



# THE VILLAGE

INTERNATIONAL SCHOOL

**“We Nurture Dreams”**

Subject : PHYSICAL EDUCATION

Class : XI

- 1) ----- What is physical fitness?
- 2) What is wellness ?
- 3) What is health?
- 4) Which of the following is a component of physical fitness?
  - a) Agility and flexibility
  - b) Speed and strength
  - c) Endurance
  - d) All of the above
- 5) Acceleration ability means to ?
- 6) How many types of endurance are there ?
- 7) The type of strength required to exert maximum amount of force in the shortest possible time interval is?