

DAV BORL PUBLIC SCHOOL, BINA

REVISION WORKSHEET FOR HALF YEARLY

CLASS – XI

SUBJECT- PE

- Q1 Define Physical Education?
- Q2. Give the aim of physical education?
- Q3. What do you understand by physical fitness?
- Q4. Write any two methods for improving wellness?
- Q5. Write two career options in Physical Education?
- Q6. What is a positive life style?
- Q7. Draw a diagram of factors which can affect physical fitness?
- Q8 What are the components of positive lifestyle?
- Q9 Explain the role of parents in the career aspects of their ward?
- Q10 Highlight four avenues of career preparation in physical education?
- Q11. What is Adapted physical education?
- Q12. Write any two misconception of physical education?
- Q13. Give details of Arjuna Award?
- Q14 What do you understand by International Olympic Committee?
- Q15. Write short notes on:
- a. Ancient Olympic games
 - b. Olympic Flame
 - c. Olympic Flag.
- Q16. Describe the concept and principles of integrated physical education?