BANYAN TREE SCHOOL, LODHI ROAD

HOLIDAY HOMEWORK (2026-27)

CLASS IX

SUBJECT: ENGLISH

RESEARCH WORK: MIND MAP

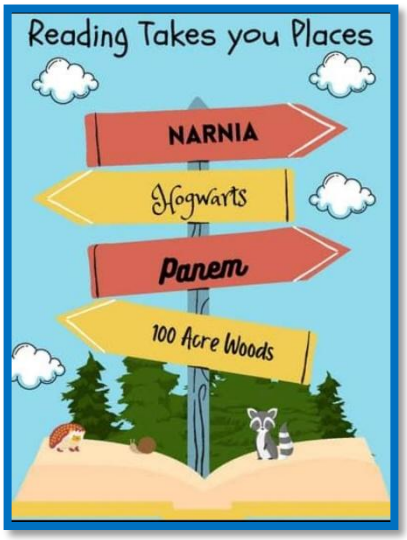
Read the Poem, 'Bharat Our Land,' given in your English textbook. The poem written by the acclaimed author Subramania Bharati, highlights the rich culture, beauty, manuscripts and the great poets and warriors of India. It also emphasises on the fact that India is known as the 'cradle of the human race' and 'a land of profound spiritual wisdom.'

Use coloured A4-sized sheets, to discuss the statement keeping in mind the theme and to illustrate your favourite part from the poem.

In addition, on an A3-sized sheet, draw a Mind Map, including the some important points about India, theme and tone of the poet, summary and learning outcome. Mention the name of the Author below the illustration.

PROJECT WORK (PORTFOLIO):

Read any two of the following books. Prepare a graphic vocabulary journal or a Pictionary with twenty new words you have learnt. Then, write each new word in it and draw or paste a picture of it. Also, write one synonym and antonym (if any) against it. In addition, draw a suitable book cover, mentioning the name of the story, the characters you liked, and what in the story inspired you the most.



- The Invisible Man by H. G. Wells
- The Diary of A Young Girl By Anne Frank
- Swami and Friends By R. K. Narayan
- The Railway Children by E. Nesbitt
- Three Men In A Boat by Jerome K. Jerome
- The Alchemist by Paulho Coelho

ASSESSMENT RUBRIC

Please take a printout of the rubric Sheet for evaluation.

BANYAN TREE SCHOOL, LODHI ROAD

SESSION 2026-27

HOLIDAY HOMEWORK ASSESSMENT RUBRIC

CLASS IX

Student's Name: _____

Class/Sec: _____

Criteria	Excellent (4)	Good (3)	Satisfactory (2)	Needs Improvement (1)	Marks Awarded
Analytical Skills	Deep understanding with strong analysis and insight	Good understanding with relevant analysis	Basic interpretation of ideas	Weak understanding with little analysis	____ /4
Creativity & Presentation	Highly creative, visually engaging and well-organised	Good creativity and well-presented	Simple presentation with basic effort	Minimal creativity and effort	____ /4
Content & Research	Well-researched with relevant examples and facts	Adequate research with some relevant information	Limited research and examples	Poor or copied content	____ /4
Writing Skills	Fluent, coherent and grammatically correct	Good expression with minor errors	Noticeable errors in grammar and expression	Frequent errors and unclear expression	____ /4
Task Completion	All tasks completed properly and on time	Most tasks completed	Some tasks incomplete	Many tasks missing	____ /4

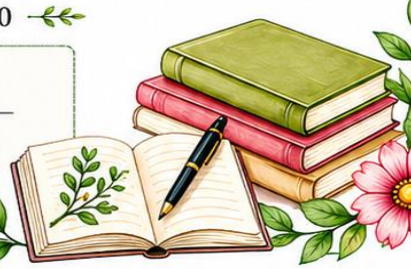
Total Marks: _____ /20

Teacher's Remarks:

_____

_____

_____



SUBJECT: HINDI

1- "कविता का चित्रात्मक प्रस्ततीकरण ु "

आपको अपनी पाठ्यपस्तक ु सेकिसी एक कविता का चयन करना हैऔर उसके भाव, विचार और संदेश को चित्र / पेंटिगं / कोलाज के माध्यम सेप्रस्ततु करना है।

