

Guru Gobind Singh Public School

Sector: 5/B , B.S.City

Class : 11

Subject : Physical Education Assignment 2019

1. Briefly discuss about any three International Competitions of athletics.
2. Discuss the three national competitions of cricket in brief.
3. Write down any six tournaments of football.
4. Define physical education.
5. What is the aim of physical education.
6. Elaborate the 'Khelo India ' Programme.
7. Define Physical education and explain its aim and objectives in detail.
8. What are the various career options in physical education ? Discuss the teaching career in detail.
9. Elucidate the coaching career in detail.
10. Explain in detail the sports media related careers in the field of physical education.
11. Write a short note on the Olympic Flag.
12. Discuss the main function of IOC.
13. Discuss about Olympic Flame and Olympic Oath.
14. Explain the origin of Ancient Olympic Games.
15. Explain the origin of Modern Olympic Games.
16. Elucidate about the development of values through Olympic Movement .
17. Elucidate in detail about International Olympic Committee.
18. Write a detailed note on Indian Olympic Association.
19. Discuss Summer Olympic Games.
20. Elucidate about Winter Olympics.
21. Briefly discuss about Paralympics.
22. Explain about Special Olympics in detail.
23. What is meant by lifestyle ?
24. What is flexibility ? Discuss the various types of flexibility in brief.
25. Briefly discuss about coordinative abilities.
26. Define physical fitness and wellness. Elaborate the importance of physical fitness and wellness in detail.
27. Define wellness and explain the components of wellness in detail.
28. What do you mean by the term 'lifestyle' ? Elucidate the importance of positive/healthy lifestyle in detail.
29. What do you mean by physical fitness ? Elucidate any two components of physical fitness.
30. Discuss the components of health related physical fitness in brief.
31. What do you mean by Adaptive Physical Education ?
32. Who can participate in Paralympic Games?
33. Discuss the need of Integrated Physical Education.
34. Briefly discuss the implementation of inclusive education in India.

35. Discuss the role of physiotherapists for students with special needs.
36. Discuss the role of occupational therapist for students with special needs.
37. What is the role of school counselor for students with special needs ? Discuss in brief.
38. Discuss the objectives of adaptive physical education in detail.
39. Write a note on Special Olympics Bharat.
40. Write a note on Paralympic Games.
41. Write a detail note on Deaflympics.
42. What is inclusion ? Discuss the need of inclusive education.
43. How can inclusive education be implemented in India effectively ?
44. Discuss the role of physical education teacher , speech therapist and special educator for students with special needs in detail.
45. What is yoga ?
46. What do you mean by elements of yoga?
47. What is asana ?
48. What is yama ?
49. Briefly mention the importance of yoga.
50. What do you mean by yoga ? Explain its importance in daily life.
51. Discuss the elements of yoga.
52. What do you mean by asanas and pranayama ? Elaborate.
53. Give detailed notes on any two of the following :
(a) Yogic kriyas , (b) Pranayama , (c) Asanas
54. What do you mean by yognidra ? Explain the stages of yognidra in brief.
55. Elaborate any two asanas for improving concentration of mind.
56. Discuss the advantages of yoganidra for individuals who remain under stress, anxiety and tension in the fast changing world.
57. Explain the procedure and benefits of Padmasana.
58. FIFA Cup is related to which game ?
59. Wimbledon Cup is related to which game ?
60. Who was Pierre Baron de Coubertin ?