

DAV Public School, Moonidih Project, Dhanbad
Winter Break Project Work

Sub: Physical & Health Education

Class: IX to XII

Class IX & X

Games & Sports

Q 1. Explain any one Team Game from the following options :-

- (i) Kho-Kho (ii) Hand Ball

Q2. Explain any one Individual Game from the following options :-

- (i) Wrestling (ii) Boxing

Yoga

Q3. Explain any two from the following options:-

- (i) Tadasana
- (ii) Vrikshasana
- (iii) Trikonasana

Q.4 Draw the diagram of field of 'Kho-Kho' and 'Kabaddi'

Q5 Write the terminology of 'Kho-Kho' and 'Kabaddi'

Class XI & XII

Games & Sports

Q 1. Draw Standard Track & Explain about it.

Sewa

Q 2 Explain about Managing Sports Events and its learning outcomes.

Q3 Draw a fixture Knockout Format of 16 teams.

Q7. Draw the diagram of field of 'Football' and 'Cricket'

Q5. Write the terminology of 'Football' and 'Cricket'