

DELHI PUBLIC SCHOOL, JAMMU
SESSION 2018-19

ASSIGNMENT

CLASS : **XI**

SUBJECT: **PHYSICAL EDUCATION**

1. Explain in detail about various Physical Education courses available in India.
2. Write down the Olympic Oath.
3. Define healthy life style.
4. Describe the development of values through Olympic Movement.
5. What are the importance of soft skills in sport management?
6. What are Ancient and Modern Olympics. Explain in detail.
7. Describe the objectives of CBSE Sports.
8. Define endurance & flexibility.
9. Write short notes on 1) Dhronacharya Award 2) Arjuna Award 3) Rajiv Gandhi Khel Ratan Award.
10. Describe the components of positive life style.