

NORTH MAHARASHTRA UNIVERSITY,

JALGAON-425 001

B.Ed. (PHYSICAL) Degree Course.

( In force from June 1992 )

1. Title :-

The title of the degree shall be Bachelor of Education (Phy.)  
The course of study shall mainly consist of theory and practical work pertaining to physical education and sports, and basic course in education with content cum Methodology, of one school subject.

2. Course requirement :-

The candidate for admission to degree of B.Ed.(Phy.) must fulfill the following conditions:

- (i) He/She must be graduate of the university (from 1995) or of a statutory university recognised by this university in any faculty.
- (ii) He/She must be in the age group of 19 to 30. The upper age limit may be relaxable in the case of candidates deputed by the recognised educational institutions. The Principal can recommend the candidate to the selection committee who have meritorious record in sports and games. In such a case permission from the university shall be asked for.
- (iii) He/She must have participated actively the university, state or Inter collegiate sports or must have obtained at least two stars in the National Physical Efficiency Drive test. A candidate with two years training in NCC shall also be eligible for admission. In case, a candidate does not fulfill any of the requirements laid down here in shall be given a chance to go through the National Physical Efficiency Drive tests for his age group and he/she can be considered for admission if he/she attains atleast two star level performance.
- (iv) He/She must achieve a minimum standard in the Physical Efficiency tests that will be conducted by the college before granting admission.
- (v) Admission to this course shall be govern by the rules and regulations of the university.
- (vi) He/She must produce a certificate of medical fitness from civil Surgeon/Registered Medical practitioner.  
Both men & women candidates fulfilling the required conditions shall be eligible for admission.
- (vii) He/She must keep two terms (the first & the second) of lectures on theory papers and related practical activities in the college of physical education affiliated to this university for the purpose of B.Ed. (Phy.) Degree and

- (viii) Completed a course of practical work on the ground extending over two terms to the satisfaction of the head of the institution in which the candidate is studying.

3. Attendance :-

Attendance shall be marked for theory and practical classes separately. The minimum requirement (i.e. 80% attendance) will have to be completed by a candidate both in part I and Part II work separately.

4. Course Structure :

The course of B.Ed.(Phy.) degree consists of four parts:

(A) Five theory papers.

- (i) Principles & Psychology of Physical Education.
- (ii) Organisation, Administration, Officiating in Physical education.
- (iii) Anatomy, Physiology & Physiology of exercises,
- (iv) Methodology and Historical Development of Physical education.
- (v) Content cum Methodology of one school subject.

B. Term end examinations & Tutorials. 100 Marks.

C. Training Programme.

- 1) Micro Lessons. 16 50 Marks.
- 2) Integration Lessons. 4 20 Marks.
- 3) School practice lessons 16. 80 Marks.

(a) 8 School subjects lessons.

(b) 8 Phy Education lessons.

4) Practical ground Activities. 250 Marks.

D. Annual Lessons.

-----  
100 Marks.  
Total-1100 Marks.

B- Internal assessment of theory courses

(A) Term end examinations.

Candidate will be assessed in theory courses through term end examinations. 50 Marks

& (B) Tutorial pertaining to each theory papers -

(at least two for each paper) 50 Marks.

Part III : Training Programme :

(a) Micro lessons -		
(1) Physical Education - 8 lessons	}----	50 Marks.
(2) Academic subject 8 lessons		
(b) Integration lessons -		
(1) Physical Education - 2 lessons.	}---	20 Marks.
(2) Academic subject - 2 lessons.		
(c) Practice lessons -		
(1) Physical Education - 8	}----	80 Marks.
(2) Academic subject - 8.		

Micro lessons on Physical education :

This programme comprise of practicing four skills two for physical education & two for school subject. In all the candidate will conduct 16 Micro lessons from the list given bellow :-

A. Academic subjects -

1. Stimulus variation.
2. Clarity of Explanation.
3. Questioning.
4. Reinforcement.
5. Narration.
6. Demonstration.
7. Black Board writing
8. Lesson planning.
9. Set induction.
10. Closure.

