

## Kendriya Vidyalaya, Garhara

**PHYSICAL AND HEALTH EDUCATION**  
**SUMMER VACATION ASSIGNMENT**  
(Class- VI, VII ,VIII,IX & X)

1. Write in detail about your favourite five sports personalities of India and five international with their pictures.
2. Write an essay on your favourite sports in 250 words.
3. Draw well labelled diagram of any one sports of your choice mentioning their proper measurement on Chart Paper.

### DAILY ACTIVITY

1. Daily minimum 15 minutes exercise for all the students preferably early in the morning.
2. Maintain proper Health, Hygiene and Distancing.
3. Eat Healthy and Stay at home.



Amod Anand

TGT (Physical & Health Education)