

Physical Education

- Q1. What do you understand by Endurance?
- Q2. What is the meaning of physical fitness and wellness?
- Q3. What are the components of physical fitness?
- Q4. What do you mean by planning in sports?
- Q5. What is a Knock out tournament? Write two advantages?
- Q6. Define sport Environment?
- Q8. Give four example of Aerobic Exercise?
- Q9. Discuss "Yoga as an Indian Heritage"?
- Q10. Write the advantages and disadvantages of friction in the field of games and sport
- Q11. Define Yoga and explain its importance.

PART-B

- Q12. Explain the brier History of Game/sports?
- Q13. Mention any four fouls /Terminology of game/sport?
- Q14. Write any three specific exercise of your game?
- Q15. Write three fundamental skills of a game /sports?
- Q16. Draw a label diagram of a court of the game/sport with all specifications?