

D.A.V PUBLIC SCHOOL, KURUKSHETRA
SUMMER VACATION ASSIGNMENT
CLASS - XI
SUBJECT : PHYSICAL EDUCATION

Q.1 Describe Integrated Physical Education . Write the Principle of Integrated Physical Education.

Q.2 Name Some Important Sports awards. Explain any three of them?

Q.3 Elucidate the origin of Ancient Olympic Games with its rules & regulations.

Q.4 What is All India Council of Sports? What are its functions and achievements?

Q.5 Explain organizational set up of CBSC In detail.

Q.6 How can life threatening diseases be prevented through lifestyle change? Discuss in details.

Q.7 Write an article on health indicators discussing its types.

Q.8 Write any two importance of Physical fitness and wellness.

Q.9 Elaborate NIS with its aims and functions.

Q.10 Describe 'Chacha Nehru Sports Awards'.