

CHAPTER : 4: PHYSICAL EDUCATION AND SPORTS FOR CWSN (DIVYANG)

Chapter- 5 YOGA

Chapter-6 PHYSICAL ACTIVITY & LEADERSHIP TRAINING

Based on your understanding of the E-Lectures-cum-PPT's, video link and other e- resources shared with you, answer the following questions.

Objective type/ multiple choice Questions

- The mission of special Olympic Bharat is:
 - To provide year- round sports training
 - To conduct special Olympic programs in India
 - Both (a) and (b)
 - None of the above
- To improve concentration, we practice...:
 - Sarvang Asana
 - Bhujang Asana
 - Padmasana
 - All of the above
- Inclusive education is an education setting in which:
 - Disabled children receive education
 - Disabled athletics receive training
 - Both (a) and (b)
 - None of the above
- Yoga gazing is also Known as
 - Vasti
 - Mauli
 - Trataka
 - Vilom
- The Surfing is a sport which is practiced on.....
 - Mountains
 - Air
 - Water
 - All the above

Short answer Questions

- Q1. What is the aim of adaptive physical education?
- Q2. Write a short note on special Olympic Bharat, Deaflympics and Paralympics.
- Q3. How does meditation help students?
- Q4. Mention any three air-based adventure sports and discuss any one in detail.
- Q5. Elucidate any three measures to prevent sports injuries.

Note:

1. Send your answers to your respective subject teacher's email

Class & Section	Name of Subject Teacher	Email Id
1.XIE	Mr. Romijeet singh	rjshootingjmu769@gmail.com
2.XIF	Mr. Sandeep singh	manhassandeep61@gmail.com
3 . X I A,B,C,D,G	Mr. Gagan deep singh	fictitioussoulz@gmail.com

2. Students must mention their name, class/section and date in their assignments.
3. Your assignment will be marked for internal /Term assessments. Therefore, it is mandatory for you to submit it on time.