

RED ROSE SENIOR SECONDARY SCHOOL

Holiday Homework

Subject – PHYSICAL EDUCATION

Class- XI

- Make a project File using punch sheet of the following topic.
Practical-1
- Pictorial presentation of any five Asanas for improving concentration.
Meaning & Importance of Yoga
Elements of Yoga
Introduction – Asanas, Pranayam, Meditation & Yogic Kriyas
Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)
Relaxation Techniques for improving concentration – Yog-nidra
Practical-2
- Labelled diagram of field & equipment of any one game of your choice out of the above list.

Athletics, Archery, Badminton, Boxing, Chess, Judo, Shooting, Skating, Swimming, Taekwondo, Tennis, Aerobics, Gymnastics, Rope-Skipping, Yoga, Bocce & Unified Basketball [CWSN (Children With special needs)]