

St. Mary's School, Dwarka
Holiday Homework
Class XII
Subject: Physical Education
Week 4
Worksheet 4

No. of questions:10

1. Write the main objectives of Intramural activities. 1
2. What do you mean by extramural? 1
3. In which conditions knock out tournaments are better than round robin? 1
4. What does the organizers intend by stating that, "Only such students shall participate in the Intramurals who have not represented the school in any Football Championship in the past and minimum 10 substitutions shall be compulsory in a 90 min game" 1
5. What principles should be followed for goal setting? 3
6. Mention all calculations and steps involved to draw a Knock-out fixture of 19 teams, where 4 teams are to be seeded. 3
7. Define Combination Tournament. Draw a fixture of 16 teams using Knock-out cum League Method. 3
8. What do you mean by specific sports programmes? What are the factors considered for specific sports programmes? 5

Value Base Questions:

9. Mr. Mahesh Sharma is the sports teacher in a well-known high school. He has to organise the Sports Day in his school with the help of other teachers and students. 5
 - (a) What skills are required to organise the Sports Day?
 - (b) Why is Sports Day organised in the school?
 - (c) What values will students learn by helping organise the Sports Day?
10. Praveen practised high jump regularly for over three months. He wanted to win the citywide extramural competition. His efforts yielded results and he won the first prize. 5
 - (c) What is extramural competition?
 - (d) What physical characteristics does a high jumper require?
 - (e) What values did Praveen exhibit?