

DAWN THE HIGHER SCHOOL AND COLLEGE

CLASS- XI

Physical Education Assignment

Make an assignment in a notebook covering the following topics. Please do not copy exactly from the book.

- 1)** Write the five main components of physical education.
- 2)** Write the different aspects of career in physical education & describe its importance with suitable examples.
- 3)** Write a note on Yoga keeping the following points in consideration:-
 - a) Importance
 - b) Elements
 - c) Types
 - d) Major Asanas that help in curing diabetes & obesity.
 - e) Major Asanas related to concentration of mind.
- 4)** Write about Leadership & Qualities of a leader.
- 5)** Describe any two adventure sports in detail.
- 6)** Describe the respiratory & circulatory system in details.