निर्देश

- अपनी पसंद की कोई एक कविता चनु ें
- कविता के मख्यु भाव (Theme) और संदेश को समझें
- उस भाव को चित्र, पेंटिगं या कोलाज के रूप मेंदर्शाएँ
- चित्र के साथ कविता की 2–3 महत्वपर्णू र्णपंक्तियाँभी लिखें
- रंगों, प्रतीकों और कल्पनाशीलता का प्रयोग करें

रचनात्मक विचार

- प्रकृति से जड़ुी कविता → पेड़, नदी, सरजू , पहाड़ का चित्र
- भावनात्मक कविता → चेहरेके भाव, रंगों के माध्यम से अभिव्यक्ति
- सामाजिक संदेश वाली कविता → लोगों, समाज, पर्यावरण के दृश्य
- कोलाज बनातेसमय → पत्रिका/अखबार की कटिग्सं का उपयोग

2- "प्रेरणादायक व्यक्तित्व – जीवनी"

आपको किसी एक महान/प्रेरणादायक व्यक्ति का चयन करना हैऔर उनके जीवन पर आधारित 250–300 शब्दों की जीवनी लिखनी है। साथ ही उनके जीवन की महत्वपर्णू र्णघटनाओंकी एक टाइमलाइन (समयरेखा) भी तयार ै करनी है।

लेखन के निर्देश

- जीवनी 250–300 शब्दों मेंलिखें
- जन्म, शिक्षा, संघर्ष और उपलब्धियाँशामिल करें
- उनके जीवन सेमिलनेवाली प्रेरणा भी लिखें
- भाषा सरल और स्पष्ट रखें

टाइमलाइन (समयरेखा) कैसेबनाएं?

- जीवन की प्रमखु घटनाओंको क्रम मेंलिखें
- वर्ष (Year) के साथ घटना (Event) लिखें

उदाहरण

- 1869 – जन्म
- 1888 – विदेश मेंशिक्षा
- 1915 – भारत वापसी
- 1947 – देश की स्वतंत्रता

प्रस्ततीकरण ु

- व्यक्ति का चित्र बनाएंया चिपकाएं
- रंगों और बॉर्डरर्ड का उपयोग करें
- टाइमलाइन को अलग बॉक्स/डायग्राम मेंदिखाएं
- आकर्षकर्ष शीर्षकर्ष लिखें

SUBJECT: BIOLOGY

Exploring Human Biology

Theme Options

Students may choose **one** of the following themes for their project work:

1. **Cell Culture and Cancer**
    - Understand the basics of cell culture and its applications in medical research.
    - Explore how uncontrolled cell division leads to cancer.
    - Study lifestyle measures and awareness campaigns related to cancer.
2. **Human Musculoskeletal System**
    - Investigate the structure and function of bones, joints, and muscles.
    - Explore common musculoskeletal disorders (e.g., arthritis, osteoporosis).
    - Highlight the importance of exercise, posture, and nutrition in maintaining a healthy musculoskeletal system.

Objectives

- To connect classroom learning with real-world applications.
- To develop research, observation, and creative presentation skills.
- To encourage awareness about health and disease prevention.

Guidelines

1. **Research Component**
    - Collect information from textbooks, reference books, and reliable online sources.
    - Include diagrams, flowcharts, or labeled sketches to support explanations.
2. **Practical/Observation Component**

- For **Cell Culture and Cancer**: Prepare a case study on one type of cancer (e.g., lung, breast, skin), including causes, symptoms, and preventive measures.
- For **Musculoskeletal System**: Maintain a 7-day log of your physical activity and posture habits, reflecting on their impact on your body.

3. **Creative Component**
   - Design a poster/infographic on "Healthy Cells, Healthy Life" or "Strong Bones, Strong Future."
   - Write a short essay (400–500 words) on how lifestyle choices influence either cancer risk or musculoskeletal health.
4. **Presentation**
   - Compile the project neatly in a folder with clear sections: Research, Practical/Observation, Creative Work, and Essay.
   - Use visuals, charts, or drawings wherever possible. Cite references properly.

Evaluation Criteria [5 marks]

- **Scientific Accuracy** (1 marks): Correctness of concepts and information.
- **Creativity & Presentation** (2 marks): Visual appeal, originality, and clarity.
- **Practical Application** (1 marks): Effort in observation logs or case study.
- **Reflection & Critical Thinking** (1 marks): Insights in essay and personal observations.

Submission

- Deadline: First week after reopening of school. Format: Handwritten or printed, with organized sections and proper headings.

