
Class: XI

Subject : Physical Education

Assignment No. 3

1. What are the function of Muscular System ? What are the effect of exercises on muscular system?
2. What are the effect of exercises on skeleton system?
3. What are the function of Circulatory System ? What are the effect of exercises on Circulatory System?
4. What do you mean by concept of adopted physical education ? Explain its principles.
5. How is "Sports for All" a need of today?

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