

Physical Education Assignment 1
Class XII

QUESTIONS FOR EXCELLENCE

Multiple choice questions

(1 mark)

1. Which is not the objective of planning?

- (a) to reduce pressure
- (b) to have good control over activities
- (c) to minimise the chances of mistakes
- (d) to improve the personal relation among the Staff.

2. Which of the following should be more valuable to avoid the careless mistake under pressure and to achieve the goal?

- (a) Planning (c) Supervision
- (b) Staffing (d) Budgeting

3. Main objective of planning is to

- (a) Do work
- (b) Undo work.
- (c) Complete paper issue
- (d) Complete successive work

4. Through planning we can do

- (a) reduce risks of uncertainty
- (b) Provide proper direction
- (c) Reduce wastage of time
- (d) All of the above

5. Planning is done

- (a) Before conducting activity
- (b) During activity
- (c) After activity
- (d) None of the above

6. The first step in planning is

- (a) Identification of target group
- (b) Determination of goals
- (c) Mobilization of resources
- (d) Provision of facilities

7. The first step to organize a specific sports programme is to

- (a) Frame all committees
- (b) Planning
- (c) Directing
- (d) Make committee head

8. Planning in sports lead to

- (a) Increase expenditure
- (b) Better coordination
- (c) Increase mistakes
- (d) Favouritism

Answer

(Try yourself and match your answer from answer key)

1. 2. 3. 4.
5. 6. 7. 8.

Medium answer type question (3 marks)

- 1. What is planning? Write any four objectives of planning.
- 2. Write down the three objectives of planning in sports.

Long answer type questions (5 marks)

- 1. Define planning in sports. Explain the objectives of planning.
- 2. Describe the planning process for conducting specific programmes for no plastic.