

JYOTI PUBLIC SCHOOL, DHORKA

Holiday Homework
ASSIGNMENT, (2018-19)

CLASS – 12th

SUB – PHYSICAL EDUCATION.

(1) Make a Project on Yoga and Asans .

Describe importance of Yoga and asans by giving examples,

(Roll No-1&2)

(2) Make a beautiful project on “Balanced diet” or “Junk food”

why should not we recommended Junk food . How it will be harmful
and How it effect the sports person’s performance . **(Roll No-**

3&4)

(3) Make a project on your favorites game .

(Roll No-5)

(4) Learn all work done in the class.