

**Summer Holiday Homework (2022-23)**

**Physical Education**

**Class XII**

Students are required to do one project for the session 2022-23 (Refer to C.B.S.E. Senior Secondary Syllabus-Physical Education, Academic Session 2022-23).

***Project File shall include:***

* *Practical-1: Fitness tests administration.*
* *Practical-2: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease*

**Sequence for the project:**

1. Title page(School logo must be at the top centre, Name of the project- Physical Education project; Down below left side- submitted to and below right side- submitted by (Name of the student, class, section, Boards roll no.)
2. Certificate( which will be provided to you)
3. Acknowledgement
4. Content/Index
5. Practical 1
6. Practical 2
7. Bibliography

Kindly note the following points:

1. The project report must be hand written in A4 sheets only (Title Page can be printed)

2. For practical 1(Fitness test administration) you need to write all the content from the word document named as “Fitness test administration” that is shared in physical education unofficial group in watsapp.

3. For practical 2 you have to write the content from the physical education book chapter 3- yoga and lifestyle. You have to write about 2 asanas each (its procedure, benefits and contraindication) of 4 lifestyle diseases (obesity, diabetes, asthma and hypertension) i.e. total 8 asanas.

4. The project must consist of colour pictures/diagrams for fitness tests and asanas wherever necessary

The hard copy of the project report must be submitted for a review in a stick file within the first week of August, 2022.

Submitted By:

Subject Teacher-XII Physical Education