



Comprehensive

PHYSICAL EDUCATION LAB MANUAL



Salient Features

- History
- General Rules
- Court/Field Specifications
- Fundamental Skills
- Equipment and Sports Gear
- Specific Exercises
- Injuries-Prevention and Treatment
- Related Sports Terminologies
- Important Tournaments
- Awards
- Important Personalities
- Viva Voce
- Olympic Movement and Athletics Records
- SAI Khelo India Fitness Test
- Brockport Physical Fitness Test
- Games and Sports for CWSN



**CLASS
XII**

Physical Education Lab Manual

SA Adler



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