NAME: ASHISH GANDHI

STD: XII DIV: C ROLL NO.:

SUBJECT: PHYSICAL EDUCATION (P.E)

INDEX

SR. NO.	EXPERIMENT	PAGE	DATE OF EXPERIMENT	DATE OF SUBMISSION	REMARKS
1.	fitness Tests Administration for all Items.				
	☆ Modified AAPHER MOTOR FITNESS TEST.				
	• Pull - Ups.				
	• flexed - Arm Hang				
	• flexed Leg Sit-Ups.				
	• Shuttle Run				
	• Standing Long Jump				
	• 50- Yard Run-Walk				
	• 600 -Yard Run -Walk				
	☆ BARROW THREE ITEMS GENERAL MOTOR ABILITY TEST				
	• Standing Broad Jump				
	• Zig - Zag Run				
	• Medicine Ball Put				
2.	ASANAS FOR LIFESTYLE DISEASE				
	☆ ASANAS FOR PREVENTION AND CURE OF DENSITY				

SR. NO.	EXPERIMENT	PAGE	DATE OF EXPERIMENT	DATE OF SUBMISSION	REMARKS
	☆ ASANAS for PREVENTION AND CURE OF ~~OBNSI~~ OBESITY.				
	☆ ASANAS for PREVANTION AND CURE ASTHMA.				
	☆ ASANAS for PREVENTION AND CURE HYPERTENSION				
	☆ ASANAS for PREVENTION AND CURE OF BACKPAIN				
3.	FOOTBALL • HISTORY • MAIN TIPS • LATEST GENERAL RULES • FUNDAMENTAL SKILLS • TERMINOLOGY • TOURNAMENT & AWARDS.				

EXPT. NO. NAME: PRACTICAL - 1

Page No.:
Date:

FITNESS TESTS ADMINISTRATION FOR ALL ITEMS.

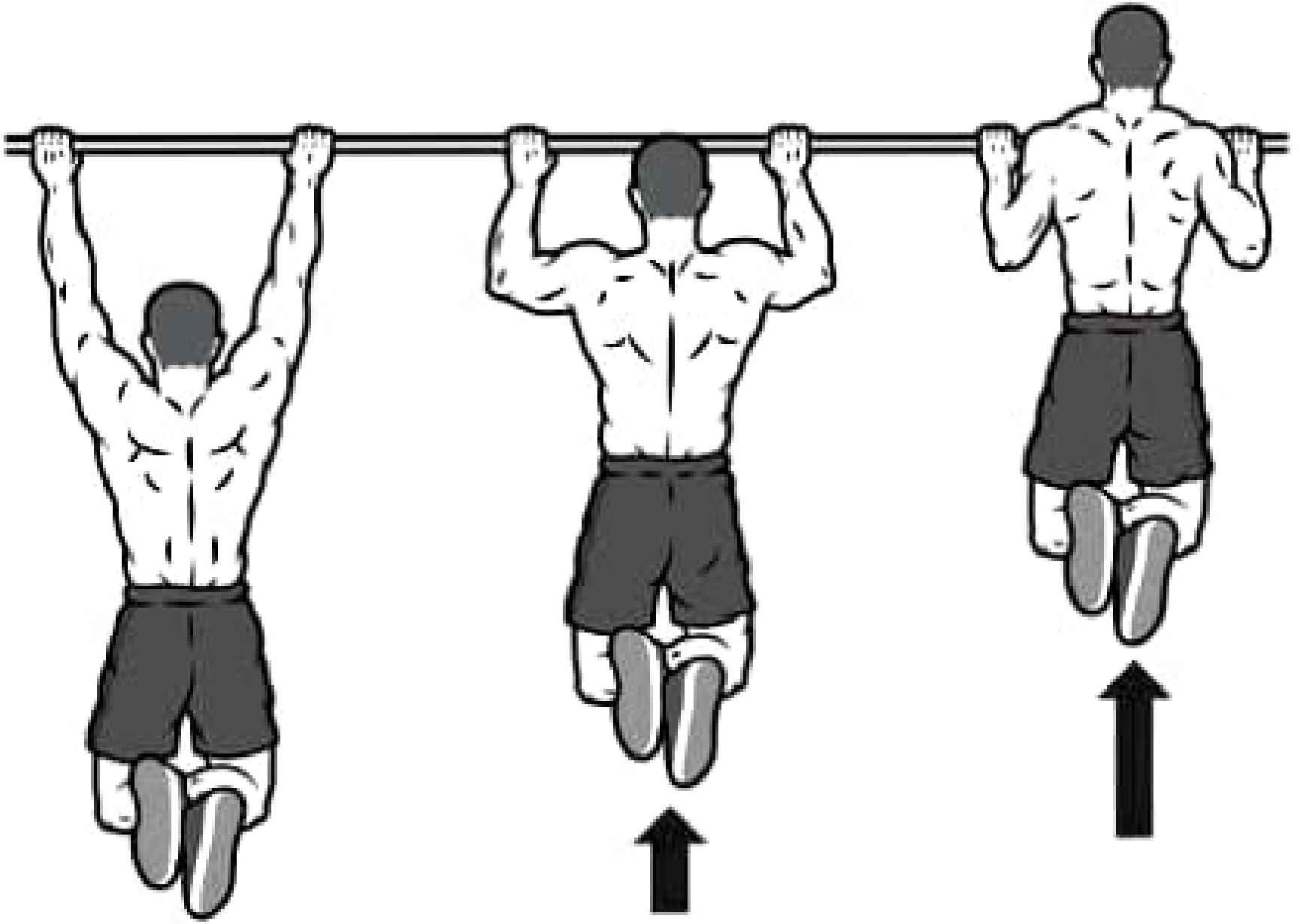
* Modified Aahperd Motor fitness Test.

