## Class XII

- Science
- Commerce Page 10
- Humanities
   Page 17

## Science Stream Holiday Homework 2025–26

## CLASS XII ENGLISH PROJECT - 2025-2026 (HOLIDAY HOMEWORK)

#### **General Instructions-**

- 1. Students have to choose any two chapters out of the following given topics
- 2. They have to go through all the instructions and specifications very carefully before they submit their project files to their subject teachers.
- 3. All the files should be beautifully decorated, have coloured printed photographs—related to those topics on the left side of the pages.
- 4. After the project completion, They have to mention the list resources / bibliography etc.
- 5. The last date of project submission is July 10<sup>th</sup>,2025

LIST OF TOPICS/THEMES

#### I.THE LAST LESSON- FREEDOM OF SPEECH AND EXPRESSION

- Linguistic chauvinism
- Importance of Language
- Globalization of Language
- Franco-Prussian War
- Historical References of Events wherein linguistic identity was threatened/snatched

#### II. LOST SPRING-LIFE IN A SLUM

- Research and case study of a slum.
- Life of the people in a slum
- Education

- Health and Infrastructure
- Government Initiatives
- Role of youth in the upliftment of the weaker sections of the society
- Comparative Study of Slums
- Slums of yesterday turned to cities of today.

#### III. THE ENEMY- WAR AND PEACE

- To maintain peace we need to go to war.
- Impact of War on Society
- · Predicament of War
- Escapism and Depression due to war.
- Stance of the Political Lobby and Civilians.

#### IV. ON THE FACE OF IT- DISABILITY

- Coping with disability
- Society's attitude towards disability
- Struggles of a disabled person
- Laws for the disabled
- Government policies for the betterment of the disabled.
- Need of inclusion of the disabled in the mainstream society.

## **PROJECT LAYOUT**

**SHEET 1-** Cover Page with title, school details, details of students

**SHEET 2-**Statement of purpose/ Objective/ Goal

<u>SHEET 3-</u> Certificate of Completion under the guidance of the teacher with the place for signature (both for the subject teacher on the left side and Principal signature on the right side).

#### **SHEET 4- Action Plan**

- 3-4 lines about the project.
- Research Tools and Methodology.
- Supporting Material-AV Aids/ PPT

## **SHEET 5**- Introduction of the Project.

#### **SHEET 6- Body of the Project**

- Supporting Material
- Questionnaire
- Case Study
- Assignments
- Survey Report
- Transcripts
- Articles
- Interview

#### **SHEET 7-PHOTOGRAPHS**

## **SHEET 8- LIST RESOURCES/ BIBLIOGRAPHYY**

#### PARAMETERS OF ASSESSMENT

- 1. Quality of Content
- 2. Accuracy of Information
- 3. Adherence to the specified timeline.
- 4. Content in respect of spellings, grammar, punctuation
- 5. Clarity of thoughts and ideas
- 6. Creativity
- 7. Contribution by group members
- 8. Knowledge and experience gained

#### 12 Hindi H Hw

ग्रीष्मअवकाशपरियोजनाकार्य

हिन्दीभाषाऔरसाहित्यसेजुड़ेविभिन्नविषयोंसाहित्यकारोंसमकालीनलेखकोभाषाकेतकनीकीपक्षप्रभावअनुप्रयो गोंसाहित्यसेसमाजसंदर्भीएवंजीवनमूल्यसंबंधीप्रभावआदिपरप्रयोजनकार्यतैयारिकयाजाए

- १\_अपनी प्रियप्रमुखपांचसाहित्यकारोंकीजानकारीसचित्रसहित
- २\_आपसी सदभावनाबनाएरखनेकेलिएआपका (विद्यार्थियों) कायोगदानपरलेख
- ३\_प्रयोजन फाइलतैयारकरेंसुंदरसाफलेखमेंसचित्रसहित

## **Chemistry**

HOLIDAY'S ASSIGNMENT - CHEMISTRY

CLASS- XII

2025-26

- 1. Previous Year Questions:
- Solutions
- Haloalkanes and Haloarenes
- Alcohol, Phenols and Ethers
- 2. One-Word Questions (50 each chapter):
- Solutions
- Haloalkanes and Haloarenes
- Alcohol, Phenols and Ethers
- 3. CBSE Investigatory Project:

Include aim, acknowledgement, certificate, index, and a cover page with name, class, section, and school name.

