

DELHI PUBLIC SCHOOL JAMMU
Revision Sheet for Cycle Test 1 (2018)

Class-XI

Subject – P.H.E

TOPICS:

- 1) Changing Trends in Physical Education.**
- 2) Olympics Movement.**
- 3) Physical Fitness and Wellness.**

SECTION A (VERY SHORT TYPE QUESTIONS)

- Q1 What is the aim of Physical Education?
- Q2 What do you mean by a Sports Journalism?
- Q3 What is Olympic Oath?
- Q4 What is meant by life style?
- Q5 Define Flexibility

SECTION B (SHORT TYPE QUESTIONS)

- Q6 Difference between static strength and dynamic strength.
- Q7 What do you mean by Physical fitness? Describe the factors affecting physical fitness and wellness.
- Q8 Discuss the importance of physical fitness.
- Q9 Describe the formation and objectives of Indian Olympic Association.
- Q10 State the objectives of CBSE games.
- Q11 Write a note on Modern Olympic Game?

SECTION C (LONG TYPE QUESTIONS)

- Q12 Highlights the components of positive lifestyle.
- Q13 Define physical education. Explain the objectives of physical education.
- Q14 Describe the sports award in India.
- Q15 Explain the components of physical fitness.
- Q16 Explain Olympic committee, Olympic Flag, Olympic motto and role of IOC.
- Q17 Discuss the options available for career in physical education.
- Q18 What do you understand by wellness? Describe the components of Wellness.
- Q19 Explain the Origin of Ancient Olympic Games?