Mode of conduction Micro Lessons :-

Teach & reteach sessions of Micro lessons shall be conducted on two different peer groups. Opportunity for feed back shall be given immediately- after teach and critique session & Reteach & critique session. Teach & reteach session shall not be conducted on one and the same group.

Intergration lessons :-

After mastering 4 skills the student teacher has to give four lessons (two for physical Edu. & two for Academic Sub.) each lesson of 15 to 20 minutes. Teach and reteach sessions shall be conducted in two different peer group.

B. School Practice lessons -

Each student teacher shall have to give 8 school : practice lessons on physical education & 8 in Academic school subject As far as possible these total 16 lessons shall be equally distributed.

Part III:- Practical work ( Ground activities) 250 Marks.

Syllabus for skill tests will be divided in to the following events. 60 Marks.

(1) Athletic Events.

- |                     |                      |
|---------------------|----------------------|
| (i) Sprints         | (ii) Longrun.        |
| (iii) Hurdle run.   | (iv) Relay           |
|                     | ( Any two )          |
| (v) High jump       | (viii) Hop-step jump |
|                     | (any two)            |
| (ix) Shot Put.      | (x) Hammer throw.    |
| (xi) Discuss Throw. | (xii) Javelin Throw. |
|                     | (Any two)            |

(2) Gymnastics (Men & women)

30 Marks.

- | Men.                | Women.              |
|---------------------|---------------------|
| i. Mat Exercies.    | Mat Exercises.      |
| ii. Roman ring.     | Balancing Beam.     |
| iii. Horizontal Bar | Unven Parallel Bar. |
| iv. Parallal Bar    | Gymnastic Position. |
| v. Vaultring Horse. |                     |
| vi. Pyramids.       |                     |
| vii. Malkhambs.     |                     |

For examination a candidate may optional any three activities from above. Each activity carries 10 marks.

- (3) Combative, Wrestling for men Folk Dance for women. 10 marks.
- |   |           |
|---|-----------|
| 4. Calisthenics.                            | 10 Marks. |
| 5. Marching                                 | 10 Marks. |
| 6. Lezim.                                   | 10 Marks. |
| 7. Yogasana.                                | 10 Marks. |
| 8. Danda Baithakas/Squats and Flower Deeps. | 10 Marks. |

(9) Mejor Games.

- |                    |                |                    |
|--------------------|----------------|--------------------|
| i. <u>Kabaddi</u>  | ii. Kho-Kho.   | iii. Volley Ball.  |
| iv. Foot Ball      | v. Basket Ball | vi. Hand Ball.     |
| vii. Saft Ball.    | viii. Hocky.   | ix. Badminton.     |
| x. Ball Badminton. | xi. Tennis.    | xii. Table Tennis. |
| xiii. Cricket.     | xiv. Tenicoit  | xv. Swimming.      |

For examination a candidate may opt. any eight game.

- Each game carries - - - - - 10 Marks.
- (10) Coaching & officialing assignments. 10 Marks.
- (11) First aid training & camping. 10 Marks.

- (5) Each candidate will be required to maintain following records:
- A record book showing his/her participation and organisation in various college activities and his/her reaction to the same.
  - A journal containing lesson notes with criticism there upon.
  - A detailed record of all practical work.
  - Record of his/her observations of lessons. Micro & Integration and school practice lessons.
- (6) Medium of Instruction-

The medium of Instruction at B.Ed. (Phy.) Course will be Marathi or English. However, the medium of Instruction for courses content cum Methodology in English & Hindi will respectively be English & Hindi.

The candidate appearing for B.Ed. (Phy.) Examination will have the option of answering all papers of Part I either in English or in Marathi provided that the option is exercised paperwise only and not sectionwise or questionwise. Answer to some of the papers may be given in Marathi & some in English.

(7) Examination:-

The Examination for Part I & II will be taken after two terms attendance at the college of Phy. Education and completing all the practical work prescribed.

A candidate for the examination in part I, II, III & IV or all parts together must apply to the Registrar by the date prescribed by the University each year, with the certificate that he/she has attended the college for two terms and completed the practical work prescribed in the course from the head of the institution in which he/she has received training.