4. Practical File:

Write all performed lab experiments.

#### Maths H Hw

**HOLIDAYS HOMEWORK** 

CLASS-XII, SUB-MATHS

Maths project and activities

Do the following lab. Activities in lab Manual

ACTIVITY NO- 1,2,3,6,7, 10,17,22,25 and 28

Examples and miscellaneous exercise of chapters vectors, 3D, probability and inverse trigonometry on separate homework register.

Write and learn all the formulae used in chapters vectors, 3D, probability and inverse trigonometry. And also learn all the trigonometric formulae from class XI.

Holiday homework (2025-26)

Class 12 Section- B, C Subject- Biology

- 1. Prepare a project on the topic assigned
- 2. Prepare 10 Mcqs, 10 one word, 10 fill ups from all the chapters covered till now ie ch1, 2,3,8 on lined A 4 size sheets and make a file.
- 3. Practical file Write down experiments from 11 to 16.
- 4. Draw the diagrams on A4 sheets and compile in file.
- 1.Anther 2.Spermatogenesis 3.Oogenesis
- 4. Spermatozoa 5. Megasporogenesis
- 6. Cleavage 7. Embryonic membranes
- 8. Ovary 9. Traits of pea plant 10. Biogas plant

#### Guidelines for project work-

- 1.An attractive cover page depicting topic of project, your name, class, section, roll number
- 2.Acknowlegement- Format will be shared
- 3.Certificate -Format will be shared
- 4.Aim- Topic of project to be mentioned
- 5 Objective- Reasons for selection of project to be mentioned
- 6.Content/ index- Sequence of detailed in tabular form (information to be explained in project )
- 7. Detailed information mentioned in index
- 8. Result/ conclusion

## 9.Bibliography

Cs Holiday Hw 2025-26

Important paint - 1.Attractive images/ Pictures should be pasted on all pages except certificate, acknowledgement, index, bibliography

2. Cover page must have catchy image/ picture related to topic.

XII Computer Sc (083)Holiday Home work 2025-26				
Complete your Computer Sc.(083) Project File (Get your topic approved by Teacher).				
Your project should be done in Python language in FrontEnd and MySql in backend.				
It should run in PC.				
The following heads may be included in the project:				
Cover page Shared in the group				
Certificate				
Acknowledgement				
Content/Index				
Introduction				
Scope of the project				
System Requirements				
System Design				
System Description				
Data Dictionary				
Coding of Python				
Output				
Glossary				
Bibliography				
Complete your Computer Sc.(083) Practical File.(Questions and Format of Practical file is shared in the group).				
Complete PT1 Question Answer in your copy.				

Go through 2025-26 Computer Sc paper and do all the question answers so far covered in Syllabus.

Board Paper is shared in the group.

Ensure that your copy have the following chapter if not please set your copy in order:

Functions (PPT + Class Work+Solved Q/A from Text Book)

Database(PPT+ClassWork+Solved Q/A from Text Book)

SQL(PPT + Class Work+Solved Q/A from Text Book)

Interface python with Mysql(PPT+classwork+Solved Q/A from Text Book)

In the Practical file there are 27 Sql questions Which you must solve and write in your copy.

=====Enjoy Holidays======

## It (802)Holiday Hw 2025-26

XII Information Technology (802) Holiday Home work 2025-26

Complete your IT(802) Project File (Get your topic approved by Teacher).

