

DELHI PUBLIC SCHOOL JAMMU

SESSION (2019-20)

ASSIGNMENT

Cycle Test-II

SUBJECT: PHYSICAL EDUCATION

CLASS -XI

Q1 Define physical education?

Q2 Mention the objectives of physical education.

Q3 Briefly explain the concept of changing trends in physical education.

Q4 Enlist the career option in the field of physical education.

Q5 Mention the qualification available for profession in physical education.

Q6 How many rings are there in Olympic symbol? Mention their colours and Continents.

Q7 Draw the fields and dimensions of Volley Ball and Badminton with rules and duration of game.

Q8 In what way will you encourage and guide your cousin to make career in physical education.

Q9 Make a list of records of Morden Olympic Games from 1896 to 2020

Q10 Highlight the aims and objectives for physical education.

Q11 Make a list of exercises performed in warm-up and limbering down for Volley Ball.

Q12 List the equipments for Rock Climbing.

Q13 Mention four asana for meditation.

Q14 Give two principles of Adaptive Physical Education.

Q15 Define Physical Education?

Q16 Highlight the aim of Physical Education.

Q17 Give working of IOC.