SUBJECT PHYSICS

TITLE: Urban Heat Island Effect

Objective

To investigate how urbanization affects local temperature patterns compared to rural areas, and to understand the causes, impacts, and mitigation strategies of the Urban Heat Island (UHI) effect.

1. **Introduction & Research**

Students begin with background study on UHI.

- Define Urban Heat Island Effect
- Collect information from textbooks, journals, and online sources
- Note causes: reduced vegetation, concrete/asphalt surfaces, pollution

2. **Data Collection**

Gather temperature data from different environments.

- Record temperatures in urban vs. rural/local green areas
- Use thermometer or digital sensors at fixed times (morning, afternoon, evening)
- Collect data for at least 7 consecutive days

3. **Data Analysis**

Compare and interpret collected data.

- Plot graphs of temperature vs. time for urban and rural sites
- Identify peak differences and possible reasons

4. **Impact Study**

Explore consequences of UHI.

- Note effects on human health (heat stress)
- Discuss impact on energy consumption (AC usage)
- Relate to climate change and biodiversity.

5. Mitigation Strategies

Suggest practical solutions to reduce UHI.

- Planting trees and rooftop gardens
- Use of reflective building materials
- Promotion of sustainable urban planning

6. **Project Report & Presentation**

Compile findings into a structured project file.

- Title page, introduction, objectives
- Data tables, graphs, and analysis
- Conclusion and recommendations
- References and acknowledgments

INSTRUCTIONS FOR STUDENTS

1. **Work individually.**
2. **Ensure accurate data collection with proper instruments.**
3. **Present findings with graphs, charts, and visuals.**
4. **Highlight real-world relevance (link to local city conditions).**
5. **Submit a hand written project file with neat formatting.**
6. **Avoid plagiarism; originality will be rewarded.**

Assessment Rubrics

Criteria	Excellent (4)	Good (3)	Satisfactory (2)	Needs Improvement (1)
Content & Research	In-depth, well-referenced, clear understanding	Mostly accurate, minor gaps	Basic coverage	Incomplete/incorrect
Data Collection	Accurate, systematic, multiple observations	Mostly accurate, few gaps	Limited observations	Poor or missing data
Data Analysis	Clear graphs, correct calculations, insightful interpretation	Minor errors, graphs present	Attempted but unclear	Missing or incorrect
Presentation	Neat, creative, well-organized	Mostly neat	Average	Poor
Conceptual Understanding	Strong grasp of UHI causes, impacts, solutions	Partial understanding	Basic	Weak
Originality & Creativity	Innovative ideas, practical solutions	Some originality	Limited creativity	Copied/irrelevant

ART INTEGRATED ACTIVITY - Data Analysis and Interpretation

Instructions:

- **Coloured ruled A-4 sheets should be used to do this activity.**
- **Copy/ paste the print out of the question.**
- **Use graph sheet to plot the given graph and then find the solutions.**

The data given below shows the positions of a body at different time.

Distance (m)	0	50	100	150	150	200	250	300
Time(s)	0	2	4	6	8	10	12	14

Plot the Distance – Time graph from the above data and answer the following questions:

Calculate the speed of the body as it moves from

(i) 0 to 4 seconds
(ii) 6 to 8 seconds
(iii) 10 to 14 seconds

NOTE: This activity will be considered as (5 marks) which will go in your portfolio file for CBSE Internal Assessment Submission record.

Activity will be assessed on the following parameters:

- **Plotting and Analysis of graphs – 1.5 marks**
- **Analytical approach and application of the concept – 1.5 marks**
- **Presentation and timely submission of work –1 + 1= 2 marks**

