



ASSIGNMENT NO: 1

SUBJECT: PHYSICAL EDUCATION

CLASS-XI

APRIL & MAY'2026

UNIT 1- CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION

Q1. Discuss all careers in the field of physical education in details.

Q2. Explain the khelo india programme in details.

Q3. Explain the fit india movement in details.

Q4. Define physical education and explain its aim and objectives in details.

UNIT 2- OLYMPISM VALUE EDUCATION

Q1. Discuss the Olympic movement structure.

Q2. Explain in details about international Olympic committee.

Q3. Write the short notes in brief on the following: 1) Olympic motto 2) olympic

flame 3) Olympic oath 4) joy of effort 5) fair play 6) NOC

Q4. Elucidate the objectives of modern Olympic game.

Q5. Differentiate between ancient Olympics and modern Olympics.