

Winter Vacation Self Work

XI (A+B)

Physics

Prepare notes (descriptive) on Waves and Oscillation

Biology

Prepare notes of

Lesson – Locomotion and Movement

Lesson – Chemical Co-ordination

And learn them.

Chemistry:

Prepare notes of lesson -11 and 13 and learn them.

English

1. Articles in Assignment
2. Report writing
3. Speeches
4. Advertisement for job vacancy
5. Debates
6. All these to be done in Assignment These should be from undone worksheets.

Physical education

1. What is 'Seeding' in Fixture for Tournaments?.
2. What do you mean by Adventure Sports?
3. What is 'Bulimia'?
4. Suggest two exercises for correcting flat foot.
5. What is Food Intolerance ?
6. Explain the term 'Menarch'.
7. What test would you suggest to measure upper body strength for aged population?
8. What do you mean by 'Cardiac Output'?
9. What is 'Laceration'?
10. To cover the maximum distance at what angle an object should be released. is 'Seeding' in Fixture for Tournaments ?
11. Explain 1 : 1 ratio breathing exercise for reducing anxiety.
12. What is Endurance? How endurance can be developed through Fartle method ? 1 + 2 = 3
13. What are the causes of Bad Postures? Write in brief. 3

14. What do you understand by Food myths? Discuss briefly about various Food myths. 3
15. Draw a fixture of 9 teams on knockout basis. 3
16. Your school is organizing 'Run for Unity'; explain the responsibilities of accreditation, Technical and finance committee. $1 \times 3 = 3$
17. Write briefly, what is the role of physical activities in improving the quality of life. 3
18. Group of young children were undergoing training for a major competition. Training was targeted to develop selected abilities and preparing for a competition. Some of the team-mates tried to convince other fellow team-mates to use certain medicine which one boy did not agree. Other team-mates tried to convince him for the sake of the team but he firmly denied and convinced them that it is against the rules of the game. $1 \times 3 = 3$
- (i) What are the disadvantages for a child to use such banned substance?
(ii) What value the boy has shown by refusing to use banned substance?
(iii) What personality trait he had shown by refusing to his team-mates?
19. Leaders can be trained through physical education. Justify your answer. 3
20. Elucidate the meaning of motor development in childhood. Discuss in detail about various factors affecting motor development. 5
21. Discuss in detail about the AAPER Motor Fitness test specifically mentioning the various items in this test battery and its administration.
22. Discuss in detail about Female Athletes Triad.
23. Explain in detail about the effects of regular exercise on Respiratory system.
24. What do you mean by balance diet? Discuss in detail about the all component of Diet. $1 + 4 = 5$ 25 What is the impact of high altitude on Athletes? What measures would you suggest to reduce its impact? 5
25. What do you mean by the Posture? Explain all part of posture deformities. 5