Earlier AAHPER stood for American Alliance for Health. Physical Education and Recreation. But now, it is known as American Alliance for Health, Physical Education, Recreation and Dance. It's motor fitness tests have been the major instruments for measuring motor fitness in American school children for over 50 years. The first version of this test was published in 1958 and then revised in 1965 and after that many changes in the test battery were made in 1975. The final test manual was prepared in 1976. The following items were finalised in this test battery.

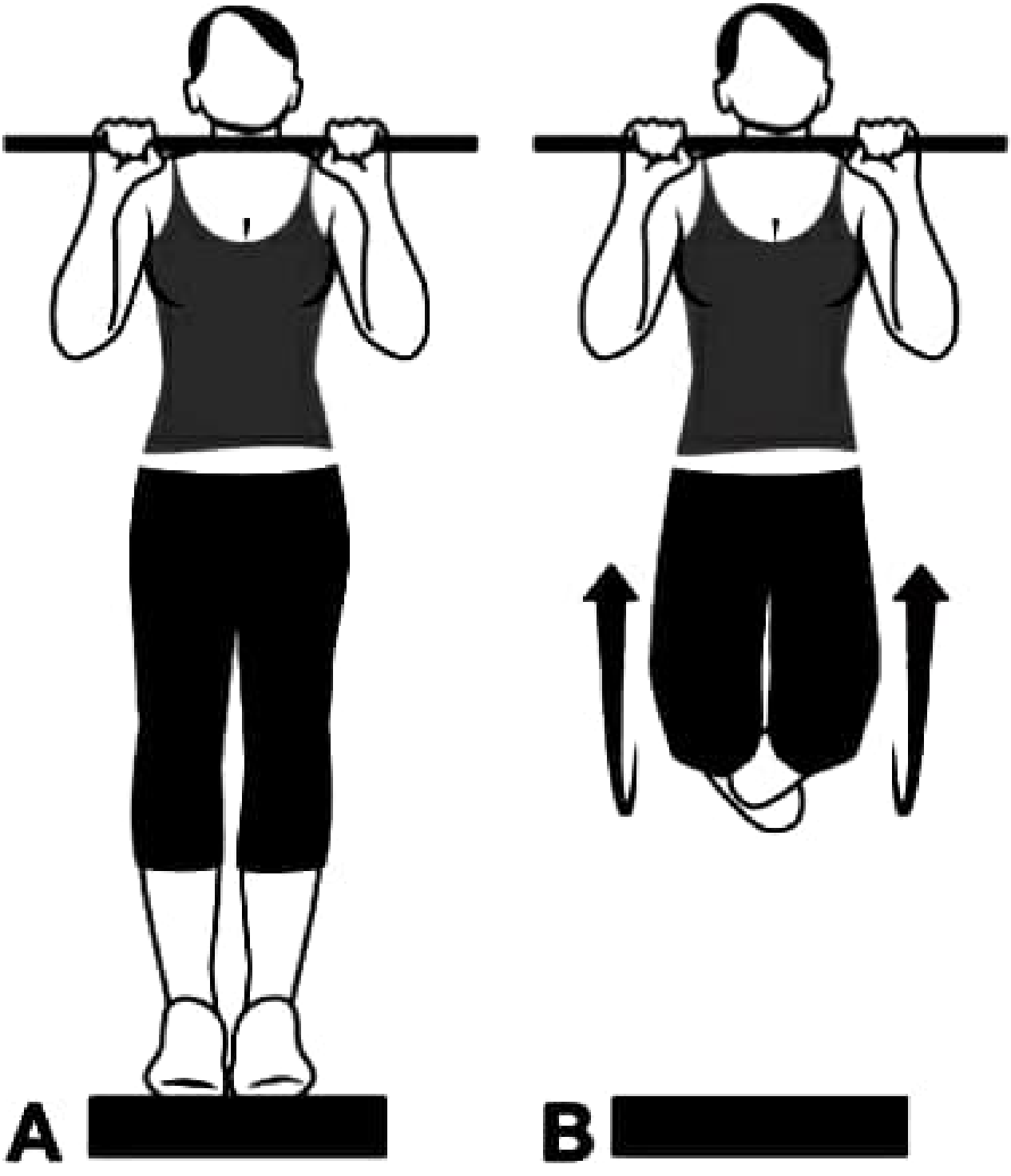
1. Pull-ups (for Boys) and flexed-arm hang (for Girls).
2. Flexed leg sit-ups.
3. Shuttle run
4. Standing long jump
5. 50-yard dash
6. 600-yard run-walk.

