



MPVM GANGA GURUKULAM
HOLIDAY HOME WORK SESSION – (2022-23)
CLASS – XII PHYSICAL EDUCATION

1. Meaning and objective of planning
2. What is tournament/competition and various types of tournament?
3. What are the merits and demerits of women sports in India?
4. Briefly explain league tournament
5. Explain Pitfall
6. What is obesity? Mention ways to reduce obesity
7. Explain intramural and extramural tournament, state advantages
8. Discuss about seeding method