

**BRAIN INTERNATIONAL SCHOOL**

Physical Education Assignment  
Unit V (Yoga)

CLASS XI

July 2018

- Q.1 Write down the definition of Yoga.
  - Q.2 What is shatkarmas?
  - Q.3 Enlist the types of pranayama.
  - Q.4 Explain any four elements of yoga.
  - Q.5 Explain about the procedure and advantages of padmasana.
  - Q.6 Elaborate the advantages of yoganidra.
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**BRAIN INTERNATIONAL SCHOOL**

Physical Education Assignment  
Unit VI (Physical activity and leadership training)

CLASS XI

July 2018

- Q.1 What do you mean by adventure sports?
- Q.2 What do you mean by rock climbing?
- Q.3 Write a short note on river rafting.
- Q.4 Enlist the types of physical activity.
- Q.5 Discuss material required and safety measures for trekking.
- Q.6 Elaborate the role of leader in the field of physical education.