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1. Let us learn about sports and outdoor activities.

Answer all the questions given below.

- 1. What is outdoor education?
- 2. Name 05 outdoor activities which are related to outdoor education.
- 3. State 05 benefits which we gain from outdoor education.
- 4. What are the physical needs which improve through engaging in outdoor activities?
- Name three mental needs and three Social needs which improve through engaging in outdoor activities.
- 6. State three factors which we should pay attention when planning a walk.
- Student of grade 10 of a school is planning a jungle exploration with their Physical Education teacher. Describe the way they organized the jungle exploration.
- 8. Draw standard Symbols used in maps by an illustration.