**HOLIDAYS HOMEWORK**

**CLASS XII**

**PHYSICAL EDUCATION**

1. **Write answers of the following questions according to 5 marks each:**
2. Explain the term obesity. Write the causes and risk factors associated with it. Also name some Asanas that can cure it.
3. Briefly explain the symptoms and causes of Asthma. Explain the procedure, benefits and contradictions of any two asanas to prevent Asthma.
4. Mention all calculations and steps involved to draw a Knock-out fixture of 19 teams, where 4 teams are to be seeded.
5. What are the causes of back pain? Explain the procedure, benefits and contradictions of any two asanas to cure it.
6. Define Combination Tournament. Draw a fixture of 16 teams using Knock-out cum League Method.
7. What is ODD? Explain its symptoms and causes.
8. ‘Physical activities are an important part of life children with special need.’ Justify.
9. ‘Disability and disorder and different terms.’ Explain the statement by giving suitable points. Also explain the types of disability.
10. **Write experiment no. 1 in the practical file.**
11. **Prepare a chart showing components of balanced diet.**
12. **Revise full syllabus done in the class.**