

St. Mary's School, Dwarka
Holiday Homework
Class XI
Subject: Physical Education

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

1. Throwing Events: -1. Shot-Put 2. Javelin Throw 3. Hammer Throw 4. Discus Throw.

Write about any one of the above events. Draw a neat diagram of a throwing event with all its specifications.

2. Jumping Events: 1. Long Jump, 2. Triple Jump, 3. High Jump, 4. Vault Jump.

Write about any one of the above events. Draw a neat diagram of a jumping event with all its specifications.

3. Write benefits of a medicine ball.

4. Measure the BMI of ten members from family or neighbourhood and show graphical representation of the data.

5. Draw a neat diagram of standard track with all its specifications. Mention all the track and field events.