The purpose and admistration of all the above mentioned test items are stated below.

Teacher's Signature:



THE BOTTOM HALFWAY UP THE TOP


A
B

1. a.) Pull Ups (For Boys).

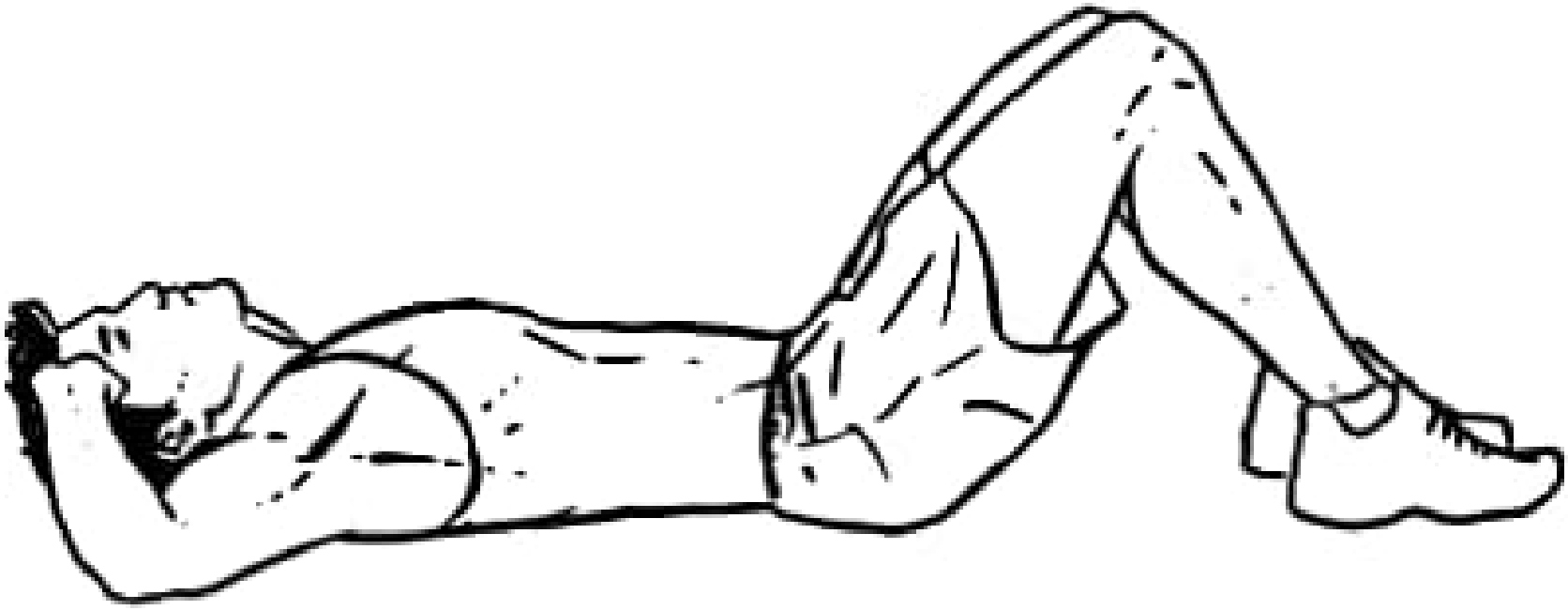
Purpose :- To measure arm and shoulder strength.

