

Summer Vacation Holiday's homework Games & Sports 2023-24

Complete your Note Book with given below topic:-

- History of your choice game/sport
- Fundamental skills of your choice game/sport
- Latest rules and regulation of your game/sport
- Dimension of your game or sport court/field with proper measurement
- Warm up and Cooling down exercises related your game/sport
- Safety equipments of your game/sport
- Tournaments or Venues of your game/sport
- National and International personality of your game/sport
- Various Sports Award
- Importance of Games and Sports in our life
- Causes, Symptoms, Rehabilitation and types of various Sports Injuries
- Make a list of Good Daily Habits and Good Eating Habits
- What is Body Posture? Explain the good and bad postural habits of our body.
- National Games of different country
- Olympic Games, Commonwealth Games and Asian Games

Make a chart of Fit India Physical Fitness Test improvement on given Target

Events	Previous Record	Target-1 30/04/2023	Target-2 31/05/2023	Target-3 30/06/2023	Target-4 31/07/2023	Target-5 31/08/2023	Target-6 30/09/2023	Target-7 31/10/2023	Target-8 30/11/2023
Height									
Weight									
Sit & Reach									
50m Dash									
600 m									
Push Up									
Partial Curl up									

Make a Chart on Development of your fundamental skills of your game/sport

Fundamental Skills of your game/sport	Previous Record	Target-1 30/04/2023	Target-2 31/05/2023	Target-3 30/06/2023	Target-4 31/07/2023	Target-5 31/08/2023	Target-6 30/09/2023	Target-7 31/10/2023	Target-8 30/11/2023
Write down									
fundamental									
Skills of your									
Game in this									
Column & rows									

Note:-

- Write down previous record of your fundamental skills of your game/sport and fitness from your Khelo India Fitness Assessment certificate of 2022-23.
- Achieve your target with do regular and continuous practice of your fitness and Games & Sports skills in morning and evening time without break.