

# ITL PUBLIC SCHOOL

Active Engagement of Young Minds during Summer Vacations 2026-27

Class :XII

Subject: PHYSICAL EDUCATION

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- Prepare Project file of physical Education on the basis of following content :-

Practical 1. Fitness tests administration (SAI Khelo India Fitness Test)

Practical 2. Anyone IOA recognized Sport/Game with Labelled diagram of field and equipment, Rules, Technologies and

Practical 3. Procedure for Asanas along with benefits and contraindication for any two Asanas for each lifestyle Disease

