

**KENDRIYA VIDYALAYA,LEH**

**CLASS XI**

**SUBJECT: PHYSICAL EDUCATION**

**HOLIDAY HOMEWORK**

- Learn whole chapters of Unit 8.
- Learn relaxation techniques for improving concentration.
- Learn and perform any 7 sitting and standing yogasna.
- Write various PHE courses available in India.
- Make a diagram of Olympic flag.
- Prepare an assignment on components of Health related fitness.
- Make a project on Occupational Therapist and Physiotherapist.
- Write any five qualities of Physical Education leaders.
- Make a project on Somato types Personality.
- **Solve your question papers of P.T.1 and Pre-Board 1.**
- **Solve minimum 5 Sample Question Paper from CBSE Website.**