



**RAMAGYA SCHOOL, NOIDA**  
**WORKHEET, 2017-2018**  
**SUBJECT: PHYSICAL EDUCATION**

**CLASS: XII**

**MONTH: MAY**

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1. Meaning and objectives of planning?
2. Define committees and its responsibility.
3. Meaning and importance of tournament and its types?
4. Meaning of intramural & extramural tournament.
5. What do you think about specific sports programme?
6. Meaning of balance diet?
7. Describe about nutrition?
8. Define nutritive and non nutritive food.
9. Explain eating disorders.
10. Effects of diet on performance.
11. What is the meaning of –  
A- A healthy weight B- The pitfalls of dieting  
C- Food intolerance D- Food myths  
E—BMI F- Waist hip ratio
12. Food intake during & post competition.



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