

KENDRIYA VIDYALAYA LEH

WINTER VACATION HOMEWORK

SUBJECT- PHE

CLASS-XI

1. Make a video on fitness.
2. Make a video doing five exercises (free hand exercises).
3. Make a video on Importance of Khelo India Program?
4. Project on yogasana (any five yogasana).
5. Write and learn given questions
6. What is the meaning, definition and objectives of Physical Education?
7. Make a short note on Indian Olympic association (IOA) & International Olympic committee (IOC).?
8. What are the components of Physical fitness?
9. Explain special Olympic Bharat, Paralympic & Deaflympic?
10. What do you mean by Adaptive Physical Education?
11. Explain meaning, importance & elements of Yoga?
12. Define meaning, objectives & types of adventure sports?
13. What are somato types of personality?
14. Define Test, Measurements & Evaluation in Sports?
15. Explain calculation of BMI & Waist hip ratio?
16. What is the functions & structure of Respiratory system?
17. What are Adolescent problem & their management?
18. Explain Differentiate between Growth & Development?
19. What are classification of Bones & types of joints?
20. Explain concept of Inclusion it's need and implementation?
21. What are Olympic symbols, ideals Objectives & values of olympism?
22. What do you understand by Meaning, importance of Physical Fitness, wellness & lifestyle?
23. Explain leadership qualities and role of a leader?
24. How to create leader through Physical Education?
25. Write a short note on Khelo India Program?
26. Q20. What are the roles of various professionals for children with special needs?
27. Make a video on playing your favorite games like football, Badminton etc.
28. Project on Fit India program (five page).