**SUBJECT :-PHYSICAL EDUCATION**  
**CLASS-12<sup>TH</sup>**

- Q1. Define posture.
- Q2 What do mean by knock out tournament ?
- Q3 What do you mean by ADHD ?
- Q4 What are the disadvantages of league tournament?
- Q5 Write note on health run, sports day.
- Q6 Draw a fixture of thirteen team on knockout basis.
- Q7 Write about any two factors which affect motor development in child.
- Q8 What are the merits and demerits of league tournament. ?
- Q9. Write short note on Bulimia Nervosa.
- Q10 Write a note on disability and disorder.
- Q11. Mention the Macro and Micronutrients present in Balanced Diet.
- Q12. Mention four deficiency diseases and explain anorexia nervosa.
- Q13. List down the causes of bad posture.
- Q14. Explain the remedial measures for legs deformity.
- Q15. Explain Kyphosis, Lordosis, scoliosis, knock-knees, and bow legs.
- Q16. What factors should be considered while making Balanced Diet. ?