

Dear Students

Following are the topics to be done in physical education practical file:-

1) Motor physical fitness test:-

A)50 meter standing start

B)600 meter run walk test

C)Sit and reach test

D)partial curl-up test

E)Pushup for boys

F)Modified push -up(for girls)

G)04\*10 meter shuttle run

H)Standing broad jump

2) procedure for asans, benefits, and contra indication for any two asans for each lifestyle diseases:-

A) Asthma

B) Diabetes

C) Hyper tension

D) obesity

E) Backpain

3) Any team game

For boys ( volleyball)

For girls ( kho-kho)

~ it should contain information like history, award of the game etc.

This is your holiday homework as well as your final practical file