

HOME ASSIGNMENTS

for

SUMMER VACATION

Class -- XII (Science & Commerce

Sub.-- Physical Education

GUIDELINES FOR INTERNAL ASSESSMENT (PRACTICAL/ PROJECTS ETC.)

PRACTICAL	(Max. Marks 30)
Physical Fitness Test: SAI Khelo India Test, Brockport Physical Fitness Test (BPFT)*	6 Marks
Proficiency in Games and Sports (Skill of any one IOA recognized Sport/Game of Choice)**	7 Marks
Yogic Practices	7 Marks

Physical Education Syllabus 2024-25

Record File ***	5 Marks
Viva Voce (Health/ Games & Sports/ Yoga)	5 Marks

- *Test for CWSN (any 4 items out of 27 items. One item from each component: Aerobic Function, Body Composition, Muscular strength & Endurance, Range of Motion or Flexibility)
- **CWSN (Children With Special Needs – Divyang): Bocce/Boccia , Sitting Volleyball, Wheel Chair Basketball, Unified Badminton, Unified Basketball, Unified Football, Blind Cricket, Goalball, Floorball, Wheel Chair Races and Throws, or any other Sport/Game of choice.
- **Children with Special Needs can also opt any one Sport/Game from the list as alternative to Yogic Practices. However, the Sport/Game must be different from Test - 'Proficiency in Games and Sports'

***Record File shall include:

- **Practical-1:** Fitness tests administration. (SAI Khelo India Test)
- **Practical-2:** Procedure for Asanas, Benefits & Contraindication for any two Asanas for each lifestyle disease.
- **Practical-3:** Anyone one IOA recognized Sport/Game of choice. Labelled diagram of Field & Equipment. Also, mention its Rules, Terminologies & Skills.

Sub.-- English

Write the main points from the following chapters :-

1. Lost Spring
2. Deep Water
3. The Rattrap

Write the extract questions from the following poems :-

1. My Mother at Sixty Six
2. Keeping Quiet

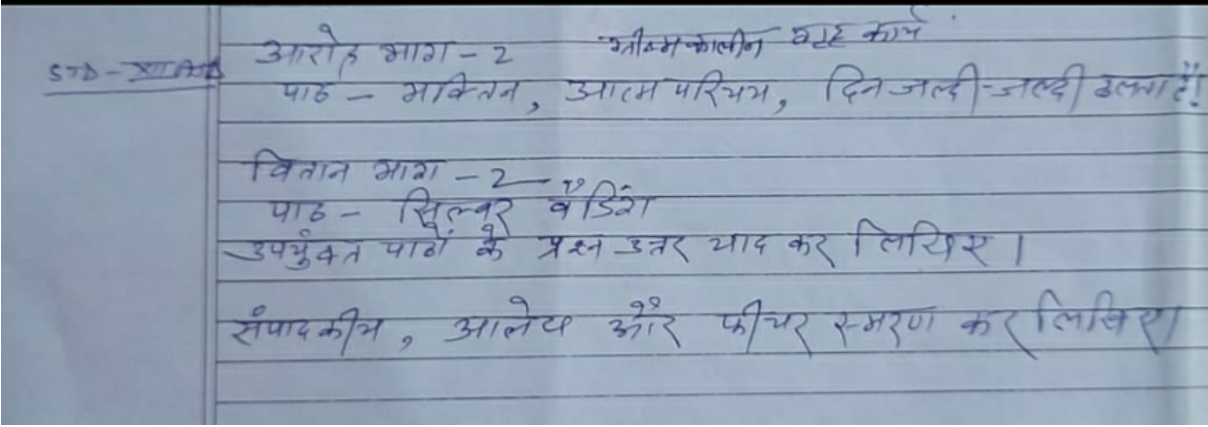
Learn and write the Introduction and Bio-Data of Job Application

Mathematics

1) Write all formulas of Std XI Maths and Matrices and Determinant in chart paper

2) Write all question answers of chapter 1 and 2 (NCERT) in H. W. Copy

Hindi



Chemistry

[1] Write the answers of the NCERT Questions of the following chapters-

[A] Solutions

[B] Electrochemistry

[2] CHEMICAL KINETICS-

[A] Write difference between order of a reaction and molecularity of a reaction.

[B] Discuss factors influencing rate of reaction.

[3] LAB ACTIVITY- Record the following activity in lab manual-

[1] To prepare 250 ml of $\frac{M}{20}$ solution of oxalic acid.

[2] To prepare 250 ml of $\frac{M}{20}$ solution of Mohr's Salt.

[3] To prepare 250 ml of $\frac{M}{20}$ solution of Mohr's Salt. Using this solution find out the molarity of the given potassium permanganate solution.

[4] To prepare 250 ml of $\frac{M}{20}$ standard solution of oxalic acid. Using this solution find out the molarity of the given KMnO_4 solution.

[1] Write the answers of the NCERT Questions of the following chapters-

[A] Solutions

[B] Electrochemistry

[2] CHEMICAL KINETICS-

[A] Write difference between order of a reaction and molecularity of a reaction.

[B] Discuss factors influencing rate of reaction.

1. Solved Examples and Back Exercise of NCERT (Chapter1 and Chapter2)
2. 3. Two Assignments one from Each Chapter, of Chapter 1 and Chapter 2 having Important Questions
3. Students are advised to Practice Previous Years Questions and Study MCQs from different websites, but they don't have to show the same

4. Investigatory project---

To study various factors
on which the internal
resistance/EMF of a cell
depends.

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