

BCM SCHOOL BASANT AVENUE DUGRI LDH
CLASS - XII
PHYSICAL EDUCATION ASSIGNMENT

● **Answer the following questions.**

- Q1. Differentiate between introvert and extrovert personality?
- Q2. What do you mean by self esteem? Write it's types.
- Q3. Explain the difference technique of motivation to achieve high goal in sports
- Q4. Define strength. Explain any two methods of improving strength
- Q5. Explain Fartlek training method. Draw its figure and write down the advantages and disadvantages .
- Q6. Define flexibility. Explain its types.
- Q7. Define circuit training. Draw a diagram of 8 stations and explain its advantage?
- Q8. What do you mean by meso cycle and micro cycle?