Administration :- This test measure the total number of repetitions done, without taking rest on a horizontal bar. The total number of pull-ups are noted. In this test, the chin must reach above the bar while doing pull-ups

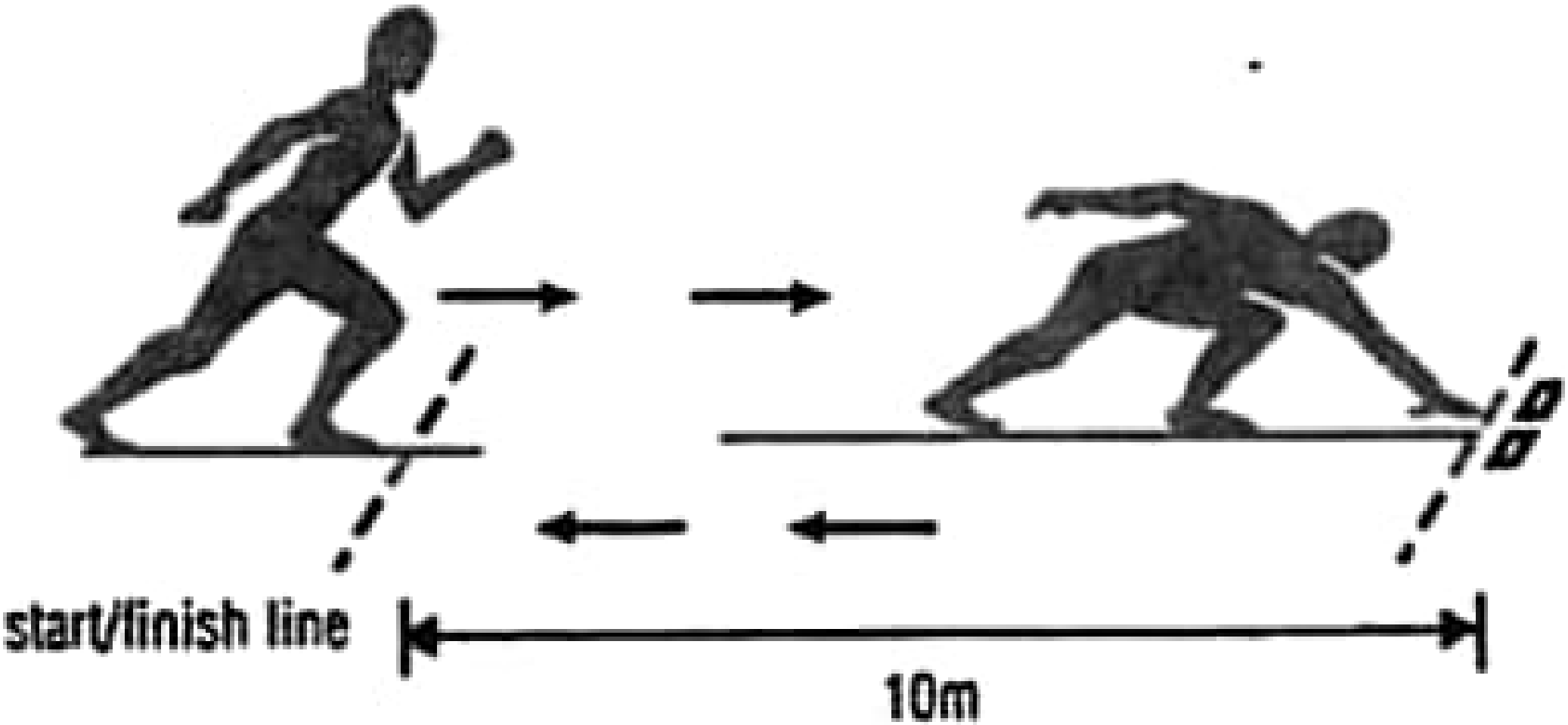
b.) Flexed - Arm Hang (for Girls).

