



**RAMAGYA SCHOOL, NOIDA**  
**WORKHEET, 2017-18**  
**SUBJECT: PHYSICAL EDUCATION**

**CLASS: XI**

**MONTH: MAY**

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1. Explain the physical education after independence.
2. Define physical education & concept and principles of integrated physical education.
3. What do you mean by concept & principles of adapted P.E.?
4. Give detail the career option in physical education.
5. Write a note of special Olympic Bharat.
6. What do you mean by physical fitness?
7. Give two methods for improving physical fitness and wellness?
8. Discuss in detail the factor affecting physical fitness and wellness.
9. How can you prevent health threats through lifestyle change?



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