


INTERNATIONAL INDIAN SCHOOL AL-JUBAIL
CLASSES XI & XII - PHYSICAL EDUCATION

SUMMER PROJECT – ASSIGNMENT

DATE: 21-06-2016

<u>TOPICS</u>	<u>CLASSES</u>
1. ICC: 20-20	XI & XII
2. Physical fitness aims and objectives	XII
3. Olympic motto, Flag, Flame, Awards and Oath	XI
4. Football Euro-Cup Details	XI & XII
5. Narrate the components of Positive Life style in details	XI
6. Discuss the skinfold measurement in details	XI
7. Visit nearby stadium and describe it in 200 words	XI & XII
8. Play and practice at least two games and list out its rules and regulations and write a note on it.	XI & XII
9. Find out concessions job reservations granted by your state Govt for sports Persons.	XI & XII
10. Visit a school nearby your home and meet the PET and find out sports facilities in that school.	XI & XII


Mohammed Ghouse
Phy Edu Incharge


PRINCIPAL