Purpose :- To measure arm and shoulder strength.

Administration :- The test is administred on an adjustable horizontal bar. The height of the bar should be adjusted so that it is approximately equal to the standing height of the student. The correct postion of hand is shown in the fig. given below. With the help of two girls, the subject's body is lifted off the ground until her chin is positioned above the bar she is required to hold the bar in the same position for maximum time. Her time is noted in seconds she may be allowed to undertake one trial.



WorkoutLabs.com


start/finish line
10m

EXPT. NO. NAME: Page No.: Date

2. Flexed Leg Sit-Ups.

Purpose :- To measure abdominal strength and endurance.

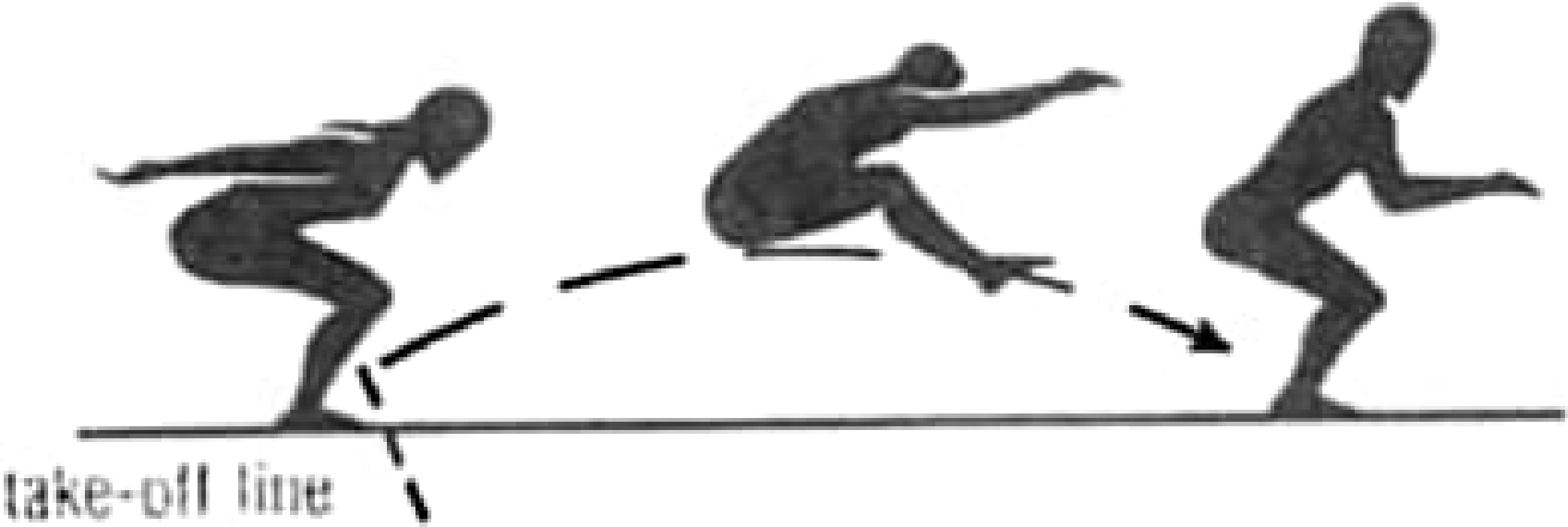
Administration :- The student lies on the back with legs in flexed position, i.e., in bent knee position. His/Her hands should be behind the neck. Elbows must touch the knees while doing sit ups. The total number of repetitions of sit-ups is noted in one minute only.

