

**Sunrise Academy**  
**PROJECT WORK**  
**CLASS:- 12th**  
**Physical Education**

**INSTRUCTIONS:-**

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

**Topic : Health Education and Health problems.**

**Questions 1**

Explain about Health Education. Write Principles and importance of Health Education.

**Questions 2**

Discuss about Health Problems. And Explain what is the role of Health Education in solving them.

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

1. Cricket
2. Volleyball
3. Badminton

**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  
Mr. Ankit Bisht. It is further certified that this project is the  
individual work of the candidate.

\_\_\_\_\_  
Mr. Ankit Bisht  
(Subject Teacher)

\_\_\_\_\_  
External Examiner.

\_\_\_\_\_  
Mrs. Nitu Tomar  
(Principal)

## 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 patched 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:-**