(8) Standard of Passing:

Such of the candidates who appeared for part I to IV at one and the same time and obtained 65% marks in each part and at least 70% marks in aggregate shall be declared to have passed the examination in first class with Distinction.

Out of remaining successful candidates who have obtained at least 55% marks in each part and at least 60% marks in aggregate shall be declared to have passed the examination in first class.

Out of the remaining successful candidates who have obtained at least 50% in each part and in aggregate shall be declared to have passed in second class.

All the remaining candidates shall be declared to have failed.

- To pass the whole examination a candidate must pass in all the four parts separately.
- The candidate who have obtained minimum 50% or more marks in any head of passing but failed in the examination shall be eligible to claim exemption in such head/heads. Candidates claiming exemption/s will not be eligible for first class with distinction and positions in the Merit list.

Details of Practical work (Part II)

(1) Atheletics:

(A) Running Events-

- i) Sprints-100m, Run-200m, Run-400m (for men & women)
  - ii) Long Run-800 m, Run-1500m, Run (for men & women)
  - iii) Hurdles-110m
  - iv) 4x100m. Relay, 4x400m Relay
- i) Starts; acceration and finish of sprints.
  - ii) Techniques of distance running
  - iii) Hurdles-start-take off, clearance, landing speed between successive barriers.
  - iv) Relay, baton-hold, running order, method of exchange & finish.

(B) Jumping Events-

- i) Running Broad Jump-approach, take off flight and Landing
- ii) High Jump-approach, take off, flight and Landing
- iii) Hop-step Jump- (for men only)-approach-take off, hop-step flight, landing
- iv) Pole-vault (for men only) approach, take off, Swing-stwise, Release, Landing

(C) Throwing events-

- i) Shot-put. stance glide, Release. Reverse.
- ii) Discus throw-grasp, Running-rotation, release .
- iii) Javelin throw-grip-carry approach, gather throw & Reverse
- iv) Hammer throw-(for men only) grip-Hand rotation, Running-rotation, Release and Reverse.

(2) Gymnastics for men and women

Ground Gymnastics-

- (a) Simple Forward Roll; Through Vault Knee Mark; Long Reach; Heel click Skin and Snake through the legs Dive and Roll; Camel Walk; Frog balance; Frog leap Novelty walk, Balance bend, Knee-deep, Aero-drive, Strong-arm-hang, Cork-Screw, Horse Hop
- (b) Floor Exercises: Forward roll and variations, back-roll & variations; forward-roll to squat, sit; Jump-up with arms to the basic stand. Jump and various turns; horizontal standing, sack on left leg, two three steps round off to track roll; dive roll; cartwheel, hand-stand hand-spring; simple leg-circle.

Pyramids:- Different formations to be practised for which suitable books may be referred to.

Gymnastics for Men

(a) Parallel Bars

(a) Basic positions:-

- i) Straight arm support
- iii) Straddle seat
- v) Forearm support

- ii) Bent arm support
- iv) Shoulder stand

(b) Exercises:-

- i) Swing in support
- iii) Straddle travel.
- v) Uprise from forearm
- vii) Shoulder Roll
- ix) Straddle of dismount at the end of bar

- ii) Swinging Dips.
- iv) Front dismount
- v) 'J' Support
- viii) Rear dismount
- x) Simple combination

(b) Horizontal Bar

(A) Positions:-

- i) Simple hang
- iii) Knee hang
- v) Back support

- ii) Front support
- iv) Piked inverted hang
- vi) Various grasps: over, under combined etc.

(B) Exercises:-

- i) Simple swing
- iii) Upward circle
- v) Rear dismount
- vii) Knee and split circle
- viii) Simple combinations.

