



Loreto Convent Intermediate College

Lucknow

HOLIDAY HOMEWORK 2026-27

CLASS 9th

PHYSICAL EDUCATION

1- Practice 5 yoga asanas daily for 15-20 minutes.

- Write their names, benefits and draw or paste pictures of :

a- Tadasana b- Vrikshasana c- Bhujangasana d- Vajrasana

e- Trikonasana

2- Write a short note on:

- Stay Fit, Stay Healthy
- Importance of Daily Exercise

3- Make a daily fitness chart for 15 days and record:

- Walking/ Jogging time
- Skipping count
- Stretching exercises
- Water intake

EXAMPLE:

Day	Date	Walking/ Jogging Time	Skipping Count	Stretching Exercise	Water Intake
1	1 st June	15 min / 20 min	30 Skips	Neck, Arm and leg Stretches	5- 7 Glasses
2	2 nd June	20 min/ 35 min	50 Skips	Full body stretching	8 Glasses



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GUIDELINES FOR SUBMISSION

- ***Use an A 4 size file or an eco-friendly scrap file.***
- ***Present your work neatly with clear headings and a creative cover page.***
- ***Submit your homework/ project in a neat file after Summer Vacation***



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