



## HOLIDAY HOMEWORK CLASS XI CBSE

## SUMMER BREAK 2018-19 SUBJECT : PHYSICAL EDUCATION

### INSTRUCTIONS

**Questions 1 to 5 are 01 Mark questions, These must be answered in 20 to 30 words.**  
**Questions 6 to 13 are 3 Marks questions. These must be answered in 80 to 90 words.**  
**Questions 14 and 15 are 5 Marks questions. These must be answered in 150 to 200 words.**

- Q1. Explain briefly the procedure of Tadasana.
- Q2. What do you mean by wellness?
- Q3. What is body composition?
- Q4. What is the aim of physical education?
- Q5. What is the Muscular Strength?
  
- Q6. Enumerate the objectives of physical education in brief.
- Q7. What do you mean by coordinative abilities?
- Q8. What is flexibility? Discuss the various types of flexibility in brief.
- Q9. Define strength and discuss its types in **brief**.
- Q10. Discuss the concept of positive lifestyle.
- Q11. Discuss the role of maintaining a healthy weight in preventing health threats through lifestyle.
- Q12. What do understand by Endurance? Explain the different types of endurance.
- Q13. What do you mean by yoganidra? Enlist the stages of Yoganidra.
- Q14. What do you mean by yoga? Explain its importance in daily life?
- Q15. Elucidate any two asanas for improving concentration of mind.

### Value Based Questions

- Q16. Last year, our school organized a programme "Run for Unity". All the students and teacher of our school were involved in this race. Such runs promote unity, peace and harmony among the people. After covering a distance of two kilometers, one student suddenly felt chest pain. He complained to a teacher regarding pain. Immediately some of the teachers, who were running beside him, took him to the doctor for necessary check up. His blood pressure was measured and ECG was also performed. Doctor said that it was not the case of heart problem. It was surely the problem of second wind which is usual phenomenon for individual who does not practice to run a race.

Based on the above passage, answer the following questions:

( 1 x 3 )

1. What is physical fitness?
2. What values did the teachers show by taking the student to the doctor immediately?
3. Was the student physically fit enough?