

**KENDRIYA VIDYALAYA ALIGARH**

**WINTER BREAK HOMEWORK (PHYSICAL EDUCATION CLASS 11)**

1. MEANING AND DEFINITION OF PHYSICAL EDUCATION.

CAREER OPTIONS IN PHYSICAL EDUCATION.

2. OLYMPIC MOVEMENT , INTRODUCTION OLYMPIC COMMITTEE.

INDIAN OLYMPIC ASSOCIATION (IOA)

3. SPORTS TRAINING, WARMUP, COOLING DOWN.

LOAD SYMPTOMS OF OVER LOAD ADAPTATION AND RECOVERY.

SKILL TECHNIQUE AND STYLE.

4. DEFINITION AND IMPORTANCE OF ANATOMY AND PHYSIOLOGY.

FUNCTION OF SKELETON SYSTEM (CLASSIFICATION OF BONES AND TYPES OF JOINTS).

OXYGEN DEPTH AND SECOND WIND, PULSE RATE STROKE VOLUME, CARDIAC OUTPUT.

5. CREATING LEADERS THROUGH PHYSICAL EDUCATION

MEANING OBJECTIVES AND TYPE OF ADVENTURE SPORTS.

6. MEANING AND IMPORTANCE OF YOGA, ELEMENT OF YOGA.

RELAXATION TECHNIQUE FOR IMPROVING CONCENTRATION-YOGA MUDRA.