



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 6

SUBJECT: PHYSICAL EDUCATION

CLASS-XI

DECEMBER,2025

UNIT 9 : PSYCHOLOGY AND SPORTS

Q1. Definition and importance of psychology in physical education.

Q2. What do you mean by adolescence ? Explain the problem of adolescents.

Q3. Explain in details team cohesion along with its types.

Q4. Describe attention along with its types.

Q5. Explain the role of various psychological attributes influencing sports performance?