

UPLOAD SHEET OF HOLY FLOWER SR. SEC. SCHOOL, TEOK

NAME OF TEACHER: SATYAJIT NATH

SUBJECT: PHYSICAL EDUCATION

SHEET FOR CLASS: XII

EMAIL-ID FOR ASSIGNMENT UPLOADING: satyajitmoina6157@gmail.com

VALIDITY OF THE SHEET

FROM	TO
Date: 27/01/2022	01/02/2022
Time: 9:00 am	07:00 pm

BRIEF DETAILS OF TOPIC OF DISCUSSION: home workout.

CHAPTER NO. : 00

LINK FOR THE TUTORIAL VIDEO : <https://youtu.be/PCgjMSNDkGA>

LENGTH OF THE VIDEO : 10.07 mins

ADDITIONAL LINKS : N/A

ASSIGNMENTS : Practice every day.

OTE TO THE STUDENTS:

1. In the comments section of the video link, students have to provide their Name and Roll No. to mark their attendance within the validity of the sheet. Those who will attend after the validity of the sheet will be marked as absent.
2. Students will be able to clear doubts briefly regarding the topic in the video in the comments section.
3. No comments other than attendance and doubts can be posted by the students. Strict action will be taken against students who violate this and posts unwanted comments in the video. It might also attract cybercriminal legal proceedings against users who violate this.
4. Students can upload assignments by writing them in sheets of paper and then clicking a photograph and sending through the email id mentioned or can write in Ms Word or any other software and send it through e-mail.