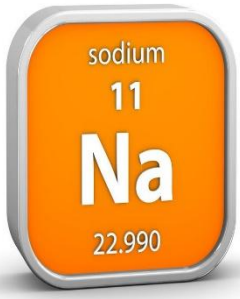
SUBMISSION DATE: 07/07/26

SUBJECT CHEMISTRY

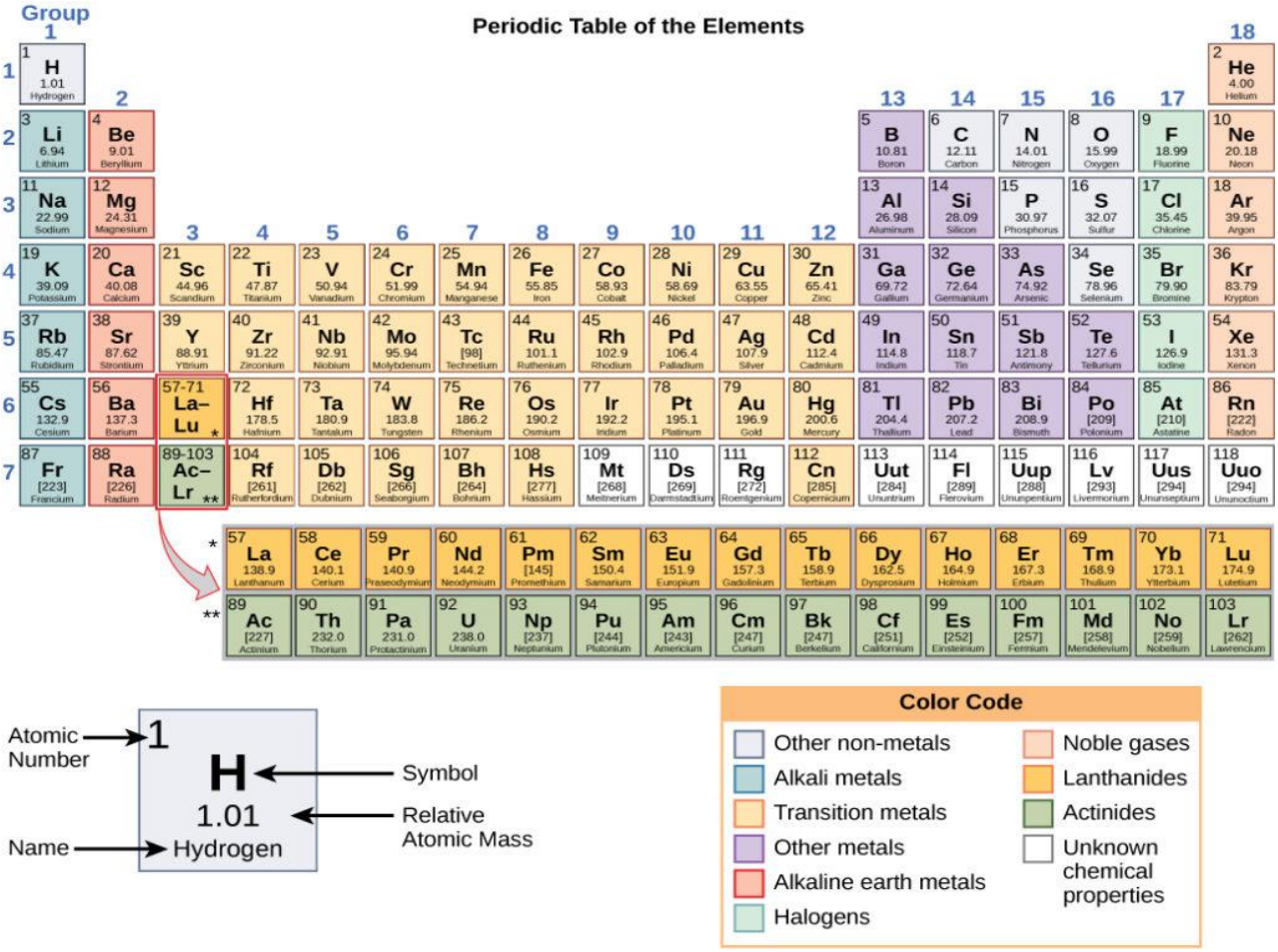
Journey of Elements

Prepare index cards (paper card) for first 20 element of periodic table. Each card shou information:

- Name, Symbol, atomic number, mass number
- Follow the given table for name of element, symbol ,atomic number & mass n
- You may refer to periodic table given at the end
- You can use one A-4 size sheet to make four index cards



Name of Element	Atomic Symbol	Atomic Number	Mass Number
Hydrogen	H	1	1
Helium	He	2	4
Lithium	Li	3	7
Beryllium	Be	4	9
Boron	B	5	11
Carbon	C	6	12
Nitrogen	N	7	14
Oxygen	O	8	16
Fluorine	F	9	19
Neon	Ne	10	20
Sodium	Na	11	23
Magnesium	Mg	12	24
Aluminum	Al	13	27
Silicon	Si	14	28
Phosphorus	P	15	31
Sulphur	S	16	32
Chlorine	Cl	17	35.5
Argon	Ar	18	40
Potassium	K	19	39
Calcium	Ca	20	40



SUBJECT: MATHEMATICS

GENERAL INSTRUCTIONS:

- Holiday Homework must be done in a very neat and presentable manner.
- Homework will be assessed on the basis of creativity, presentation, completion of all questions, and proper indexing of work.
- Avoid cutting and overwriting.
- Creativity and originality of work will be appreciated.
- Read the instructions carefully and submit the work accordingly.
- Rubrics for each activity are attached at the end.