The project should be using JAVA in the front end and Mysql in the back end.

The following heads may be included in the project:

Cover page Shared in the group

Certificate

Acknowledgement

Content/Index

Introduction

Scope of the project

**System Requirements** 

System Design

**System Description** 

Data Dictionary (Desc of Mysql Tables)

Coding of Java

Glossary
Bibliography
Complete your IT(802) Practical File. (Questions and Format of Practical file is shared in the group)
Complete PT1 Question Answers in your copy.
Go through the 2025-26 Board IP paper and do all the question answers in the copy so far covered in the Syllabus.
Ensure that your copy have the following chapter if not please set your copy in order:
Java notes
Entrepreneur skills notes
Green Skill notes
PT1 Test paper solved
Board paper solved
=====Enjoy Holidays======

#### PHYSICS HOLIDAY HOMEWORK

1)PROJECT ON ALLOTED TOPICS

2)ACTIVITY FILE

Output

3)PRACTICAL FILE COMPLETION

#### **HEALTHCARE HOLIDAY HOMEWORK**

- 1. Prepare a project on the topic assigned
- 2. Prepare 10 Mcqs, 10 one word, 10 fill ups from unit 1,2,3 covered till now on lined A 4 size sheets and make a file.
- 3. Practical file Write down practicals from the pdf already shared.
- 4. Draw the mind map of all sessions on A4 sheets and paste in notebook after each session.

1.An attractive cover page depicting topic of project, your name, class, section, roll number
2.Acknowlegement- Format will be shared
3.Certificate -Format will be shared
4.Aim- Topic of project to be mentioned
5 Objective- Reasons for selection of project to be mentioned
6.Content/ index- Sequence of detailed in tabular form (information to be explained in project )
7. Detailed information mentioned in index
8. Result/ conclusion
9.Bibliography
Important paint - 1.Attractive images/ Pictures should be pasted on all pages except certificate, acknowledgement, index, bibliography  2. Cover page must have catchy image/ picture related to topic.

Guidelines for project work-

# Class XII Commerce Stream Holiday Homework 2025–26

## CLASS XII ENGLISH PROJECT - 2025-2026 (HOLIDAY HOMEWORK)

#### General Instructions-

- 1. Students have to choose any two chapters out of the following given topics
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- 3. All the files should be beautifully decorated, have coloured printed photographs—related to those topics on the left side of the pages.
- 4. After the project completion, They have to mention the list resources / bibliography etc.
- 5. The last date of project submission is July 10,2025

#### LIST OF TOPICS/THEMES

#### I.THE LAST LESSON- FREEDOM OF SPEECH AND EXPRESSION

- Linguistic chauvinism
- Importance of Language
- Globalization of Language
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- Historical References of Events wherein linguistic identity was threatened/snatched

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- Research and case study of a slum.
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- Health and Infrastructure
- Government Initiatives
- Role of youth in the upliftment of the weaker sections of the society

- Comparative Study of Slums
- Slums of yesterday turned to cities of today.

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- To maintain peace we need to go to war.
- Impact of War on Society
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- Escapism and Depression due to war.
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- Coping with disability
- Society's attitude towards disability
- Struggles of a disabled person
- Laws for the disabled
- Government policies for the betterment of the disabled.
- Need of inclusion of the disabled in the mainstream society.

#### **PROJECT LAYOUT**

**SHEET 1-** Cover Page with title, school details, details of students

SHEET 2-Statement of purpose/ Objective/ Goal

<u>SHEET 3-</u> Certificate of Completion under the guidance of the teacher with the place for signature (both for the subject teacher on the left side and Principal signature on the right side).

