

DELHI PUBLIC SCHOOL, JAMMU

PERIODIC TEST-I (ASSIGNMENT)

SUB:PHE

CLASS:XII

1. Explain the meaning of Planning.
2. What do u understand by Fixture?
3. List down the functions of balance diet.
4. What is obesity ?
5. What are the functions of carbohydrates in our diet?
6. Explain the procedure of giving Bye in fixture.
7. What is chakrasana?
8. Make a league fixture of 16 teams.
9. Write a note on Pitfalls of dieting.
10. What is meant by shalabhasana ?
11. Explain the importance of water in our diet.
12. What do you mean by intra-mural activities? Highlights the advantages of Extra-mural activities.
13. Describe the role of diet on performance.
14. What do you mean by Yoga? Outline the importance of Yoga.
15. Explain the role of macro-nutrients in our diet. Mention their sources.