

Physical Education Project

Class -11

Make a project on 'Individual Game' Any one game to be chosen.

Athletics, Lawn Tennis, Table Tennis, Swimming, Taekwondo, Badminton

The Content of the File as follows:-

1. Discuss in detail the History of the game.
 - a. International History (5 pages).
 - b. National History (5 pages)
2. Explain the Fundamental Skills of the game.
3. Describe the Rules and Regulations of the game.
4. Write down the Sports Personalities of the game (One player per page)
 - a. International Player (5 players)
 - b. National Player (5 players)
5. Sports Awards.
 - a. Arjun Award
 - b. Dronacharya Award
 - c. Rajiv Gandhi Khel Ratan Award
6. Sports Injuries.
 - a. 5 major injuries of the game.
7. Bibliography