



PRADHAN PUBLIC SENIOR SECONDARY SCHOOL

NH-2 RAIPURAJAT ,SINGNA (AGRA) -9627279988,9690499099

LIST OF PRACTICALS (PHYSICAL EDUCATION) 2020-21

Practical-1: Fitness tests administration for all items.

Practical-2: Procedure for ASANAS, Benefits & Contraindication for any two ASANAS for each lifestyle disease.

Practical-3: Any one game of your choice out of the list given below. Labelled diagram of field & equipment (Rules, Terminologies & Skill)

(Basketball, Football, Kabaddi, Kho-Kho, Volleyball, Handball, Hockey, Cricket)

Note: - if any problem regarding it contact in school campus.