##  Birla Public school

## Sub Physical education

 SUMMER ASSIGNMENT

 CLASS 10

1 Write rules of a game which you have opted for this session with all essential diagrams .

2 Write the cup and trophies and terminology of a game of your choice.

3 Explain any six skills of a game .

4 Prepare a chart of Athletic Track with all essential marking.

5 Explain any 10 Yoga Asanas with proper Posture .

6 Make a chart of BMI Of any 10 members of your family friend or neighbours.

## Birla Public school Pilani

## Sub Physical education

Assignment 2018

 CLASS 11

1 Make chart on modern Olympic games.

2 Write down any 10 asanas with proper diagram of body posture.

3 Prepare a project on any one game of your choice’

4.Prepare a project on any one game of your choice keeping following your mind.

i) Rules

ii) Skills

iii)Trophies

iv)Cups

v) Terminology

vi) Venues

5) Prepare a project on BMI of any 10 persons of your family ,friends,neighbours.

6)List down the name of any 10 National & International venues for conducting various sports and games.

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## Sub Physical education

Assignment 2018

 Class –XII

1. What are the types of tournaments ? Make 5 fixtures of the following tournament
2. Knockout tournament
3. League tournament
4. Knockout cum league tournament
5. What are the types of Training programme . Explain any three.
6. What do you mean by posture. Explain any 5 postural deformities.
7. Make a project of any one game of your choice.
8. Make a project on YOGA. Explain any 10 Asanas.