3. Shuttle Run

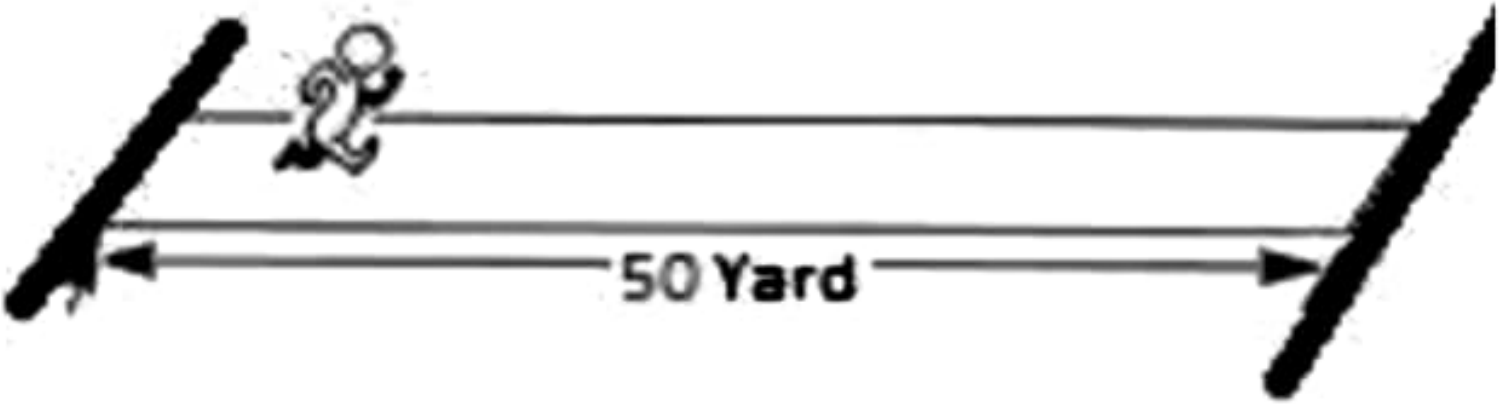
Purpose :- To measure speed ~~ang~~ and agility.

Administration :- Two blocks of wood 2×2×4 inches are used in this test. Two parallel lines are marked on the ground 30 feet apart. The subject stands race behind the other line one declaring start, the subject runs to the starting line, places the box behind the line, then runs back and picks up the second block, which he carries back to the starting line. The time is noted down. Two trials may be allowed. The best time of the two trials is noted down for record.

Teacher's Signature:


take-off line

THE START



EXPT. NO. NAME: Page No.: Date.

4. Standing Long Jump

Purpose :- To measure power.

Administration :- A take-off line is marked on the ground subject stands inches apart. The take-off line with the feet several inches apart. The subject swings the arms and bends the knee to take a jump in the long jump pit. Three trials are given to the subject. The distance is measured from the take off line to the heel or other part of the body that touches the ground nearest to the take-off line. All jumps are measured and the best one is recorded. The measurements is noted in feet & inches.

5. 50- Yard Dash

Purpose :- To measure speed

Administration :- The subject takes the starting position behind the starting line. The starter commands 'Are you ready?' and 'Go', The word 'Go' is accompained by a downward sweep of the starter's arm as a signal to the timer. Two subjects can run of the same time if there are two stopwatches. The score is recorded in seconds to the nearest 10th of a second.

Teacher's Signature:

EXPT. NO. NAME: Page No.: Date:

6. 600 – Yard Run – Walk

Purpose :- To measure endurance

Administration :- The subject takes the position of standing right behind the starting line. At the signal of 'Ready' and 'Go' the subject starts running 600-Yard distance. During the course of running, he may walk. In this test, many students can run at the same time. Time is recorded in minutes and seconds.

