

**BCM SCHOOL, Dugri**  
**+1 class**  
**Physical Education**

- 1. Suman's weight is 60 kg and her height is 1.90m. Calculate the BMI value of Suman Also determine the weight category she falls in.**
- 2. What is the difference between Mesomorph and Ectomorph?**
- 3. Write a procedure of Partial Curl up Test.**
- 4. What do you mean by Skeletal System? Write down the functions of bones.**
- 5. Discuss the functions of muscles?**
- 6. Write any six importances of**



## **Anatomy and Physiology?**

- 7. Explain about the respiratory system in detail.**

