

GURU GOBIND SINGH PUBLIC SCHOOL
SECTOR V/B, BOKARO STEEL CITY
SUBJECT: PHYSICAL EDUCATION

Class XI

Level-1

1. Define physical education
2. What is the aim of physical education
3. Enlist the soft skills required in careers of physical education.
4. Describe in detail the various physical education courses available in India
5. Enlist the objectives of physical education and explain any one of them
6. Elucidate the coaching career in detail
7. Discuss the changing trends in physical education in India
8. What is Olympic movement
9. What is the aim of CBSE Sports?
10. What do you mean by CITIUS, ALTIUS and FORTIUS?
11. What do you mean by IOC?
12. Write a short note on Olympic flag.
13. Discuss about opening ceremony of modern Olympic Games.
14. Discuss the objectives of Indian Olympic Association.
15. Explain the role played by Coubertin in the origin of modern Olympic Games.
16. Discuss the general rules related to the organisation of CBSE Sports Competitions.
17. Briefly discuss the Winter Olympics.
18. Discuss the objectives of Chacha Nehru Sports Awards.
19. Describe the criteria of Dronacharya Award?
20. Describe about Rajiv Gandhi Khel Ratna Award.
21. Explain the origin of Ancient Olympic Games.
22. What do you mean by physical fitness?
23. What is meant by Wellness?
24. What is lifestyle?
25. What is flexibility?
26. Define endurance?
27. What do you mean by strength?
28. Discuss the three components of positive lifestyle.
29. Briefly discuss about coordinative abilities.
30. What is body composition?
31. How can health threat be prevented through lifestyle? Elucidate the importance of positive/healthy lifestyle in detail.
32. What do you mean by IPC?
33. What is the aim of Adaptive Physical Education?
34. What do you mean by integrated physical education?
35. Briefly discuss about special Olympic Bharat.
36. What is the role of counsellor for students with special needs? Discuss in brief.
37. Write the oath of Special Olympics Bharat.
38. Discuss the role of Physiotherapist for Students with Special needs.
39. What is asana?
40. What is yama?
41. What is asteya?
42. What are Niyamas?
43. What is pranayama?
44. What is meditation?
45. Discuss the elements of yoga.
46. Explain briefly the procedure of Tadasana.
47. Describe two qualities of good leaders.
48. What is mountaineering?
49. What is easy trekking?
50. What is rock climbing?

Comment [u1]: