

## **DELHI PUBLIC SCHOOL, JAMMU**

### **Assignment for Half yearly 2019-2020**

**Class: XI**

**Subject: PHE**

- Q1. Difference between Asana and Exercise.
- Q2. Define physical education. Explain the objectives of physical education.
- Q3. Discuss in detail about the structure of Khelo India Programme.
- 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 a short note on the International Paralympics Committee.
- Q9. What are the role of Speech therapist, counselor and physiotherapist?
- Q10. What is Yoga Nidra? Explain the steps of Yoganidra.
- Q11. Describe the formation and objectives of Indian Olympic Association.
- Q12. Discuss briefly about Cardio-respiratory endurance.
- Q13. What are the challenges faced in implementing inclusive education in India?
- Q14. Explain in detail about Special Olympic Bharat.
- Q15. Write briefly about Deaflympics.
- Q16. Discuss the elements of Yoga.
- Q17. Explain the need of Inclusive Education .What measures can be taken for better implementation of Inclusive Education?
- Q18. What is Meditation? What is the importance of meditation?
- Q19. Define lifestyle and write in detail about the importance of healthy lifestyle.
- Q20. What are Ancient and Modern Olympics? Explain in detail.