

Shri Ram Shiksha Mandir Sr Sec School, Jindpur, Delhi-36

Holiday Homework (Physical Education)

Class XIth

- 1-Write benefits of **Medicine Ball, Thera Tube and Pilates**.
- 2-Measure **BMI** of ten members from your family or neighbourhood and show graphical representation of the data.
- 3-Draw a neat diagram of **Standard Track** with all its specifications. Mention all the Track and Field events.
(Mention the latest **records at Indian, World and Olympic level.**)