

St. Edmund's School

Sector-5, Jawahar Nagar, Jaipur.

Holiday Home Work 2018-19

Physical Education (XI & XII)

Std.-XI (Sc.-Comm.-Humanities)

Badminton

Record File shall include:

Practical-1: Labelled diagram of 400 M Track & Field with computations.

Practical-2: Computation of BMI from family or neighbourhood & graphical representation of the data.

Practical-3: Labelled diagram of field & equipment of Badminton.

Practical-4: Explanation & list of current National Awardees (Dronacharya Award, Arjuna Award & Rajiv Gandhi Khel Ratna Award)

Practical-5: Pictorial presentation of any five Asanas for improving concentration.

Std.-XII (Sc.-Comm.-Humanities)

*****Record File shall include:***

Practical-1: Modified AAHPER administration for all items.

Practical-2: Conduct Barrow 3 Item Test on 10 students.

Practical-3: Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.

Practical-4: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members.

Practical-5: Labelled diagram of field & equipment of Basketball / Volleyball (Rules, Terminologies & Skills).

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English (XI & XII)

Std.-XI

1. Compare a poem of eight lines by your own and compare it with any poem English Literature.
2. Read the newspaper daily and cut and paste the following in your note-book :-
 - (a) Five Poster
 - (b) Eight Advertisement

Std.-XII

1. Write down the summary of the Novel 'The Invisible Man' (Ch- 1 to 10).
2. Draw the Character Sketch from the Ch.- 1 to 10 (The Invisible Man).

Answer the following :-

3. Write down any two question from the book Flamingo (Ch. 1 & 2)
4. Write down any two question from the book Vistas (Ch.- 1 & 2)

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Fine Arts (Painting) (XI & XII)

Std.-XI

- 20 objects with Pencil shading 10 body parts and figure.

Std.-XII

- Sketches in Sketch Book : 1. Folk Art 2. Layout
- Learn Lesson 1 & 2