HOLIDAY HOMEWORK PHYSICAL ACTIVITY TRAINER CLASS -9 and 10

PHYSICAL FITNESS TEST

- 1. 50 mt Standing start
- 2. 600 mnt walk and run
- 3. Sit and reach
- 4. partial curl ups
- 5. Push ups for boys
- 6. modified push ups for girls
- 7.4X10 mt shuttle run
- 8. standing broad jump

Complete the listed activities in your practical file.