



ITL PUBLIC SCHOOL

Summer Engagement Program 2023

Class XII PHYSICAL EDUCATION

- Prepare Project file of physical Education on the basis of following content:-
 1. Fitness tests administration (SAI Khelo India Test), Brockport Physical Fitness Test
 2. Game of your choice (Basket Ball , Football , hand Ball, Hockey , Kho-Kho, Rifle Shooting Volley Ball.)
 3. Procedure for Asanas along with benefits and contraindication for any two Asanas for each lifestyle Disease