Teacher's Signature:

EXPT. NO. NAME:

* Barrow Three Item General Motor Ability Test :-

Motor abilities play a very vital role in achieving apex position in games ~~apo~~ and sports. Motor fitness involves speed, ability, power, coordination. Strength and so on. These components of fitness are necessary for competing at top levels.

For measuring general motor fitness, the three item test battery of Barrow is used. In this test, battery of three items such as standing broad jump, zig-zag run and medicine ball are used to measure the general motor ability of the students.

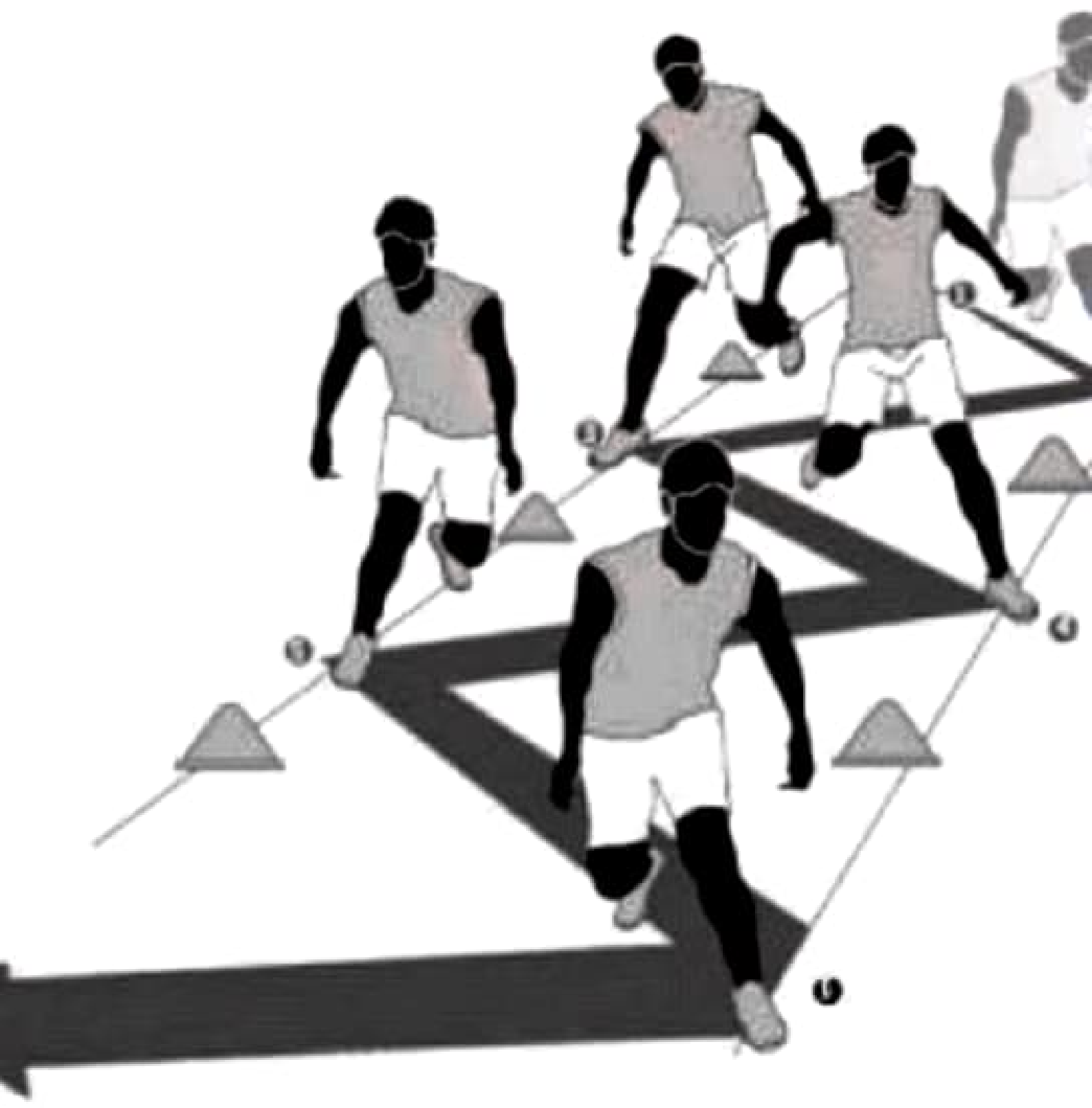
The details of administration of these tests are described :-

1. Standing Broad Jump (for Measuring Leg Strength).

Equipment and material :- A mat of 5 × 12 feet and a measuring tape, if the mat is marked.

