

National Institute of Open Schooling
Senior Secondary Course
Lesson 1: Introduction and Historical Development
Worksheet-1

Q.1- Assess the need and importance of Yog.

Q.2- Explain the importance of physical activity or sports in day to day life.

Q.3-The goal of yog is to attain physical and mental wellbeing. Elaborate.

Q.4- Explain the meaning and importance of Physical Education.

Q.5- Make a list of sports that are important for the physical development of children.