

BRAIN INTERNATIONAL SCHOOL
SUBJECT- PHYSICAL EDUCATION
NOVEMBER ASSIGNMENT CLASS XII 2024-25

Q1. With the help of suitable examples, discuss the application of newton's laws of motion in sports.

Q2. Write a short note on projectile motion. Throw some light on trajectory as well.

Q3. What is friction? Mention various methods used for increasing or decreasing friction.

Q4. How does the big five theory of personality relate to aggression in sports and what psychological attributes can be attributes to athletes who exhibit aggressive behavior on the field?

Q5. What are the factors influencing self talk, self esteem and body image?

Q6. Explain briefly about the various coordinative abilities.

Q7. Define flexibility along with its types. Explain any two methods used to develop flexibility.