



Brain International School

Vikas Puri, New Delhi

REVISION SHEET

SUBJECT: PHYSICAL EDUCATION CLASS-XII

TERM 1

- Q1. Define tournament. Name different types of tournaments.
- Q2. What do you understand by Round Shoulder? Write down its causes.
- Q3. What is asthma? Mention any two possible triggers.
- Q4. What do you understand by macro and micro nutrients?
- Q5. What do you mean by intramurals? List any 2 objectives of intramurals.
- Q6. What is directing? Explain its role in sports management.
- Q7. What is the philosophy of special Olympic?
- Q8. Write the five differences between intramurals and extramurals.
- Q9. Describe various types of fats. What are the different sources of fats?
- Q10. What do you mean by classification and divisioning?
- Q11. Draw a knock-out fixture of 27 teams and explain the advantage of knock-out tournament.
- Q12. Describe the procedure for performing shalabhasana along with its benefits and contradictors.