#### **SHEET 4- Action Plan**

- 3-4 lines about the project.
- Research Tools and Methodology.
- Supporting Material-AV Aids/ PPT

## **SHEET 5**- Introduction of the Project.

## **SHEET 6- Body of the Project**

- Supporting Material
- Questionnaire
- Case Study
- Assignments
- Survey Report
- Transcripts
- Articles
- Interview

## **SHEET 7-PHOTOGRAPHS**

## **SHEET 8- LIST RESOURCES/ BIBLIOGRAPHYY**

#### **PARAMETERS OF ASSESSMENT**

- 1. Quality of Content
- 2. Accuracy of Information
- 3. Adherence to the specified timeline.
- 4. Content in respect of spellings, grammar, punctuation
- 5. Clarity of thoughts and ideas
- 6. Creativity
- 7. Contribution by group members
- 8. Knowledge and experience gained

#### 12 Hindi H Hw

ग्रीष्म अवकाश परियोजना कार्य

हिन्दी भाषा और साहित्य से जुड़े विभिन्न विषयों साहित्यकारों समकालीन लेखको भाषा के तकनीकी पक्ष प्रभाव अनुप्रयोगों साहित्य से समाज संदर्भी एवं जीवन मूल्य संबंधी प्रभाव आदि पर प्रयोजन कार्य तैयार किया जाए

- १\_अपनी प्रिय प्रमुख पांच साहित्यकारों की जानकारी सचित्र सहित
- २ आपसी सदभावना बनाए रखने के लिए आपका (विद्यार्थियों) का योगदान पर लेख
- ३ प्रयोजन फाइल तैयार करें सुंदर साफ लेख में सचित्र सहित

#### **Accountancy Holiday Homework**

Holiday Homework:-

Class XII (Accountancy)

Do all the questions from scanner given at the end of book

Make a Project File for CBSE final Examination

Reference Book T.S. Grewal

#### **Bst H Hw**

Holidays assignment

Class 12

**Business studies** 

Make the project on the assigned topic. Project must show the original survey and research work. It should be supported with photographs and decorated.

Do all the case studies from chapter 1 to 3 and 11

Do assertion and reasoning based questions and MCQ of Unit 1,2,3,and 11 in the book from back page

Complete your business studies notebook.

Revise unit 1, 2, 3 and 11 and do the self assessment test of ch 1, 2, 3 and 11

#### **Economics H Hw**

Class-xii

Holidays Homework

Subject -Economics

- 1. Prepare the project related to your topic.
- 2. Frame MCQ, Assertion -Reason, Fill in the blanks and statement based questions from the chapters 20 questions from each unit

Money and banking

Government budget

BOP and foreign exchange rate

#### **Maths H Hw**

**HOLIDAYS HOMEWORK** 

CLASS-XII, SUB-MATHS

Maths project and activities

Do the following lab. Activities in lab Manual

ACTIVITY NO- 1,2,3,6,7, 10,17,22,25 and 28

Examples and miscellaneous exercise of chapters vectors, 3D, probability and inverse trigonometry on separate homework register.

Write and learn all the formulae used in chapters vectors, 3D , probability and inverse trigonometry. And also learn all the trigonometric formulae from class XI.

## FMM(805) Holiday homework (2025-2026)

- Q1) complete your 250 hours on NSMART.
- Q2) prepare the colorful mind map of ch-4, ch-5 and ch-6 in your fair register.
- Q3) prepare the project file on the topics given to you in class:-

#### 12th E

Sr. No.	Topics of the project file	Name of the Students
1.	Online trading	Aaksha,Anshika,Kirti and Ayushi

2.	Project on SEBI	Aarushi, Jaskaran and Tapas	
3.	Practices of mutual fund	Anushka, Deepti, Vanshika Rawat and Mehak	
4.	A study on working of NSDL & CDSL	Arghadeep,Aryan, Chaitanya and Dhruv	
5.	Working of stock exchange in India (A comparative study of BSE and NSE)	Ayush, Harshit,Parth Sharma and Vaibhav	
6.	Working of National stock exchange	Bhargavi, Vasu and Rudraksh	
7.	Mutual funds and it's structure	Harsh,Param and Lucky	
8.	Derivatives (both futures and options)	Himanshu,Pranav and Saksham	
9.	Derivatives(only future-stock and index futures	Khushi,Sakshi and Vanshika	
10.	Risk management in derivatives	Krishna, Parth Gupta and Shreedhar	
11.	Initial public offer analysis	Sayantani, Shagun and Supriya	