ACTIVITY 1 – SQUARE ROOT SPIRAL

To represent real numbers on the number line.

Instructions:

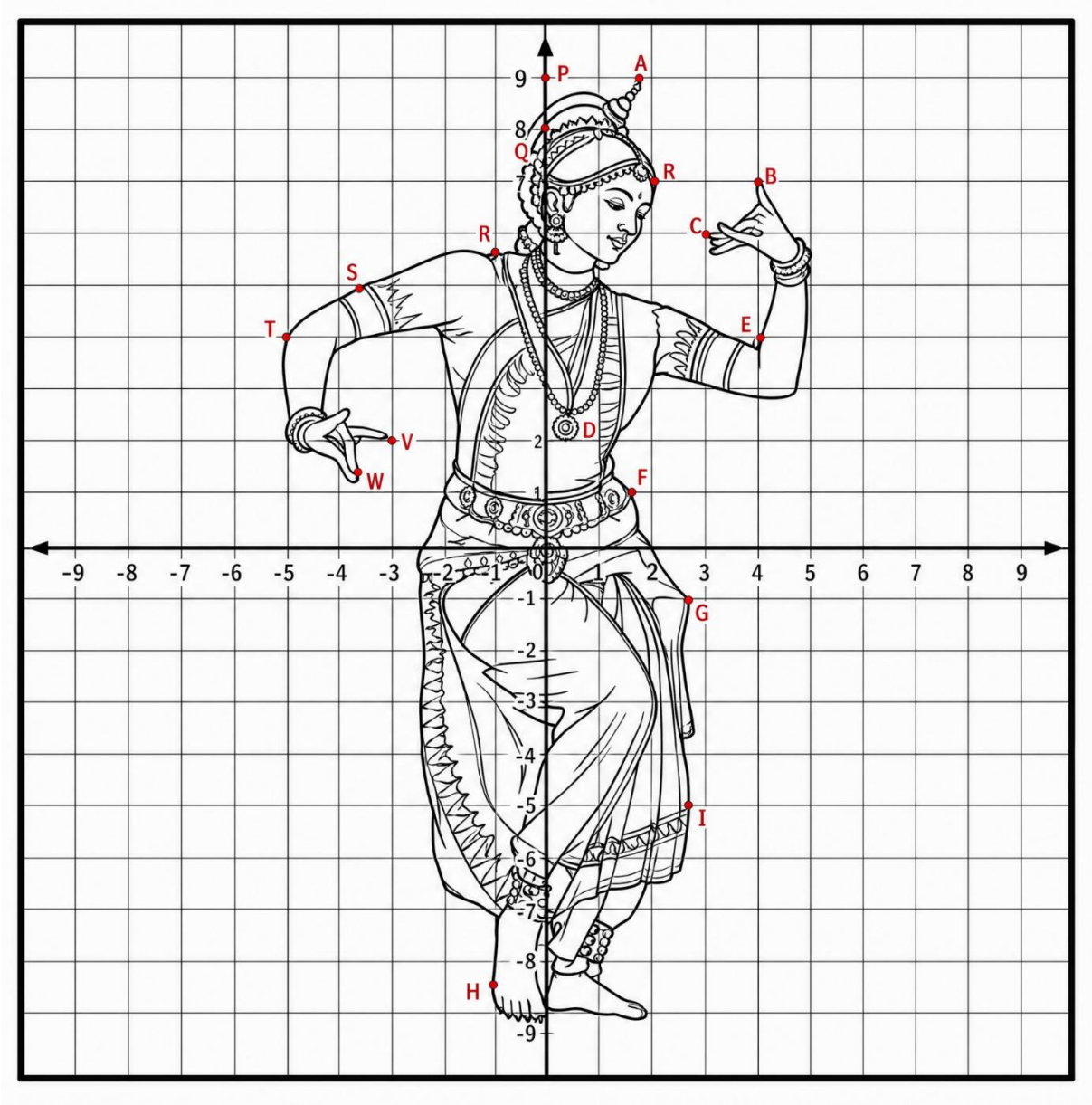
- Represent √2, √3, √4, √5, √6, √7, √8, √9, √10, √11, √12, √13,√14, √15 and √16.
- Reference images for the spiral has been attached. Use your creativity to create the square root spiral.