- ii) Cast to a swing
- iv) Hip circle
- vi) Knee upstart
- viii) Upstart

(C) Vaulting Horse-

- i) Sequential stages i.e. the Run, the take off, the flight, the landing
- iii) Cat Spring
- v) Stoop vault
- vii) Neck spring

- ii) Straddle vault
- iv) Squat vault
- vi) Head spring

(D) Malkhamb-

- i) Adhi (Leg holds) (Ascending)
- ii) Jumps, Sadhi, Bagli, Supli, Khadi, Katar, Tabak, Thad
- iii) Salami
- iv) Tedhi (leg holds course legged), Bagli, Sadhi, Gurupakkad, Nakikas
- v) Dasarang (Performing various exercises without coming on the floor)
- vi) Firki (Rotating movements around the Malkhamb), Firki of leg.
- vii) Ghoda Udi-Ek-Hati Madhala
- viii) Wel (Inter circling around the Malkhamb)
- ix) Sui Dora (Passing the leg through the middle of the hand grip)
- x) Balance and ferare, Sadhicha, Bandar Pakad, Hanuman pakad, Baglichha.

Gymnastics for women only

- (I) Balancing beam:  
(A) Basic positions-basic stand, basic sit, front-support-hang.  
(B) Exercises- i) Crouch, seat, mount  
ii) Walks, half-skip, skip.  
iii) Turns  
iv) Scale  
v) V-seat  
vi) One-leg-squat  
vii) Leap-off-dismount  
viii) Forward Roll  
ix) Backward Roll
- (II) Ballet- Exercises: i) First, Second, Third & fourth positions  
ii) Lunge  
iii) Turns
- (III) Uneven parallel bars:- Basic positions and simple exercises.

(4) Drill and Marching

Savdhan, Vishram; Aram Se, Jaise The; Line Ban; Dahine Saj;  
Baen Saj; Samne Dekh; Ginti Kar; Saj Ja; Qadam Tal; Dahine Mur;  
Baen Mur; Tej Chal; Tej Chal; Tham; Swasthan (Break off).

Baith Jao; Khare Ho; Pichhe Mur (Dahine/Baen Mur); Adha Dahine/  
Baen Mur; Samne Sillor; Ek line Ban; Do, Tin Line ban; Ginti Kar;  
Tartib Ho; Ek Line Men Kadwar Jama ho.

Dhire chal; Dhire Chalmen Tham; Dhire Chalmen, Kadam Tal; Dhire  
Kadam, Tal se Age Barh; Dhire Chalmen Kadam Tal; Dhire Chal-se  
Tej chal; Daur Ke Chal; Tej Chalmen Kadam Tal; Tej Chalmen Tham;  
Dhire Chalmen Dahine Mur; Dhire Chalmen Baen Mur; Dhire Chalmen  
Pichhe Mur; Tej Chalmen Dahine Mur; Tej Chalmen Baen Pichhe Mur.  
Tej Chalmen Dahine Mur; Tej Chalmen Baen Mur; Tej chalmen  
Pichhe Mur .

Chhota quadam; Lamba Quadam; Quadam Badal; Khule line chal/Nikat  
line chal; Age Chal/Pichhe Chal; Do Quadam Dahine/Baen Chal; Dahine  
Aur Baen Ghoom; Tin Tinmen Tej Chal (Dahine/Baen se); Dahine Dekh/  
Baen Dekh; Dahine Sillor Sillor; Baen Sillor-Sillor; Samne Sillor;  
Samne Sillor-Sillor.

Dhire Chal se Tej Chalmen Aa; Tej Chal se Dhire Chalmen Aa;  
Dahine aur Baen Disha Badal.

(5) Yogasana

1. Yogasana  
2. Pranayama  
3. Bandha Mudra  
4. Prakriya

<u>Yogasana-</u>	a. Sarvangasana	b. Matsyasana
	c. Bhujangasana	d. Ardha Shalabhasana
	e. Dhanurasana	f. Vajrasana
	g. Paschimotanasana	h. Chakrasana
	i. Mayurasana	j. Halasana
	k. Vrikshasana	l. Bhadrasana



(5) Yogasana- contd.

