

Mahesh Public school  
Physical education  
class-12 Worksheet

- 1 What is seeding ?
- 2 Draw a fixture of 14 teams participating in the knockout tournaments?
- 3 write any two non nutritive components of diet?
- 4 Explain any three benefits of pawanmuktasana?
- 5 How WHO defined disability?!
- 6 Rikli Jones test is administered to whom ?
- 7 What is tidal volume?
- 8 Define abrasion ?
- 9 What is competitive stress?
- 10 Explain fartlek training ?