**ASSIGNMENT**

**1st Semester**

**B.Voc . Physical Education**

Paper Code- **PED-VC-1026**

Paper Name: **Fundamental Exercise,Marching and Rhythemic**

**Topic-:**

**Q1. What is Upper Body exercise and Lower body exercise? Mention the names of any five Upper Body Exercise and five Lower body Exercise. {5 Mark}**

**Q2. Write the name of any five exercises and Mention the Angular movement patterns of those exercises. {5 Mark}**