

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

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

1. Write the benefits of any five Asanas.
2. Measure Resting Heart rate and Respiratory rate of ten members from your family or the neighborhood for three weeks and show a graphical representation of the data
3. Draw a neat diagram of the Field/Court of any one game of your choice. Write its history, rules and regulations, terminologies and important tournaments.

Games:

Athletics, Basketball, Football, Handball, Hockey, Kho-Kho and Volleyball.