## 12th-F

Sr.No.	Topics of the project file	Name of the students
1.	Online trading	Aditi Negi ,Pari ,somyashri and Shreya
2.	Project on SEBI	Aditya Kumar ,Avneet and Geetansh
3.	Practices of mutual fund	Aditya Soni, Tanmay and Gagan

4.	A study on working of NSDL & CDSL	Aishwarya, Bhavyam ,Harman ,Aryan Shukla
5.	Working of stock exchange in India  (A comparative study of BSE and NSE)	Anand, Kartik Malhotra and Anmol
6.	Working of national stock exchange	Aniket, kunika, Kritika and Piyush Kumar
7.	Mutual funds and it's structure	Chaitanya and Roshni
8.	Derivatives (both futures and options)	Dhiraj and Krishna
9.	Derivatives(only future-stock and index futures)	Harsh Kumar ,Piyush parvat Parth and Tanish
10.	Risk management in derivatives	Lakshay,Satyam and Nikhil
11.	Initial public offer analysis	Sonal Negi and vaibhavi

# Class XII Humanities Stream Holiday Homework 2025–26

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- · Society's attitude towards disability
- Struggles of a disabled person
- Laws for the disabled
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- Need of inclusion of the disabled in the mainstream society.

#### **PROJECT LAYOUT**

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- Questionnaire
- Case Study
- Assignments
- Survey Report
- Transcripts
- Articles
- Interview

## **SHEET 7-PHOTOGRAPHS**

## **SHEET 8- LIST RESOURCES/ BIBLIOGRAPHYY**

#### **PARAMETERS OF ASSESSMENT**

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- 2. Accuracy of Information
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## Pol Sc H Hw

--- Sheet: Sheet1 ---

#### HOLIDAY HOMEWORK POLITICAL SCIENCE CLASS-XII

Complete Political Science CBSE project file based on the following schedule:-

Part-A Contemporary World Politics					
Ch-1	The End of bipolarity Roll no. 1-3				
Ch-2	Contemporary centres of Power Roll no. 4-6				
Ch-3	Contemporary South asia Roll no. 7-9				
Ch-4	International Organisations Roll no. 10-12				
Ch-5	Security in the Contemporary world Roll no. 13-15				
Ch-6	Environment and Natural Resources Roll no. 16-18				
Ch-7	Ch-7 Globalisation Roll no. 19-21				
Part-B	Politics in India Since Independence				
Ch-1	Challenges of Nation Building Roll no. 22-24				
Ch-2	Ch-2 Era of one party dominance Roll no. 25-27				
Ch-3	Ch-3 Politics of Planned developement Roll no. 28-30				
Ch-4 India's External relation Roll no. 31-33					
Ch-6 The crisis of Democratic order Roll no. 34-36					
Ch-8 Recent Developments in Indian Politics Roll no. 37-40					
*The files should be prepared individually and Not in groups					

Read, revise and learn Chapters of book-1.

#### **History H Hw**

Holidays Homework (2025-2026)

History (027)

Class 12th G,H& 1

"Here's to a summer vacation that's a time for making memories trying new things and embracing new experience that enrich your life"

Make History project according to given instructions

Instructions:-

- Use A-4 size sheets .
- Arrange all sheets in one file .
- Make history project according to your roll no.

Complete your Notebook work.

Make a Model or collage from Ch.7,10,11&12.

Read and Learn chapter 1 to 5.

