

KENDRIYA VIDYALAYA, LEH

CLASS XII

SUBJECT: PHYSICAL EDUCATION

HOLIDAY HOMEWORK

1. Yoga and Life Style
  - How to cure obesity, asthma & hypertension with the help of YOGA?
  - Learn and perform any 5 sitting & standing yogasna.
2. Management of injuries
  - Learn and explain soft tissues injuries in detail.
3. Psychology and Sports
  - Explain Sheldon and Jung classification of personality and big five theories.
4. Training in Sports
  - Learn whole chapters.
  - Make 20 MCQ from this chapter.
5. Learn and perform general motor fitness test (AAPHER).
  - Take senior citizen fitness test (Your family members).
6. Solve your question papers of P.T.1 and Pre-Board 1.
7. Solve minimum 5 Sample Question Paper from CBSE Website.
8. Draw fixtures of knock-out procedure of 11,23,9,21 teams .
9. Write down Nutritive and Non- Nutritive components of diet.