

St. Mary's School, Dwarka
Holiday Homework
Class XI
Subject: Physical Education
Week 2
Worksheet 2

No. of questions: 10

M.M. 25

1. JB Nash once said, Physical education is the social process of change in the behaviour of the organism, originating primarily from the stimulus of social, big muscle, play and related activity. (True/False) 1
 2. According to JF William, "Aim of Physical Education is complete living through wholesome development of human personality". (True/False) 1
 3. Define physical education. 1
 4. Give a short definition of physical education according to Charles Bucher. 1
 5. Name any two national level competitions related to cricket. 3
 6. What is the objective of physical education? 3
 7. Enlist the various career options available in the field of physical education and sports. 3
 8. Mention any three objectives of physical education. 5
 9. Elucidate the health-related career in detail. 5
 10. Given below are the two statements labelled Assertion (A) and Reason (R) 5
- Assertion: The main objective of physical education is physical development. Reason: Physical education is related to several physical activities. In the context of above two statements which one of the following is correct. (a) Both (A) and (R) are true and (R) is the correct explanation of (A). (b) Both (A) and (R) are true and (R) is not the correct explanation of (A). (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.