

PHYSICAL EDUCATION

Class 9th AND 10th

Complete your files

Topic - PHYSICAL FITNESS TEST

1)50 Mt Standing Start

2)600 Mt Walk And Run

3)Sit and Reach

4)Partial Curl- Up

5)The push-ups (for boys)

6)Modified Push -Up (for girls)

7)04*10 Mt Shuttle run

8)Standing Broad Jump