

Holiday's Home Work
Class – XI
Subject – Physical Education

- Prepare a Powerpoint Presentation on the following topic in groups -
 - a) Aims and objectives of Physical Education.
 - b) Career options in Physical Education.
 - c) Modern Olympics Game.
 - d) Components of Physical Fitness.
 - e) National Sports Award.
- Learn Chapter No. 1 to 3.
- Draw a neat and clean diagram of 400 mts. Track in Record File (Practical 1)