

DELHI PUBLIC SCHOOL, JAMMU
PERIODIC TEST-II (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 are the functions of carbohydrates in our diet?
5. List down the causes of bad posture.
6. What are the causes of Lordosis?
7. Define motor development.
8. Explain the procedure of giving Bye in fixture.
9. Make a league fixture of 16 teams.
10. Write a note on Pitfalls of dieting.
11. Explain the importance of water in our diet.
12. Describe the correct standing and sitting posture.
13. What are the causes of bad posture?
14. What do you mean by intra-mural activities? Highlights the advantages of Extra-mural activities.
15. Describe the role of diet on performance.
16. Explain the role of macro-nutrients in our diet. Mention their sources.
17. Explain the remedial measures of legs deformity.
18. Describe good Posture. What are the advantages of good posture.