

Holiday Home work class 12 science

PHYSICAL EDUCATION

CLASS- XII

Practical:

Physical Fitness Test :SAI Khelo India test.

Meaning of yoga , elements of yoga, common lifestyle disease ,their preventive Asanas,Yogic Practices** Record File *.

Viva Voce (Health/ Games & Sports/ Yoga)

**Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket. However, the sport/game must be different for skill of Game and alternate to yogic practices.

***Record File shall include:

Practical-1 Fitness tests administration.

Practical-2. Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Practical-3. Anyone game of your choice out of the list above Labelled diagram of field

& equipment (Rules, Terminologies & Skills)

BIBLIOGRAPHY

Physics

Worksheet of chapter one and two

Chemistry

Worksheet of chapter solution and electro chemistry

English

Write down the ans of chapter 1,2,3 taught in class

Biology

Prepare a project report on the given topics

Draw all the diagram from chapter 2and 3 two times

Mathematics

All example of NCERT Book from Ch 1,2,3,4

Hindi

Project file on given topics

Computer science

Complete cs practical file