

**Delhi Public School, Jammu**

**Periodic Test-I Assignment (2017-18)**

Class:11<sup>th</sup>

Sub: Phe

Q1.What is the aim of physical education.

Q2.What do mean by physical fitness?

Q3. Explain the motto of Olympics

Q4.What is physical education?

Q5. What is active flexibility?

Q6.To whom Arjuna award is given.

Q7.List the physical fitness components.

Q8.What are the objectives of physical education?

Q9.Write a note on Winter Olympics.

Q10. Define the term warming up and cooling down.

Q11. What are the various physical education courses available in india.

Q12.Discuss the functions of IOC.

Q13.Explain about Chacha Nehru Sports Award.

Q14.Explain the meaning ofPhysica Fitness and Wellness.Highlight its importance.

Q15. What are the various career options for physical education.

Q16. Describe Dronacharya Award and Rajiv Gandhi Khel ratna Award.

Q17.Write short note on the following:

a)Olympic flag

b)Olympic torch

Q18.What are the changing trends in physical education from your point of view?