

Holiday's Home Work

Physical Education

Class- XI

1. Read, Learn and prepare the notes of the following units:
Unit-1 Changing Trends and Career in Physical Education.
Unit-3 Yoga
2. Make a Record File on topic. "Yogic Kriyas". 'Jal Neti, 'Sutra Neti', Kapalbhata and Tartaka Kriya. Your Record File must include the following:
 - Introduction
 - Index
 - Acknowledgement
 - Bibliography
 - Passport size photograph
3. Make a File on the topic of Manipur Sports 'Polo'. Your file must include the following:
 - Introduction
 - Index
 - Certificate
 - Acknowledgement
 - Bibliography
 - Passport Size Photograph