

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

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

1. Labelled diagram of 400 M Track & Field with computations.
2. Labelled diagram of field & equipment of any one game of your choice out of these:
(Athletics, Archery, Badminton, Boxing, Chess, Judo, Shooting, Skating, Swimming, Taekwondo, Tennis, Aerobics, Gymnastic, Rope-Skipping, Yoga, Bocce & Unified Basketball(CWSN Divyang))
3. Measure BMI of ten members from family or neighbourhood and show graphical representation of the data.
4. List of current National Awardees (Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratan Award).
5. Pictorial Presentation of any five Asanas for improving Concentration.