

**FYJC - HEALTH AND PHYSICAL EDUCATION (25 MARKS)**

**DATE: 24/05/2021**

**PORTION FOR ONLINE EVALUATION:**

<b>CHAPTER NO</b>	<b>NAME</b>
1	DEVELOPMENT OF PHYSICAL FITNESS
2	OBESITY
4	YOGA AND MUDRA
6	INJURY MANAGEMENT
7	MODERN TECHNOLOGY- ACTIVISM

**PAPER PATTERN:**

1. FILL IN THE BLANKS FROM THE OPTIONS GIVEN: (15 MARKS)
2. STATE WHETHER TRUE OR FALSE: (10 MARKS)