**HOLIDAYS HOMEWORK**

**CLASS XI**

**PHYSICAL EDUCATION**

1. **Prepare a chart showing the components of health related fitness.**
2. **Write experiment no. 1 in the practical file.**
3. **Revise full syllabus done in the class.**
4. **Write answers of the following questions according to 5 marks each:**
5. Describe the components of positive lifestyle.
6. Define wellness. What are the factors affecting it?
7. What do you mean by adaptive physical education? What are its objectives?
8. What are the principles and needs of integrated physical education?
9. Explain in detail about Special Olympic Bharat.
10. Comment on the following – ‘It is heath which is a real wealth not the gold coins.’ **&** ‘There are various components of physical components of physical fitness which are inter-related.’
11. Write a note on Arjuna and Dronacharya award.
12. Write in detail about the changing trends in physical education.