



DAV BURHAR PUBLIC SCHOOL BURHAR

Summer Vacation H.W.

Subjects :-Physical Education

Class 12th

1. Make knock out tournament fixture for given no. of teams below.
 - a. 11 team
 - b. 19 team
2. Make league tournament fixture staircase method ,cycle method.
 - a. 07 team
 - b. 08 team
3. Make knockout cum league tournament fixture
 - a. 19 team
 - b. 24 team
4. Make league cum Knockout tournament Fixture
 - a. 23 team
 - b. 32 team
5. 12 team knock out tournament fixture with fixed four seeding
6. Explain the various Components of physical fitness (**STRENGTH,SPEED, ENDURANCE, FLEXIBILITY, AGILITY AND COORDINATION**)
7. Projects file for (Annual practical file) With exercises photo
 - a. YOGA (ASANAS) As preventive measures
Asthma, Diabetes, Obesity, Hypertension, Back pain, Blood pressure.

Above topic explain by various points

Introduction or meaning, Causes , Name of asanas and (benefits, Procedure, Contradictions) conclusion .

- b. Calculate the BMI your self with procedure.

Name of subject teacher:- Ranjeet yadav

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