

# RED ROSE SENIOR SECONDARY SCHOOL

Holiday Homework  
Subject – PHYSICAL EDUCATION

## Class- XII

- Make a project File using punch sheet of the following topic.

\*Practical-1:\* Fitness tests administration for all items.

- Motor Fitness Test ( 7 test conducted)
- General Motor Fitness(3 test Conducted)
- Measurement of Cardio-Vascular Fitness – Harvard Step Test/Rockport Test –  
Computation of Fitness Index

\*Practical-2:\* Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Asanas as preventive measures

- Obesity
- Diabetes
- Asthma
- Hypertension
- Back Pain

\*Practical-3:\* Procedure for administering the Senior Citizen Fitness Test for 5 elderly family members.

\*Practical-4:\*

Anyone game of your choice out of the list above. Labelled diagram of field & equipment (Rules, Terminologies & Skills).

- Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket, Bocce & Unified Basketball [CWSN (Children With Special Needs – Divyang)]\*