



# Brain International School

Vikas Puri, New Delhi

## REVISION SHEET

**SUBJECT: PHYSICAL EDUCATION**

**CLASS-XI**

**TERM 1**

- Q1. What do you understand by the term Pranayama ?
- Q2. Write a note on the teaching career in Physical Education.
- Q3. Name some technological advancement in sports.
- Q4. What do you understand by 'Physical Disability'?
- Q5. What do you mean by strength ?
- Q6. Discuss briefly about the importance of Physical fitness.
- Q7. Discuss about olympic values.
- Q8. What do you understand by Kapalbhathi Kriya ? Write its procedure, contraindications and benefits.
- Q9. Explain the aim and objectives of Adaptive physical education ?
- Q10. What do you understand by Tridoshas ?
- Q11. Why must a good leader be accountable ?
- Q12. What is strength endurance ?