Usha Sharma

**PGT History** 

#### **Economics H Hw**

Class-xii

Holidays Homework

**Subject - Economics** 

- 1. Prepare the project related to your topic.
- 2. Frame MCQ, Assertion -Reason, Fill in the blanks and statement based questions from the chapters 20 questions from each unit

Money and banking

Government budget

BOP and foreign exchange rate

#### Geo H Hw

**HOLIDAYS HOMEWORK** 

CLASS XII

**GEOGRAPHY** 

Chapter No. AND Chapter Name

- 1 Data-its source and Compilation
- 2 Data Processing
- 3 Graphical representation of Data
- 4 Spatial Information Technology

Students are required to prepare your Geography Practical File as per the instructions given in class. Please ensure that the work is neat, complete, and follows the format discussed. The chapters to be included have already been shared during the lesson.

Prepare a Map Book using a scrap file as discussed in class. The content and guidelines for the map work have already been shared with you in the PDF document.

Please ensure the following:

Use a scrap file only for your Map Book.

Complete the maps neatly and accurately using pencil colours.

Label all features clearly and correctly as per the PDF instructions.

Arrange the maps in the same order as mentioned in the PDF.

Submit your Map Book on or before the due date informed in class.

This Map Book is an important part of your internal assessment, so give it your best effort!

Vageesha

(Geography Department)

## Ip Holiday Hw 2025-26

XII Informatics Practices (065) Holiday Home work 2025-26

Complete your Informatics Practices (065) Project File (Get your topic approved by Teacher).

Project should be using DataFrame, CSV File and it should have Data Visualization i.e. Bar/line/Hist graph

The following heads may be included in the project:
Cover page Shared in the group
Certificate
Acknowledgement
Content/Index
Introduction
Scope of the project
System Requirements
System Design
System Description
Data Dictionary (Desc of Mysql Tables)
Coding of Python
Output
Glossary
Bibliography
Complete your Informatics Practices (065) Practical File. (Questions and Format of Practical file is shared in the group)
Complete PT1 Question Answers in your copy.
Go through 2024-25 Board IP paper and do all the question answers so far covered in Syllabus in the copy.
Ensure that your copy have the following chapter if not please set your copy in order:
Pandas-1 (PPT + Class Work+Solved Q/A from Text Book)
DataVisualisation(PPT+Class Work+Solved Q/A from Text Book)
PT1 Test paper solved
=====Enjoy Holidays======

## It (802)Holiday Hw 2025-26

XII Information Technology (802) Holiday Home work 2025-26

Complete your IT(802) Project File (Get your topic approved by Teacher). The project should be using JAVA in the front end and Mysql in the back end. The following heads may be included in the project: Cover page Shared in the group Certificate Acknowledgement Content/Index Introduction Scope of the project **System Requirements** System Design **System Description** Data Dictionary (Desc of Mysql Tables) Coding of Java Output Glossary Bibliography Complete your IT(802) Practical File. (Questions and Format of Practical file is shared in the group) Complete PT1 Question Answers in your copy. Go through the 2025-26 Board IP paper and do all the question answers in the copy so far covered in the Syllabus. Ensure that your copy have the following chapter if not please set your copy in order: Java notes Entrepreneur skills notes Green Skill notes PT1 Test paper solved

Go through the 2025-26 Board IP paper and do all the question answers in the copy so far

Ensure that your copy have the following chapter if not please set your copy in order:

covered in the Syllabus.

Java notes

Entrepreneur skills notes

Green Skill notes

PT1 Test paper solved

Board paper solved

=====Enjoy Holidays======

## 12 Phy Ed H Hw

Summer Holiday Homework

Class XI and XII

**Subject- Physical Education** 

\*Practical 1: Physical Fitness Test\*

- \*SAI Khelo India Test\*
- 50m dash
- 600m run
- Standing broad jump
- Sit and reach
- Push-ups (boys) / Sit-ups (girls)
- \*Brockport Physical Fitness Test (BPFT)\*
- 1-mile walk test
- Push-up test
- Curl-up test
- Trunk lift test
- 40-yard dash
- \*Instructions\*
- 1. Conduct the SAI Khelo India Test and record your scores.
- 2. Research and understand the Brockport Physical Fitness Test (BPFT) and its components.

