



# ACADEMIC WORLD SCHOOL™ BEMETARA

## SUMMER VACATION ASSIGNMENT SESSION 2020-21 CLASS: XII

### SUBJECT- PHYSICAL EDUCATION

#### **General Instructions**

- (i) *Write all the answers in the separate notebook.*
  - 1) Write down the formula to calculate the number of matches for double league.
  - 2) What is the importance of tournament? Discuss any three points.
  - 3) Distinguish between Intramural and Extramural programmes.
  - 4) Draw a fixture of 11 teams participating in a tournament on the basis of knock-out.
  - 5) How the various committees formed for tournaments? Write briefly.
  - 6) Draw a fixture of 6 teams on league basis following the cyclic method.
  - 7) What do you mean by Tournament? Draw a fixture of 9 teams using round robin method.
  - 8) Draw Knock-out fixture for 27 teams.
  - 9) Define combination Tournament. Draw a fixture of 16 teams using Knock-out cum League Method.
  - 10) If teams A to W is participating in any tournament. Prepare the fixture on the basis of knock-out method and in which 4 teams got Special Seeding.
  - 11) What is League Tournament? Draw a fixture of 9 teams on the basis of league tournament using cyclic method. Explain British method to declare the winner.
  - 12) In which type of tournament, a team once defeated get eliminated from the tournament?
  - 13) Which sports competition is organised within the school?
  - 14) How many byes will be given if 19 teams are participating in a knock-out Tournament?
  - 15) What are the methods to arrange the Byes?
  - 16) What do you mean by Static and Dynamic Strength?
  - 17) Differentiate between 1:1 and 1:2 ratio interval training, with suitable examples.
  - 18) Write in detail about strength improving methods- Isometric, Isotonic and Isokinetic.
  - 19) What is circuit training? Draw a diagram of 10 stations to improve general fitness. How can load be increased in circuit training?
  - 20) Who invented Fartlek Training?