



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 2

SUBJECT: PHYSICAL EDUCATION CLASS-XI

MAY, 2025

UNIT 2: OLYMPISM VALUE EDUCATION

Q1. What is Olympic flag? What is role of rings in Olympic flag?

Q2. Write a short note on summer Olympic game.

Q3. What do you mean by IOC?

Q4. Mention the rules for competitions in ancient Olympic games.

Q5. Discuss about Olympic values.

Q6. What is the lifecycle of an OCOG?

Q7. Write down the Olympic oath.

Q8. When was the Olympic flame lit for the first time ?