

## **Summer Holiday Home work**

### **Class - XI**

### **Subject - Physical Education**

#### **1 Marks Questions**

1. Define Physical Education.
2. Write the motto of Summer Olympic.
3. What do you mean by Physical Fitness?
4. What do you mean by Adaptive physical Education?
5. What is the meaning of yoga?
6. Write two objectives of Adventure sports.
7. What is mountaineering?
8. What is the meaning of Meditation?
9. Explain about international Paralympics Committee.
10. Enlist the Diploma courses in Physical Education.

#### **3 Marks Questions**

1. Briefly discuss the changing Trends in Physical Education in India.
2. Explain the objectives of Indian Olympic Association.
3. Explain the importance of Healthy/Positive life style.
4. Explain the need of inclusive education.
5. Discuss any three stages of yoganidra.
6. Elucidate any three soft skill required in the field of physical education.

#### **5 Marks Questions**

1. Define Physical Education. Explain its aim and objectives of physical Education.
2. Discuss about Ancient and summer Olympic in brief.
3. Define wellness. Explain the components of fitness.
4. Write a detailed note on deaflympic.
5. What do you mean by yoga? Explain the elements of yoga.
6. Leaders can be trained through physical education justify your answer.

#### **Note :- Revise for MT-3 Syllabus**

**Chapter 4 - Physical Education & Sports For CWSN (Divyang)**

**Chapter 5 - Yoga**

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