

**National Institute of Open Schooling**  
**Senior Secondary Course**  
**Lesson 13: Physical Education for Various Populations**  
**Worksheet-13**

Q.1- List out the benefits of physical education for school going students.

Q.2- Physical exercise can improve the various abilities or performance in special need children. Find out such an example in your locality and give a brief description about it.

Q.3- Physical exercise is important for everybody including children, older adults, male and female, and persons with disability. In the light of the statement list out the importance of physical exercise.

Q.4- Prepare a poster by highlighting the benefits of exercise for women.

Q.5- You are willing to organise “physical exercise week” in your Society. Draft a Plan for the same submitted to the vice president of your society.