- 3. Compare and analyze the two tests.
- \*Practical 2: Proficiency in Games and Sports\*
- \*Choose an IOA recognized Sport/Game\*
- Select a sport/game of your choice (e.g., basketball, football, cricket, etc.)
- Practice and improve your skills in the chosen sport/game
- Record your progress and reflect on your learning
- \*Instructions\*
- 1. Choose a sport/game and practice its skills regularly.
- 2. Record your progress and identify areas for improvement.
- 3. Reflect on your learning and write a short report.
- \*Practical 3: Yogic Practices\*
- \*Asanas\*
- Practice and master 5-7 asanas (e.g., Tree Pose, Downward-Facing Dog, Cobra Pose, etc.)
- Record your progress and note any benefits or challenges
- \*Pranayama\*
- Practice and master 2-3 pranayama techniques (e.g., Bhastrika, Kapalabhati, etc.)
- Record your progress and note any benefits or challenges
- \*Instructions\*
- 1. Practice and master the selected asanas and pranayama techniques.
- 2. Record your progress and note any benefits or challenges.
- 3. Reflect on your learning and write a short report.

**Submission Guidelines** 

- 1. Complete all three practicals and record your findings in a Physical Education practical file.
- 2. Ensure your work is neat, organized, and well-presented.
- 3. Submit your practical file on the designated date.

By completing these practicals, you will develop a deeper understanding of physical fitness, games, and sports, as well as yogic practices. Have a great summer break!

### **Physical Education holiday homework**

*Practical	1:	Physical	Fitness	Test*
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- \*SAI Khelo India Test\*
  - 50m dash
  - 600m run
  - Standing broad jump
  - Sit and reach
  - Push-ups (boys) / Sit-ups (girls)
- \*Brockport Physical Fitness Test (BPFT)\*
  - 1-mile walk test
  - Push-up test
  - Curl-up test
  - Trunk lift test
  - 40-yard dash
- \*Instructions\*
- 1. Conduct the SAI Khelo India Test and record your scores.
- 2. Research and understand the Brockport Physical Fitness Test (BPFT) and its components.
- 3. Compare and analyze the two tests.
- \*Practical 2: Proficiency in Games and Sports\*
- \*Choose an IOA recognized Sport/Game\*
  - Select a sport/game of your choice (e.g., basketball, football, cricket, etc.)
  - Practice and improve your skills in the chosen sport/game
  - Record your progress and reflect on your learning

<sup>\*</sup>Instructions\*

- 1. Choose a sport/game and practice its skills regularly.
- 2. Record your progress and identify areas for improvement.
- 3. Reflect on your learning and write a short report.
- \*Practical 3: Yogic Practices\*
- \*Asanas\*
  - Practice and master 5-7 asanas (e.g., Tree Pose, Downward-Facing Dog, Cobra Pose, etc.)
  - Record your progress and note any benefits or challenges
- \*Pranavama\*
  - Practice and master 2-3 pranayama techniques (e.g., Bhastrika, Kapalabhati, etc.)
  - Record your progress and note any benefits or challenges
- \*Instructions\*
- 1. Practice and master the selected asanas and pranayama techniques.
- 2. Record your progress and note any benefits or challenges.
- 3. Reflect on your learning and write a short report.

#### Submission Guidelines

- 1. Complete all three practicals and record your findings in a Physical Education practical file.
- 2. Ensure your work is neat, organized, and well-presented.
- 3. Submit your practical file on the designated date.

By completing these practicals, you will develop a deeper understanding of physical fitness, games, and sports, as well as yogic practices. Have a great summer break!