



Loreto Convent Intermediate College

Lucknow

WINTER VACATION HOLIDAY HOMEWORK 2024

SUBJECT – P. ED

CLASS - XI

Q1. Case Study.

A 16-year-old student named Aryan wants to improve his physical fitness. He currently leads a sedentary lifestyle and has a BMI of 28. He wants to start exercising regularly but is unsure where to start.

Questions:

- i) What are the health risks associated with Aryan's current BMI?
- ii) What type of exercise would you recommend for Aryan to start with?
- iii) How can Aryan safely and effectively increase the intensity of his workouts over time?
- iv) What are some healthy eating habits that Aryan can adopt to support his fitness goals?

Q2. What is the scoring system in badminton?

Q3. What is the importance of footwork in badminton?

Q4. What are the basic rules of service in badminton?

Q5. Who are some of the legendary badminton players? Name two female and two male Indian players.



99, Mahatma Gandhi Marg, Lucknow, Uttar Pradesh - 226001



0522-2237222, +918009881030



loretocollege@yahoo.com



www.lucknowloreto.com