

## PHYSICAL EDUCATION For class 12

### chapter 1 -

games and sports are mans Cultural heritage

Or

role of physical education in promoting National Integration (elaborate these statement)

How do games and sports help in overall development of an individual? explain.

### chapter 2

What do you mean by sports training? write any six importance of sports training in the field of physical education.

#### Project one -

topic- Sports training methods, giving its advantage and disadvantages

1 interval training method.

2.Fartlek training metho.

3.Circuit training method.

4. Weight training method.

5. Repititation training method.

What do you mean by warming up?Discuss the types,advantages and method of warming up.

What do you mean by conditioning and cooling down enumerate the advantages of both in details.

Write short notes on the following

1)isometric exercises.

2)Isotonic exercises briefly

(explain their types with advantages)