

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.