

ARMY PUBLIC SCHOOL KALUCHA
HOLIDAYS HOMEWORK
SUBJECT – PHYSICAL EDUCATION
CLASS – XII (2022 – 2023)

PROJECT 1 - FITNESS TESTS ADMINISTRATION

1. SAI KHELO INDIA TEST,
2. BROCKPORT PHYSICAL FITNESS TEST)

PROJECT 2 – YOGIC PRACTICES

Procedure for Asanas, Benefits, and Contradictions for
Any two Asanas for each lifestyle disease.

**PROJECT 3 – PROCEDURE FOR ADMINISTERING SENIOR CITIZEN FITNESS TEST FOR
5 ELDERLY FAMILY MEMBERS.**

**PROJECT 4 – VOLLEYBALL, BASKETBALL, FOOTBALL, KHO -KHO, KABADDI,
HANDBALL, HOCKEY, CRICKET.**

ANY ONE GAME OF YOUR CHOICE OUT OF THE ABOVE LIST.
INCLUDE LABELLED DIAGRAMS OF FIELD AND EQUIPMENT
RULES OF THE GAME
TERMINOLOGIES OF THE GAME