



BRAIN INTERNATIONAL SCHOOL

SESSION 2024-25

CLASS: XI

TERM 1 REVISION SHEET

SUBJECT: PHY.EDU

UNIT-1 CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION

- Q.1 What is the philosophy of khelo india programme ?
- Q2. What is the goal of fit india movement ?
- Q3. Explain the selection criteria of khelo india programme.
- Q4. Elaborate various career available in physical education.
- Q5. Write a short note National Discipline scheme.

UNIT-2 OLYMPIC VALUE EDUCATION

- Q1. Write the objectives of Olympic games.
- Q2. Write a short note on The Olympic movement.
- Q3. How did the modern Olympic games originate ?
- Q4. Describe the Olympic oath.
- Q5. Write a short note on national Olympic committee.

UNIT-3 YOGA

- Q1. Explain the importance of yoga in life.
- Q2. Explain the elements of yoga briefly.
- Q3. Explain the merits of asana and Pranayama.
- Q4. Describe the yogic kriyas along with benefits.
- Q5. How yoga can benefits stress management?

UNIT-4 PHYSICAL EDUCATION & SPORTS FOR CWSN

- Q1. Explain the concept of disability in detail.
- Q2. Discuss the needs of sports for CWSN.
- Q3. Explain cognitive disability.
- Q4. Write a note on the concept of adaptive physical education.
- Q5. How does the special educator help the divyang children? Explain in detail.

UNIT-5 PHYSICAL FITNESS, WELLNESS AND LIFESTYLE

- Q1. What do you mean by physical fitness? Write down the importance of physical fitness for maintaining healthy lifestyle.
- Q2. Describe health related fitness components?
- Q3. Define muscular strength and speed.
- Q4. Describe the aims and objectives of first aid.
- Q5. Write down the importance of traditional games.