

**B. C. M. SCHOOL BASANT AVENUE DUGRI LUDHIANA**

**ASSIGNMENT -1**

**PHYSICAL EDUCATION**

**Chapter-1**

Q1. The aim of physical education is to improve the physique by...

- 1.Political    2.physical    3.Psychological    4.Economic activities

Q2. Exercising is important for..

1. Everyone    2.Children    3.youth    4 Senior citizens

Q3. Khelo India University games were started in... .

- 1.2018    2.2020    3.2019    4.None of these.

Q4. Thomas Cup is related to which game.

- 1.Hockey    2.Judo    3.Badminton    4.Football.

Q5. Physical education builds. .

- 1.Anger    2.Revenge    3.Fear    4.Cooperation.

Q6. The word physical education is used to describe.

- 1.Chemistry of body    2.Movement of body    3 Weight of body 4.

Physics of the body.

Q7. Border time characterizes...

- 1.Technology    2.Happiness    3.Spiritual    4. Laborious

Q8Man has been utilised physical education

- 1.Birth    2. The first Olympics    3.The Youth    4.Early modern era.

9. Physical education is a .....part of the learning process

- 1.Compulsory    2.Not important    3.Norma    4. Minimum.

Q10. How many objectives in physical education.

- 1.Four    2. Six    3,Five    4, Three

Q11. Physical education teacher can teach in

1. Schools    2 College    3.University    4. All of the above

Q12. Under Khelo India the 5 lakh scholarship for talented players is for how many years. 1Six    2.Eight    3.Five    4.Four

Q13. Career in sports journalism is related to

- 1.Health    2.Coaching    3. Teaching    4. Communication media

Q14. Which sports events are not included in khelo India programme.

- 1.Boxing    2.Volleyball    3.Cricket    4. Shooting

Q15. Which is not an objective of physical education?

1. Physical development    2.emotional development    3.social development

4. Cultural Development