

Thoroughly Revised Edition



Saraswati HEALTH AND PHYSICAL EDUCATION

XI



DR V K SHARMA

HIGHLIGHTS:

- ★ Comprehensively revised as per latest syllabus
- ★ Competency-based evaluation through Activities and Exercises
- ★ A judicious mix of recall, exploratory and higher order thinking tasks
- ★ Chapter-integrated Extra Edge and Extension Activity
- ★ Test your Knowledge embedded in the flow of content
- ★ Mind Map for holistic understanding at the end of each chapter
- ★ Exercises based on the latest Examination Pattern
- ★ Includes MCQs to assess Knowledge and Understanding of topics
- ★ Short and Long Answer Questions focusing on the Application of concepts
- ★ Assertion and Reasoning, Case Study and Picture-based questions



Health And You Book 2

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