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**Class: XII**

**Subject: Physical Education**

**Assignment No. 2**

- 1- What do you mean by Intramurals and Extramural? Elucidate the significance of extramural and intramurals.
- 2- What do you mean by planning? Elucidate the objectives of planning in sports in detail.
- 3- What do you mean by specific sports programmes? Explain in detail.
- 4- Explain any five common postural deformities.
- 5- Discuss the physical exercises as corrective measures for the deformities of spinal curvature.
- 6- What do you mean by motor development? Explain the motor development during childhood.
- 7- What do you mean by food supplement? Describe the precautions for taking food supplements.
- 8- Explain the administration of AAPHERD Youth Fitness Test.
- 9- Explain Sit and Reach Test in detail.

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