

BRAIN INTERNATIONAL SCHOOL

SUBJECT: PHYSICAL EDUCATION

CLASS XII

June-2021

UNIT 3: YOGA and Lifestyle

Q1. What do you mean by YOGA and yogasanas ?

Q2. Write down the various benefits of yogasanas.

Q3. What do you mean by obesity. How can you measure body composition.

Q4.. What is diabetes and write down the various preventive asanas for diabetes and obesity.

Q5. What is hypertension and asthma.

UNIT 4: Physical Education and Sports for CWSN

Q6. What do you mean by disability and disorder? Enlist the differences.

Q7. Elucidate the various types of disorder(ASD, ADHD, OCD, SPD) and their causes.

Q8. What are the advantages of physical activities for CWSN and how to make them accessible?