- |                    |                         |
|--------------------|-------------------------|
| m. Shavasana       | n. Shirishasana         |
| e. Badha Padmasana | p. Gomukhasana          |
| q. Bakasana        | r. Ardha Matsyendrasana |
| s. Supta-Vajrasana | t. Dhanurakarshan       |
| u. Kukutasana      | v. Uttan Kurmaasana     |
| w. Sinhasan        | x. Tolangulasana        |

2. Pranayama:-

- |                  |             |
|------------------|-------------|
| a. Ujjayi        | b. Bhasrika |
| c. Anulomaviloma |             |

3. Bandha Mudra:-

- |               |                    |
|---------------|--------------------|
| a. Uddiyana,  | b. Yoga Mudra.     |
| c. Jalandhar, | d. Ashwini Mudra.. |

4. Prakriya:

1. Presentation of entire technique or Asana
2. Holding position for a specified time.

(6) Lezim:

Fundamental Position; Char Awaz; Ek. Jaghye Adhi lagaon; Pavitra; Do Rukh; Age Phalang; Pichhe Phalang.

Lezim Pakad; Lezim Ke Liya Hushayar; Dahine Baen Hath Harkat Dahine Baen Pawa Harkat

Age Ki Harkat; Jhukna Harkat; Age jhukna Harkat; Harkat Bharat Mata; Chakkar Aur Baithane Uthane Ki Harkat.

Morchal; Morchal-Age Ki; Morchal Dahine aur Baen

(7) Combatives (for men only)

Compulsory (A) Simple contests-Back to Back lift; Back to Back Push; Back to Back Stick Pull Away; Back to Back single stick pull; Back to Back Tug; Drake Fight; Elbow struggle, Hand Push Hand Wrestle.

(B) Simple Contests (in pairs)-Knee Slap; Knock Over Club; Lane Duck Fight; Lifting Contest; Stool Tilting; Tyre Wrestling. Ring Wrestling; Fight for Lathi; Wand Pull. Hold the neck; Slap the hand; Fight on beam. Standin Pull. Horse and Rider.

Leg Typing; Squat Tug; Swatter Boxing; Individual Tug of War; Stick Wrestle; Cock Fight.

Take of the Tail; Push off the Bench; Push off the Stool; Push into pit; Neck pull and similar exercises.

(C) Mass Combats:- King of the circle; Conversion Taj; Master of Ring; Mass Horse and Rider; Keep Them in; Keep Them Out; Snatch the Mat; Cane Rush; Storming the fort; King of the land; Tug of War; Rush-Tug of War.

Forcing the Gate : Break the wall; Smuggling; Prison Break.

(7) Wrestling (for men)

Fundamental Techniques:

- i) Holds-Freestyle Greeco-Roman.
- ii) Techniques of-
  - a) Break down
  - (b) Reversals
  - c) Escapes
  - (d) Pinning holds
- iii) Plan movements and approach for attack and defence.
- iv) Take down from standing positions.

II. Exercises:-

- i) Exercises for Co-ordination, strength, endurance speed, stamina, agility.
- ii) Exercises for various offensive and defensive and deceptive techniques.

(7) Rhythmics: (for women only)

1. Simple Rhythmics Movements:

- i) Walk, Run, Leap, Hop, Jump, Skip, Slide, Gallop.
- ii) Step Hop.
- iii) Run 4 steps, walk 4 steps.
- iv) Hop on right foot, 4 times; hop on left; 4 times.
- v) Hop 4 times in place, hop forward, 4 times.
- vi) Left foot step, hop, slide to the left
- vii) Right foot step hop. slide to the right.

II. Axial Movements:-

- i) Flexion and extension; Bending and stretching.
- ii) Twisting and turning
- iii) Swinging-Arms and torso movement.

III. Motion:

- i) Arm and torso movement
- ii) Sitting stride position; raise slowly, to knee; support weight on knee and one hand
- iii) Vibratory
- iv) Back fall-recovery to knees, to feet
- v) Side fall-recovery to knees.
- vi) Moving forward. Backward, sideward, in circle. Zig-Zag etc.
- vii) Change of direction.

IV. Various gestures (mudras)

Various expressions

Physical expositions.

- V. Folk dances- Indigenous festival dances suitable for women; Garba, Tipri dance, Koli nritya, Kisan nritya. Thakkarnritya Holi nritya, Gujarathi Nritya, Dances from different states of the country.

