

DELHI PUBLIC SCHOOL, JAMMU

Summer Holiday's Homework (2021-2022)

Class: XII

Subject: Physical Education

Intelligence and skills can only function at the peak of their capacity when body is healthy & strong. May these holidays inspire you to exercise daily so that you may live a healthy life.

1. Take out 30 minutes in the morning and do any of the physical activity like jogging, running, jumping, skipping, pushups, crunches, squads etc.
 - a. Make a Chart on daily exercises you performed and write the difference you experience in your lifestyle after doing these activities.
 - b. Record your daily video and prepare a combined video of all the activities you performed.
2. Prepare a handwritten project work on any one game of your choice from list given below:-

(points to remember : Handwritten project, use interleaved sheets for the projects, it may include History, Introduction, Rules, terminologies, Skills, Equipments, labelled diagram of field and equipments, national and international award winners, famous tournaments).

- a) Football b) Handball c)Basketball d) Volleyball e)Cricket f)Hockey
g) Kho-Kho h) Kabaddi

Revise your syllabus completed yet.

NOTE:->

1. Send your Holiday Homework by e-mail to your respective Subject Teacher by 13th of July, 2021. Your submission will carry 4 marks.(2 marks- Subject Relevance & Research, 2 marks- Handwriting).
2. Practice for your Homework/ Project Presentation (5-6mins) to be held during virtual class after holidays. It will carry 6 marks. (2 marks- Confidence, 2 marks- Subject Clarity, 2 marks- Presentation Skills).
3. The schedule for presentation will be shared later.
4. The teacher may ask 1 or 2 questions during the presentation.

S.No	Class/Sec	Subject Teacher	Email -Id
1.	XII A,F	Ms. Moninder Kour Bhatia	kourkuljeet769@gmail.com
2.	XII B,C	Mr. Romijeet Singh	rjshootingjmu@gmail.com
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"Every child is a winner when they try their best"

