

DELHI PUBLIC SCHOOL, JAMMU
SESSION 2018-19

ASSIGNMENT FOR HALF YEARLY

CLASS : XII

SUBJECT: PHYSICAL EDUCATION

- Q.1) What do mean by league tournament ?
- Q.2) What is food intolerance?
- Q.3)What is diabetes?
- Q.4) Mention any 01 cause of OCD?
- Q.5) Define motor development.
- Q.6) Differentiate disabilities and disorder with suitable one example for each.
- Q7) What do understand by Anemia and Anorexia Nervosa?
- Q.8) Describe the objectives of intramural tournaments.
- Q.9) Explain pitfalls of dieting.
- Q.10) Elaborate any 03 methods to prevent each asthma and hypertension.
- Q.11) Explain the term 'Menarche'.
- Q.12) Explain three gender differences in detail.
- Q. 13) What do you mean by specific sports programmes ? what rae the factors considered for specific sports programmes?
- Q.14) Draw a fixture of 25 teams participating in the Knock out tournament with 4 seeded teams.
- Q.15) Explain in detail the effects of diet on sports performance.
- Q.16) Explain the causes of any 05 postural deformities in detail.
- Q.17) Write a detailed note on sports participation of women in India.
- Q. 18) write in brief about formation of committee for organising a tournament.
- Q.19) Explain correct Sitting and standing posture.
- Q.20) How can women athletes overcome the psychological and sociological problems faced by them.