**INDIAN SCHOOL AL WADI AL KABIR**

**PHYSICAL EDUCATION SUMMER VACCATION ASSIGNMENT**

**CLASS XII 2019 - 2020**

**RECORD FILE:**

1. Specialized game.

Any one game of your choice as given in syllabus.Labelled diagram of field and equipment Rules, Terminologies and Skills.

2. Procedure for Asanas, Benefits and Contraindication for two Asanas each Lifestyle Disease.

3. Modified AAHPER administration for all items.

4. BMI of 5 elderly family members.