(8) (A) Major Games

FOOT BALL

(1) Fundamental Techniques:-

- 1) Player's stance and Ball Controlling.
- 2) Dribbling
- 3) Trapping
- 4) Kicking
- 5) Heading
- 6) Tackling
- 7) Faking and feinting
- 8) Passing
- 9) Throw-in-Deciving-Goal Keeping.
- 10) Individual offence.
- 11) Individual defence.

(2) Strategy-

1. Systems of play and formations.
2. Man to man marking
3. Defence against interchanging attacker.
4. Defence in Depth.

HOCKY

1. Hitting:-

- |                         |                           |
|-------------------------|---------------------------|
| i. Straight hit         | ii) Reverse hit           |
| iii. Turn round and hit | iv) Hitting on wrong foot |

2. Stopping-

- |   |                      |
|---|----------------------|
| i. Straight stopping                      | ii) Reverse stopping |
| iii. Stopping on right                    | iv) Stopping on left |
| v. Stopping in stick:                     |                      |
| a) Stopping in the air with Hockey stick. |                      |
| b) Stopping in the air with Palm.         |                      |

3. Pushing:-

- |                         |                  |
|-------------------------|------------------|
| i. Straight push        | ii. Reverse push |
| iii. Push on wrong foot | iv. Sweep push   |

4. Scoop:-

- |                        |                 |
|------------------------|-----------------|
| i. Straight scoop      | ii. Push scoop. |
| iii. Showelling scoop. |                 |

5. Flick:-

- |                           |                          |
|---------------------------|--------------------------|
| i. Straight flick         | ii. Reverse flick        |
| iii. Flick on wrong foot. | iv. Flicking variations. |

6. Dribbling-

- |                                 |                               |
|---------------------------------|-------------------------------|
| i. Dribbling by tapping         | ii. Rolling the ball on left. |
| iii. Rolling the ball on right. |                               |
| iv. Ball control.               |                               |

7. Passing:

- |                              |                   |
|------------------------------|-------------------|
| i. Passing practices in twos | ii. Through pass  |
| iii. Direct pass             | iv. Return pass   |
| v. Back pass                 | vi. Overhead pass |
| vii. Deflection pass         |                   |

8. Dodging :
  - i) Dodging to the right.
  - ii) Dodging to the left.
  - iii) Double dodging.
9. Shooting : From various angles.
10. Corner, Penalty, Corner, Penalty Strokes:

#### BASKET BALL

1. Fundamental Techniques:-
  - i) Player's stance and ball handling.
  - ii) Catching
  - iii) Dribbling
  - iv) Shooting
  - v) Rebounding
  - vi) Foot work
  - vii) Individual Defence
  - viii) Individual Offence.
2. STRATEGY:
  - (1) One-on-one situation (offence & Defence)
  - (2) Combined Defence:-
    - (a) Slides and Switches
    - (b) Cut numbering
    - (c) Sandwiching
    - (d) Rebound Organisations
    - (e) Man-to-man defence.
    - (e) Zone Defence
    - (g) Combination.
3. Combined Offence:
  - (a) Screens
  - (b) Give and go
  - (c) Criss Cross
  - (d) Splitting the post
  - (e) Out numbering
  - (f) Offence against man to man
  - (g) Offence against zone
  - (h) Fast break
  - (i) Auxiliary plays
  - (j) Set plays.

#### VOLLEY BALL

1. Fundamental techniques:
  - (1) Player's stance-Receiving the ball and passing to team-mates-volleying over the net,
  - (2) Foot work.
  - (3) Blocking (single)
  - (4) Smashing
  - (5) Serving-underhand-tennis-spin service-round hand
  - (6) Individual defence (7) Individual offence
2. Strategy-
  - (1) Blocking-Single-Double & Triple
  - (2). Formation-W-System-forward & backward angle (Defensive)
  - (3) Attacking formation.

KABADDI \*

1. Fundamental Techniques-

- (1) Raiders: use of hands in touching  
use of legs in touching.