ACTIVITY 1 – SQUARE ROOT SPIRAL RUBRIC					
Criteria	**Excellent (4-5 Marks)**	**Good (3-4 Marks)**	**Satisfactory (2-3 Marks)**	**Needs Improvement (0-1 Mark)**	**Marks Allotted**
Accuracy	All roots (√2 to √7) correctly plotted; spiral follows exact measurements.	Minor errors in plotting.	Significant errors in spiral.	Incorrect/missing roots.	_____ /5
Neatness & Precision	Clean, labelled diagram with ruler/compass.	Slightly messy but readable.	Rough sketch; no labels.	Illegible work.	_____ /5
Creativity	Enhanced with colours, patterns, or 3D effects.	Basic spiral with minimal decor.	No creativity.	Incomplete.	_____ /5

ACTIVITY 2– KNOW THE DANCE FORMS OF INDIA (TAMIL NADU)

Instructions:

- Explore the famous dance form of Tamil Nadu.
- Locate the marked points in the provided picture.
- Write all marked points on a sheet of paper and segregate them according to different quadrants and the x- and y-axes.
- Write a short write-up on the dance form and its significance.
- Take a printout of the given dance form and colour it neatly.



ACTIVITY 2– KNOW THE DANCE FORMS OF INDIA (TAMIL NADU) RUBRIC					
Criteria	**Excellent (4-5 Marks)**	**Good (3-4 Marks)**	**Satisfactory (2-3 Marks)**	**Needs Improvement (0-1 Mark)**	**Marks Allotted**
Coordinate Geometry	All marked points correctly segregated into quadrants/axes.	1–2 errors in segregation.	Multiple errors.	No attempt.	_____ /5

Dance Form Write-up	Insightful description with cultural significance.	Basic write-up with few details.	Very short/vague.	Missing/copied.	_____ /5
Artwork & Colouring	Neatly coloured print; artistic enhancements.	Coloured but lacks detail.	Poor colouring.	Uncoloured/scribbled.	_____ /5

ART INTEGRATED PROJECT- 1
COMIC STRIP – "MATH ICONS: STORIES THAT INSPIRE"

Create a comic strip in the form of a foldable booklet showcasing the life and contributions of an Indian mathematician such as Srinivasa Ramanujan, Aryabhata, or Brahmagupta. The booklet should be creative, neatly presented, and include colourful illustrations along with speech bubbles. Through your comic, present the mathematician's early life, challenges, major discoveries, real-life applications of their work, and their lasting legacy in a clear and well-sequenced manner.
Remember, a comic is not just about drawing—it is about storytelling. Try to bring out the excitement and wonder of mathematical discoveries through your work.

Criteria	Excellent (4–5 Marks)	Good (3–4 Marks)	Satisfactory (2-3 Marks)	Needs Improvement (0–1 Mark)	Marks Allotted
Content Coverage	All aspects (life, struggles, contribution, application, legacy) clearly covered	Most aspects covered	Few aspects covered	Incomplete content	_____ /5
Concept Understanding	Mathematical contribution and its application clearly and correctly explained	Mostly clear with minor gaps	Limited clarity	Not understood	_____ /5
Creativity & Innovation	Highly creative (foldable, interactive elements, engaging storytelling)	Some creativity shown	Minimal creativity	No creative effort	_____ /5
Presentation & Neatness	Very neat, well-organized, colourful, and visually appealing	Neat but lacks detailing	Somewhat messy	Poor presentation	_____ /5
Sequencing & Storytelling	Excellent flow with engaging storytelling	Logical sequence maintained	Some gaps in flow	No clear sequence	_____ /5

PROJECT 2: *"Geometry in Warli Art: Blending Mathematics with Cultural Heritage"*
To enhance understanding of geometric shapes, symmetry, and patterns by integrating them into Warli art, thereby blending mathematical concepts with cultural expression.

