

**DELHI PUBLIC SCHOOL, JAMMU**

**Assignment for Half yearly 2018-19**

**Class: XI**

**Subject: PHE**

- Q1. Difference between Asana and Exercise.
- Q2. Define physical education. Explain the objectives of physical education.
- Q3. Describe the sports award in India.
- Q4. Explain the components of physical fitness.
- Q5. Explain Olympic committee, Olympic Flag, Olympic motto and role of IOC.
- Q6. Discuss the options available for career in physical education.
- Q7. What is yoga? Describe elements of Yoga.
- Q8. Write short note on Skiing, Surfing, Trekking and their safety equipment
- Q9. What are the role of Speech therapist, counselor and physiotherapist?
- Q10. What is Yoga Nidra? Explain the steps of Yoganidra.
- Q11. What do you mean by Leadership? Explain the functions of leadership.
- Q12. Describe the objectives of CBSE sports.
- Q13. Write short note on Adapted physical education, integrated physical education.
- Q14. Define Adventure sports and their importance.
- Q15. Write a short note on Chacha Nehru Award and Olympic charter.