

DAV PUBLIC SCHOOL, DVC, MTPS

SUMMER HOLIDAYS HOMEWORK-1

CLASS-11

SUBJECT-PHYSICAL EDUCATION

M.M- 40

ALL QUESTIONS ARE COMPULSORY

1. ANSWER THE FOLLOWING QUESTIONS IN BRIEF

- | | | |
|----|--------------------------------|---|
| A. | Meaning of physical fitness. | 1 |
| B. | Define wellness. | 1 |
| C. | What is lifestyle ? | 1 |
| D. | Define Endurance. | 1 |
| E. | What do you mean by strength ? | |

2. ANSWER THE FOLLOWING QUESTION.

- | | | |
|---|---|---|
| A | Discuss any three components Of positive lifestyle. | 3 |
| B | Discuss about three components of wellness. | 3 |
| C | Define physical fitness and wellness in details. | 3 |
| D | Explain various types of flexibility in brief. | 3 |
| E | Discuss types of strength in brief. | 3 |
| F | Elucidate the importance of positive and healthy lifestyle. | 5 |
| G | Discuss about importance of physical fitness. | 5 |
| H | Explain the components of wellness in details | 5 |
| H | Elucidate any two components of physical fitness. | 5 |

DAV PUBLIC SCHOOL, DVC, MTPS

SUMMER HOLIDAYS HOMEWORK -2

CLASS-11

SUBJECT-PHYSICAL EDUCATION

M.M- 40

ALL QUESTIONS ARE COMPULSORY

1. ANSWER THE FOLLOWING QUESTIONS IN BRIEF

- | | | |
|----|---|---|
| A. | Define physical education according to J.B. Nash. | 1 |
| B. | What is adapted physical education | 1 |
| C. | Define special Olympic Bharat. | 1 |
| D. | Define physical fitness according to H.C. Back. | 1 |
| E. | In general what _ the aim of physical education. | |

2. ANSWER THE FOLLOWING QUESTION :-

- | | | |
|---|--|---|
| A | Objective of physical education. | 3 |
| B | In sports what is call physical development. | 3 |
| C | Define mental development. | 3 |
| D | What do you mean by social development? | 3 |
| E | Discuss emotional development. | 3 |
| F | Briefly discuss about all India council of sports. | 5 |
| G | Achievements of all India council of sports. | 5 |
| H | Discuss about sports authority of India. | 5 |
| H | Schemes of sports authority of India. | 5 |

DAV PUBLIC SCHOOL, DVC, MTPS

SUMMER HOLIDAYS HOMEWORK -3

CLASS-11

SUBJECT-PHYSICAL EDUCATION

M.M- 40

ALL QUESTIONS ARE COMPULSORY

1. ANSWER THE FOLLOWING QUESTIONS IN BRIEF

- | | | |
|----|---|---|
| A. | What do you mean by adapted physical education. | 1 |
| B. | What do you mean by health related careers in physical education. | 1 |
| C. | What is sports journalism. | 1 |
| D. | What do you mean by social wellness. | 1 |
| E. | What is nutritional wellness. | |

2. ANSWER THE FOLLOWING QUESTION :-

- | | | |
|---|--|---|
| A | Enlist the career option in physical education. | 3 |
| B | Explain the concept of physical education.. | 3 |
| C | Briefly discuss about coordinative abilities | 3 |
| D | Discuss about type of strength. | 3 |
| E | Discuss about type of ability. | 3 |
| F | Explain in detail the sports media related careers in the field of physical education. | 5 |
| G | Write short notes :- a)Career in sports photography. b)Career in sports industry. | 5 |
| H | Do the components of positive lifestyle help in leading a healthy life? Discuss in detail. | 5 |
| I | Why people must need physical to lead a healthy life _ write own views. | 5 |

PROJECT WORK

1) FIVE YOGA.

2) AAHPERD TEST