

Delhi public school Ruby Park

Class 12(PHYSICAL EDUCATION)

Assignments Of physical education

- Q 1. What do you mean by elimination tournament? Draw a fixture of 21 teams on knockout basis.
- Q 2. Discuss the advantages and disadvantages of knock out and league tournament.
- Q 3. Importance of intramural and extramural programme.
- Q 4. What is consolation tournament? draw a fixture of 13 teams.
- Q 5. Mention the kind of committees required for organising inter school football tournament.
- Q 6 . What are the basic nutrition requirements one month before ,during and after competition. Discuss briefly.
- Q 7. Elaborate macro and micro nutrients for the athletes.
- Q 8. Write a short note on food myths and pitfalls of dieting.

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