

CLASS : XI

SUBJECT : PHYSICAL EDUCATION

CHAPTER : 1: CHAGING TRENDS & CAREER IN PHYSICAL EDUCTION

TOPIC: MEANING. OBJECTIVES OF PHYSICAL EDUCATION

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

**Fill in the blanks:**

1. .... fitness is important for healthy life style.
2. Physical education is also know as..... in Common wealth countries.
3. "Education through the physical" is also define as.....
4. Career options in physical education.
5. Discuss the aims and objectives of physical education.
6. Explain role of SAI in changing trends in physical education
7. AICS stands for.....
8. Aims and objective od AICS.
9. Aims and objective of central advisory board.
10. Aims and objective of NIS

**Note:**

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

Class & Section	Name of Subject Teacher	Email Id
1 . X I E	Mr. Romijeet singh	rjshootingjimu769@gmail.com
2 . X I F	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.