

**HOLIDAY HOMEWORK**  
**PHYSICAL EDUCATION 048**  
**CLASS - 11 and 12**

**PHYSICAL FITNESS TEST**

1. 50 mt Standing start
2. 600 mt 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.**