

DELHI PUBLIC SCHOOL JAMMU

Holiday Homework

Session (2022-23)

Class: XII

Subject: PHE

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

1. Prepare a hand-written project work on any one game of your choice from the list given below:-

a) Football

b) Handball

c) Basketball

d) Volleyball

e) Cricket

f) Hockey

g) Kho-Kho

h) Kabaddi

(Points to remember: Hand-written project, use interleaf sheets for the projects, it may include History, Introduction, Rules, Terminologies, Skills, Equipments, Labeled Diagram of Field and Equipments, National and International Award Winners, Famous Tournaments).

2. Take out 30 minutes in the morning and do any physical activity like:- Yoga, Jogging, Running, Jumping, Skipping, Pushups, Crunches, Squads, etc. and Make a PPT on the daily exercises you have performed and write the difference you experience in your lifestyle after doing those activities.

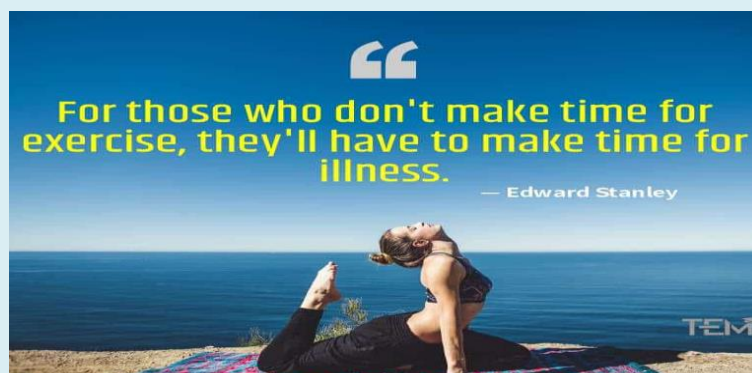
3. Revise the complete syllabus done up to June 2022.

Rubrics: ➤

Project work: 05 marks

Handwriting/ presentation: 02 marks

PPT: 03 marks



*Happy Holidays
Stay Healthy and Safe*