

**Sunrise Academy**  
**PROJECT WORK**  
Physical Education  
**CLASS:- 10th**

**INSTRUCTIONS:-**

- ❖ Write the given project work in project files, having interleaved pages.
- ❖ The project should consist of 20 to 25 pages.
- ❖ The file needs to be covered with **sky blue chart** papers and cellophane sheets and the label should be printed and pasted.
- ❖ No colouring and decoration allowed on the cover.
- ❖ The projects will be evaluated and the student will be awarded marks out of 50 for the project work.
- ❖ The project should have the following subheading:-
  - Certificate.
  - Acknowledgement.
  - Content.
  - Bibliography

**Choose any one game of your choice from given topics for project work:**

1. Cricket
2. Volleyball
3. Badminton
4. Basketball

**These headings should be included:**

1. Knowledge of the game.
2. Rules of the game.
3. Fundamental skills and technique.
4. Terminology.
5. National and International Governing Bodies.
6. National and International tournaments.

CERTIFICATE

This is to certify that \_\_\_\_\_ of class \_\_\_\_\_ has successfully completed the project work on Physical education for examination in the year of 2021-2022, under the guidance of Mrs. Kamla Bisht. It is further certified that this project is the individual work of the candidate.

\_\_\_\_\_  
Mrs.Kamla Bisht  
(Subject Teacher)

External Examiner.  
(Principal)

Mrs. Nitu Tomar

## ACKNOWLEDGEMENT

Primarily I would thank God for being able to complete this project with success. Then I would like to thank my subject teacher \_\_\_\_\_, whose valuable guidance has been the one that helped me patch this project and make it full prove success. His/Her suggestion and instruction has served as the major contribution towards the exhaustive of the contribution.

I would also like to extend my gratitude to the principal mam Mrs. Nitu Tomar for providing all the facility that was required. Then, I would like to thank my parents and friends who have helped me with their valuable suggestions. Their guidance has been helpful in various phases of the completion of the project. Last but not the least I would like to thank my classmates who have helped me.

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**SUNRISE**

**ACADEMY**

**SESSION 2021-22**

**PHYSICAL  
EDUCATION**

**Made by:-**

**Name:-**

**Class:-**

