



St. Xavier's Sr. Sec. School

Delhi-54

15-5-2015

First Unit Test in PHYSICAL EDUCATION

M. Marks : 20

1. Define Physical Education, its aims and objectives. (2+2)
2. Meaning of importance of physical fitness and wellness. (2+2)
3. Write in details components of positive lifestyle. (4)
4. Factors affecting physical fitness and wellness. (4)
5. Explain qualities of a good leader. (4)

-X-X-X-X-X-