Instructions:

- Provide a brief overview of the history of Warli art.
- Highlight its connection to mathematics, focusing on the use of geometric shapes like triangles, circles, and squares.
- Design a layout using geometric shapes.
- Examples: -
    - Triangles for human figures
    - Circles for faces, sun, and moon

    - Lines and dots for patterns and borders
- Ensure the design includes symmetrical patterns and tessellations.

Criteria	Excellent (4–5 Marks)	Good (3–4 Marks)	Satisfactory (2-3 Marks)	Needs Improvement (0–1 Mark)	Marks Allotted
Understanding & Explanation	Clear and accurate explanation of Warli art and its link to geometry	Mostly clear with minor gaps	Limited explanation	Very little or incorrect explanation	_____ /5
Use of Geometry	Correct and creative use of shapes, symmetry, and patterns	Mostly correct use with few errors	Some use but with errors	Minimal or incorrect use	_____ /5
Creativity & Design	Highly creative and well-organized artwork	Good creativity and design	Basic design	Lacks creativity and effort	_____ /5
Presentation & Neatness	Very neat, well-presented, proper use of tools	Neat with few issues	Somewhat untidy	Untidy and poorly presented	_____ /5

SUBMISSION OF HOLIDAY HOMEWORK

The last date for submission of the homework is **6th July 2026**.
Complete all activities and project work as directed. Holiday homework is a part of internal assessment as per CBSE guidelines.

SUBJECT: HISTORY

1. The "Stone Age Tech" 3D Project

Goal: To visualize the physical evolution of tools from the Palaeolithic to the Neolithic era.

Step-by-Step Instructions:

1. Preparation (Step 1): Divide a sturdy cardboard base (A4 or slightly larger) into three distinct zones labeled: Palaeolithic, Mesolithic, and Neolithic.
2. Modeling (Step 2): Create 3D models of the following tools using clay, dough, or carved soap:
    - Paleolithic: Large, rough "Hand-Axes" or "Choppers." Focus on the "flaked" look (jagged edges).
    - Mesolithic: "Microliths" (tiny stone blades). Show one blade attached to a twig or bone to form a spear or arrow.
    - Neolithic: "Polished Celts" (axes) or "Grinding Stones." These should look smooth and ground down, showing the transition to farming.
3. The Research Card (Step 3): For each era, write a small index card (3x5 inches) detailing:
    - The Stone Used: (e.g., Flint, Quartzite, or Chert).
    - The Purpose: (e.g., scavenging, hunting fast animals, or harvesting wild grains).
    - The Technique: Explain "Stone-on-Stone" vs. "Pressure Flaking."

2. Cinematic Critique: *The Croods*

Goal: To analyze the "Caveman" stereotype versus the archaeological reality of early humans.

Instructions:

1. Watch: Watch the movie *The Croods* (Part 1).
2. The Reality Check: Write a two-page report in your notebook answering:
    - The movie shows the family living in a dark cave out of fear. Based on your reading of early humans, were they really "stuck" in caves, or were they Nomadic? Explain why they had to move constantly.
    - Identify three "Hollywood fictions" in the movie (e.g., animals that didn't exist or tools they wouldn't have had) and explain what the reality was according to your textbook.
3. Illustration: Draw a scene from the movie that shows a "tool" being used and write whether that tool fits the Paleolithic or Mesolithic technology level.

3. Literary Analysis: *Unstoppable Us*

Goal: To understand why *Homo sapiens* became the "most dangerous" species on Earth.

Instructions:

1. Read: *Unstoppable Us* by Yuval Noah Harari.
2. The Summary: Write a two-page summary in your notebook.
3. The Key Question: Harari talks about "cooperation." Write a detailed paragraph on how humans used imagination to create better tools and work together in groups larger than any other animal. Use bullet points for key facts.

4. Academic Revision

- Reading: Read the first chapter of your History textbook (focusing on the story of human evolution or the earliest societies).
- Workbook: Complete the provided Worksheet/Booklet for Chapter 1 in your Question-Answer notebook.

5. Map Work: Mark relevant sites/places for all three stone age periods (Palaeolithic, mesolithic and neolithic) on three separate political maps of India pasted on A4 sheets.

SUBJECT GEOGRAPHY

GENERAL INSTRUCTIONS

• Use maps, diagrams, and colors

• Maintain neatness and creativity

• Submit after holidays

Atmosphere & Climate

- Name layers of the atmosphere
- Difference between weather and climate
- What are elements of weather?

