# TEACHING LESSION

**E**

## INDIGENOUS ACTIVITY & SPORTS KABADDI

**NAME: -ANIKETH ADHIKARY ROLL NO- BUR /P\_ED /2021/039**

**SUBJECT CODE : MPPC SESSSION:-2021-22 M.P.ED 2ND SEM.**

**SUBMITTED BY**

**207**



***DEPARMENT OF PHYSICAL EDUCATION THE UNIVERSITY OF BURDWAN BURDWAN***

LEARNING DESIGN

**TEACHING**

NAME OF THE STUDENT TEACHER : ANIKETH ADHIKARY CLASS : M.P.ED (SEM II)

ACTIVITY : INDIGENOUS ACTIVITY AND SPORTS (KABADDI)

SKILL : ****TOE TOUCH IN KABADDI****

METHOD : WHOLE PART WHOLE METHOD

EQUIPMENT : GROUND (10\*13), WHISTLE

, CHAUK.

DURATION OF THE LESSION : 40 MIN

|  |  |  |  |  |  |
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| **TIME** | **STEPS** | **CONTENTS** | **PROCEDURE** | **ILLUSTRATION** | **SUPERVIS OR’S**  **REMARKS** |
| 3 Min  10 Min | INDRODUCTION   1. Assembly 2. Warm up 3. General warm up. 4. Specific warm up | The teacher should assemble the class and takes attendance.  The teacher will able to find out sick students and those who are sick, they will site. Rest of the students will start the warm up. | Students should line up on the opposite side of the sun. Then Teacher should demonstrate the general exercise and as will as specific.  Then students will do the same at the teacher’s demonstration. |  |  |
| 20 Min | MAIN PART | Teacher should demonstrate and explain the kabaddi games and teach Quote skill (Mule kick) | The toe touch is also one of the widely used skills of kabaddi of raiders because it offers the raider to score a touchpoint with a bonus point also. The raiders also use this because most of the time the defender is expecting a hand touch. In this move, the raider quickly extends his leg towards an unsuspecting defender and touch him just with his toe. If the raider uses it correctly then, it is one of the best-surprised moves to the defenders. Former Kabaddi player Anup Kumar is one of the best raiders of this skill. |  |  |
| Court Measurement. |
| What is a toe touch in Kabaddi? - Quora    **TOE TOUCH IN KABADDI** |
| 7 Min | CONCLUDING PART | i) Shortly demonstrated the quote skill and re assemble the students. ii)Dismissal part | The student teacher should summaries the skill. After that reassemble the class. Then teacher should command break off the class, the students will able to right turn and “three  clap”. |  |  |

Aniketh adhikary

Signature of student teacher Signature of the Guide Signature of the Supervisor