

BRAIN INTERNATIONAL SCHOOL

Physical Education Assignment
Unit I (Planning in Sports)

CLASS XII

March 2018

- Q.1 Enlist the various types of tournament.
 - Q.2 Draw a fixture of twenty seven teams with knock out method.
 - Q.3 What is bye?
 - Q.4 Enlist the specific sports programmes.
 - Q.5 Enlist the objectives of intramurals competition.
 - Q.6 Enlist the objectives of planning.
 - Q.7 Draw a fixture of eight teams with cyclic method.
 - Q.8 Explain the various committees for organization of track and field meet/sports.
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Physical Education Assignment
Unit II (Sports and Nutrition)

CLASS XII

March 2018

- Q.1 What is magnesium?
- Q.2 What is Nutrition?
- Q.3 Write down the name of fat soluble vitamins and explain any two in details.
- Q.4 Discuss in brief about nutrition during competition.
- Q.5 Enlist the methods to control healthy body weight.
- Q.6 Enlist the non-nutritive components of diet.
- Q.7 Discuss any three pitfalls of dieting.
- Q.8 What is food intolerance?

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Physical Education Assignment
Unit III (Yoga and lifestyle)

CLASS XII

April 2018

- Q.1 Discuss the procedure of ardha chakrasana.
 - Q.2 What do you mean by hypertension?
 - Q.3 Write down the benefits of paschimottanasana.
 - Q.4 Enlist the asana to prevention of back pain.
 - Q.5 Write down the benefits and contraindications of tadasana.
 - Q.6 What do you mean by diabetes?
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Physical Education Assignment
Unit IV (Physical education and sports for differently-abled)

CLASS XII

April 2018

- Q.1 Define disorder.
- Q.2 Discuss the causes of OCD.
- Q.3 Write down the full form of ADHD and SPD.
- Q.4 Explain the advantages of physical activities for children with special needs.
- Q.5 Write down the general disability etiquettes.
- Q.6 Explain the types of disability.

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Physical Education Assignment
Unit V (Children and Sports)

CLASS XII

May 2018

- Q.1 What do you mean by gross motor development?
 - Q.2 What is lordosis?
 - Q.3 Write down the exercises related to scoliosis.
 - Q.4 Discuss about the advantages of weight training.
 - Q.5 Write down the corrective measures related to knock-knee.
 - Q.6 Explain the advantages of correct posture.
 - Q.7 Explain the factors affecting motor development.
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Physical Education Assignment
Unit VI (Women and Sports)

CLASS XII

May 2018

- Q.1 What do you mean by amenorrhoea?
- Q.2 Discuss about the symptoms of triad.
- Q.3 Enlist the psychological aspects of women athlete.
- Q.4 Explain the reasons for less participation of women in sports.
- Q.5 What is menarche?
- Q.6 What do you mean by eating disorder?