Climate Change

Write 3 pointers on each of the following -

- Causes of climate change
- Effects on environment
- Suggest measures to reduce carbon footprint

Oceans

- Importance of oceans
- How do oceans affect climate?

Short Answer Questions

- What is sustainable development?
- What is global warming?

- What is monsoon?

PPT PROJECT

Topic: Climate Change & Sustainable Development

Instructions:

Prepare a 10–12 slide PPT

Content:

1. Meaning of Climate Change
2. Causes (pollution, deforestation)
3. Effects (floods, droughts)
4. Carbon Footprint
5. Sustainable Development
6. Role of students
7. Conclusion

Design Tips:

- Use images, charts, diagrams
- Avoid too much text

POSTER MAKING

Topic (Choose One):

- Save Environment
- Stop Climate Change
- Save Earth
- Reduce Carbon Footprint

Instructions:

- Use A4/chart paper
- Add slogans + drawings

Sample Slogans:

- "There is No Planet B"
- "Act Now, Save Tomorrow"
- "Go Green, Keep Earth Clean"

ACTIVITY WORK

Weather Observation

- Record daily weather for 5 days
- Note:
  - o Temperature
  - o Rainfall
  - o Wind

ASSESSMENT CRITERIA

- Neatness & presentation
- Accuracy
- Creativity (PPT & Poster)
- Completion of work

SUBJECT POL SCEINCE

General Instructions:

1. Complete the homework in a neat file on A4 sheets.
2. Write your Name, Class, Section, Roll Number on the cover page.
3. Use blue/black pen only.
4. Support answers with pictures, newspaper cuttings, charts, and examples.
5. Submit the homework after summer vacation.
6. Maintain cleanliness, creativity, and originality.

Topic: Understanding Democracy

Section A – Project Work (Compulsory)

Project Title: Democracy in India

Prepare a project file including:

1. Meaning of Democracy
2. Features of Democracy
3. Importance of Elections
4. Role of Citizens in Democracy
5. Fundamental Rights
6. India as the world's largest democracy
7. Challenges faced by democracy
8. Conclusion – Why democracy is the best form of government

Section B – Worksheet

1. What is democracy?
2. Name any four features of democracy.
3. Why are elections necessary in a democracy?
4. What is universal adult franchise?
5. Explain majority rule with example.
6. How does democracy improve decision-making?
7. What are the rights of citizens in a democracy?
8. Why is accountability important in government?
9. Mention any two challenges to democracy.
10. Why should citizens vote responsibly?

Section C – Current Affairs Activity

Collect and paste any 3 newspaper articles related to elections, parliament decisions, welfare schemes, women leadership, youth participation in politics. Write a 50-word summary of each.

Section D – Case Study

Write one page on Mahatma Gandhi, Dr. B. R. Ambedkar, or Nelson Mandela and their contribution to democracy.

Section E – Creative Activity

1. Poster on Save Democracy
2. Slogan writing on Voting Awareness
3. Collage on Democratic Values
4. Chart on Features of Democracy

Section F – Map Activity

1. New Delhi
2. Neighbouring countries
3. States with capitals (any 10)
4. Parliament House location in Delhi

Section G – Viva Preparation

Democracy, Election, Constitution, Rights, Equality, Majority Rule, Accountability, Representation, Franchise, Government

Reflection Section

How can students become responsible democratic citizens?

Teacher's Note

Marks will be awarded for neatness, originality, presentation, and timely submission.

SUBJECT: ARTIFICIAL INTELLIGENCE

AI Around Us

- Identify 10 real-life applications of AI (e.g., Google Maps, Alexa, Chatbots).
- Write:
    - Name of application
    - Where it is used
    - How AI is helping

👉 Present in a neat tabular format.

Ethics in AI

- Write a short note (100–120 words each):
- Bias in AI
- Privacy concerns
- Importance of ethical AI

Poster Making

- Topic: **"AI for Good"**
- Use A4 sheet
- Add slogans, drawings, and examples

AI Comic Strip / Story

- Create a short comic video or story showing:
    - A robot helping humans
    - OR AI solving a real-world problem

SUBJECT: PAT

Make one project file on the following topics :-

1. Choose any one topic from Employability Skills.
2. Choose any one topic from Subject specific skills.

Make Practical File on the following Topics :-

1. Make one Physical Activity Session of 1 hour.
2. Equipment's name with picture.
3. Rules, Regulation of any one sport with field diagram.
4.Describe the various aspects of safety management.

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