

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

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

1. Athletics- Any Two Events-Sprints and jumps
2. Write benefits of medicine ball
3. Measure BMI of ten members from family or neighbourhood and show graphical representation of the data.
4. Draw a neat diagram of standard track with all its specifications. Mention all the tack and field events.