

DELHI PUBLIC SCHOOL, JAMMU

SESSION (2019-20)

ASSIGNMENT

CLASS:-XIITH

SUB:-PHYSICAL EDUCATION

- Q1. What do you understand by food myths? Discuss briefly about various food myths.
- Q2. What are functions of protein in our body?
- Q3. Is fat useful or not useful for us and for our body, explain.
- Q4. Write about the various committees and their responsibilities.
- Q5. Explain macro-nutrients and their role in our diet.
- Q6. Mention all calculations and steps involved to draw a Knock-out fixture of 19 teams, where 4 teams are to be seeded.
- Q7. Draw a fixture of 11 teams on the basis of league tournament using cyclic method. Explain British method to declare the winner.
- Q8. What do you mean by balance diet? Explain the factors which affect the balance diet.
- Q9. What are the pitfalls of dieting? Explain any five pitfalls in dieting.
- Q10. Write short notes on: (i) National sports day (ii) Run for specific causes (iii) Run for unity (iv) Run for awareness.
- Q11. Write three differences between Intramurals and Extramural.