

Health and Physical Education for standard XII

Competency statements

1. Development of physical fitness.
2. Plan exercise for physical fitness.
3. Develop skill related physical abilities.
4. Learn the advanced and technical principles of exercise.
5. Study yoga for getting rid from stress.
6. Plan a balanced diet for physical and mental health.
7. Engage in active lifestyle.
8. Use modern technology to improve physical fitness.
9. Be inspired by the success stories of medal winning sports personalities.
10. Gain information on different categories of awards in sports.

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