

DELHI PUBLIC SCHOOL, JAMMU

SESSION 2021-22

HOLIDAY'S HOMEWORK

CLASS : XI

SUBJECT : PHYSICAL EDUCATION

Intelligence and skills can only function at the peak of their capacity when body is healthy & strong. May these holidays inspire you to exercise daily so that you may live a healthy life.

Based on your understanding of the E-Lectures-cum-PPT's, video link and other e-resources shared with you, answer the following questions.

Fill in the blanks:

1. Fitness is important for healthy
2. Physical education is also known as..... in Common wealth countries.
3. "Education through the physical" is also define as.....
4. AICS stands for.....

Answer the following questions.

5. Define Career options in physical education.
6. Discuss the aims and objectives of physical education.
7. Explain role of SAI in changing trends in physical education. Also mention the Aims and objective of NIS.

PROJECT WORK

8. Make a PPT on any one of the international sporting event hosted by India. It may include (name of the event, year, Indian players who participated and their performance in that event).
9. Make a list of international multi sport events.
10. Draw a 400 mts standard track of athletics in your practical notebook.
11. Make a project file on the proficiency of game from given below games:
Basket ball, Unified basket ball, Athletics, Badminton, Swimming, Rope skipping Yoga , Bocce and shooting.

(points to remember : Handwritten project, use interleaved sheets for the projects, it may include History, Introduction, Rules, Terminologies, Skills, Equipment's, labelled diagram of field and equipment's, national and international award winners, famous tournaments).

Note:

1. Send your Holiday Homework by e-mail to your respective Subject Teacher by 13th of July, 2021. Your submission will carry 4 marks.(2 marks- Subject Relevance & Research, 2 marks- Handwriting).
2. Practice for your Homework/ Project Presentation (5-6mins) to be held during virtual class after holidays. It will carry 6 marks. (2 marks- Confidence, 2 marks- Subject Clarity, 2 marks- Presentation Skills).
3. The schedule for presentation will be shared later.
4. The teacher may ask 1 or 2 questions during the presentation.

Class & Section

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