

St. Mary's School, Dwarka
Holiday Homework
Class XII
Subject- Physical Education
Week 1
Worksheet 1

Complete your physical education practical file. You will include:-

Practical-1: Fitness tests administration for all items.

Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Practical-3: Any one game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skill) following games:

Basketball, Football, Handball, Hockey, Kho-Kho, Volleyball, Kabaddi.

Cricket, Bocce, Unified Basketball CWSN(Divyang)