

**St. Mary's School , Dwarka**  
**Holiday Home Work**  
**Class XII**  
**Subject: Physical Education**

1. Make a Practical file and mention the events opted other than from those administered under physical fitness test.
2. Athletics-Middle and long distance runs, any one throwing event and any one jumping events.
3. Draw a neat diagram of the Track and Field events
4. Write benefit of any five Asanas.
5. Measure Resting Heart rate and Respiratory rate of ten members from family or neighborhood for three weeks and show graphical representation of the data
6. AAHPER TEST
7. Draw a neat diagram of the Field/Court of any one game of choice. Write its History, rules and regulations, terminologies and important tournaments.

Games :

Athletics , Basketball, Football, Handball, Hockey, Kho-Kho and Volleyball.