

PHYSICAL EDUCATION HOLIDAY WORK-2016

CLASS XI

Physical Fitness Test for Class XI will be conducted in the first week of July-2016.

The physical tests are follows:-

1. Pull-ups (Boys)
Flexed Arm Hang (Girl)
2. Standing Broad Jump
3. Basketball Throw
4. Crunches (Sit-ups)
5. Shuttle Run
6. 12 Minute Run or Walk Test (Boys)
9 Minute Run or Walk Test (Girls)