- |                         |                      |
|-------------------------|----------------------|
| a. Touching with toe.   | b. Sudden leg thrust |
| c. Squat leg thrust     | d. Side kick         |
| e. Front kick           | f. Mule kick         |
| g. Aero or fly kick     | h. Cross kick        |
| i. Curve or circle kick | j. Role kick.        |

(2) Anti's Techniques:

- |                      |  |
|----------------------|--|
| a. Ankle catch       | b. Ankle hold with spider spring.        |
| c. Double ankle hold | d. Knee catch                            |
| e. Thigh catch       | f. Double thigh catch                    |
| g. Trunk catch       | h. Bear Hug                              |
| i. Fingers hold      | j. Back lift and Double arm hold;        |
| k. Wrist hold        | l. The arm pit hold (kaichi not allowed) |
| m. Cross leg hold.   | n. Shoulder catch                        |

(3) Strategy:

- |                    |                         |
|--------------------|-------------------------|
| (1) Back line game | (4) Double chain        |
| (2) Balk line game | (5) Defence formations. |
| (3) Single chain   |                         |

KHO-KHO

1. Fundamental Techniques:

- (1) Chaser's Stance: Chasing and touching the opponent
- (2) Chaser's footwork-diving
- (3) Clockwise or anticlockwise movements around the pole.
- (4) Defenders dodging and feining movements.

2. Strategy:

1. Single chain
2. Double chain
3. Round play
4. Double chain and round play (combination)
5. Pole to pole running
6. Parallel chain
7. Selecting the ordering of sitting.

CRICKET

1. Fundamental Techniques:-
  - i) Stance, grip and back lift.
  - ii) Drives of the front foot.
  - iii) Hook and pull shots.
  - iv) The cuts of the front foot and back foot.
  - v) Leg glance (front foot and back foot)
2. Balling-
  - i) Run-up, basic action and follow through.
  - ii) Spin balling
  - iii) Swing-balling.
3. Fielding in various positions.
  - i) In defence
  - ii) In attack
  - iii) Interception
  - iv) Catching
4. Wicket keeping
  - i) Stance
  - ii) Taking the ball on, off, overhead and leg side etc.
  - iii) Taking returns from fielders.
5. Batting:
  - i) Drives of front and back foot.
  - ii) Squate cuts
  - iii) Pull strokes
  - iv) Defensive and offensive strokes.
6. Strategy:
  - i) Offensive placement of fielders
  - ii) Defensive placement of fielders.
  - iii) Use of fast and spin ballers.

SOFT BALL

- |              |               |
|--------------|---------------|
| i) Running   | iii) Pitching |
| ii) Throwing | iv) Batting   |
|              | v) Catching   |

RING TENNIS

- |                     |                        |
|---------------------|------------------------|
| i) Holding the ring | ii) Service            |
| iii) Catching       | iv) Throwing the ring. |

NET BALL

- |                             |              |
|-----------------------------|--------------|
| i) Stance and ball handling | ii) Catching |
| iii) Shooting               | iv) Footwork |
| v) Defence                  | vi) Passing  |

BADMINTON

Fundamental Techniques:-

- (1) Holding the racket.
  - (a) Fore hand grip
  - (b) Back hand grip
- (2) Holding the shuttle cock
  - (a) Mid grip
  - (b) Base grip
- (3) Footwork for various strokes.
  - (a) Basic strokes
  - (b) Fore hand stroke
  - (c) Back hand stroke
  - (d) Over hand stroke
  - (e) Round the hand stroke
- (4) Basic Shots
  - (a) Smash
  - (b) Lob Toss or clear
  - (c) Net shot
  - (d) Drive
- (5) Single Service.
  - (a) High Lob Service
  - (b) Low service
  - (c) Medium service
- (6) Double service
  - (a) Low or short service
  - (b) Drive or shooting service.
  - (c) High flick service.
- 7) Receiving:-
  - (a) Short service
  - (b) High service
  - (c) Drive service
  - (d) Flick service

8) (B) Minor Games and Relays:-

As given in N.F.C. hand book. Other suitable books may also be referred to.

- 8) (C) As given in the National Physical Efficiency Drive pamphlet of the Union Ministry of Education and Social Welfare.

TESTS:

First Aid Training

As per St. John Ambulance Ass. Certificate Course.

CAMPS

A five days camp should be organised to enable the student teacher to organise and conduct camps for school children.