Procedure :- A take-off line is marked on the ground subject stands just behind the take-off line with the feet several inches apart. The subject swings the arms and bends the knees. to take a jump in the long jump in the

Teacher's Signature:



EXPT. NO. NAME: Page No.: Date: YOUVA

knees to take a jump in the long jump in the ~~log~~ long jump pit. Three trails are given to the subject. The distance is measured from the take-off line to the knee or other part of body that touches the ground nearest to the take-off line. All jumps are measured and the best one is recorded.

2. Zig-Zag Run (For Measuring Ability And Speed).

Equipment and material :- Stopwatch, five obstacles and space enough to accommodate the 16 x 10 feet course.

Procedure :- The subject begins from a standing start on the command to run. The subject runs the prescribed pattern stated to him as quickly as he can without gasping. Three complete circuits are run. The stopwatch is started when the command to run is given and stopped immediately when the subject crosses the finish line. The time is recorded to the nearest ~~the~~ 10th of a second. Before running the zig-zag run, the subject should warm up properly. The subject should ~~be~~ wear proper fitting shoes with good traction to avoid blisters and stiping. Demonstration of the pattern of the course should be given by the administrator before the beginning of the run.

Teacher's Signature:

WorkoutLabs.com

EXPT. NO. NAME: Page No.: Date:

3. Medicine Ball Put (for Measuring Arm and Shoulder Strength).

Equipments and Material :- A medicine ball and measuring tape.

Procedure :- The subject stands between two restaining lines which are 16 feet apart. In case of girls, a medicine ball of 1kg is provided, whereas in case of boys a medicine ball of 3 kg is provided to be put. After that he/she attempts to put the medicine ball out as far as possible without crossing the restraining line. He/she should hold the medicine ball at the junction of the neck and shoulder then the ball should be the put straight down the course. Three trials are given to him/her. The best of three trials recorded. The distance is computed to the nearest foot. A put in which the subject commits a foul is not scorded. However, if all the trials are foul, the subject he/she should try until he/she makes a fair put.

Teacher's Signature:

EXPT. NO. NAME: PRACTICAL - 2

Page No.:
Date:

ASANAS FOR LIFESTYLE DISEASES.

There are various lifestyle diseases such as obesity, diabetes, asthma, hyper tension and backpain, which can be prevented as well as cured with the help of yogic asanas. The details of various asanas which can prevent and cure some of the lifestyle diseases are stated below:

A. Asanas for Prevention and Cure of Obesity.

Obesity can be prevented as well as cured if the following asanas performed regularly.

1. Vajrasana.

Procedure :- It is a meditative asana. Kneel down on the ground or floor with your knees, ankles and toes touching the ground. Your toes should be stretched backwards. Now, place your palms of both your hands on the knees. The upper body should be straight. At this time, the breathing should be deep, even and slow. Then expand your chest and pull your abdominal portion inwards.

Teacher's Signature:

EXPT. NO. NAME: Page No.: Date:

Benefits :-

1. It is helpful for concentration.
2. It is helpful in curing dysentery, back pain and chest disease
3. It ~~ch~~ enhances memory power.
4. It curse the problems related to menstruation.
5. It cures mental stress.
6. It strengthens the pelvic muscles.
7. It removes postural defects.
8. It prevents hernia and gives relief from piles.
9. It is the best meditation asana for people suffering from sciatica and sacral infections.
10. It helps in reducing lip flat.
11. It gives relief from constipation, acidity and increases digestive process.

Contraindications :-

1. A person suffering from joint pain should not perform vajrasana.
2. The individuals who have any spinal column problem should not perform vajrasana.
3. The individuals who have some difficulty in a movement should practice vajrasana with a lot of care.

Teacher's Signature:

EXPT. NO. NAME: Page No.: Date: YOUVA

2. Pada Hastasana

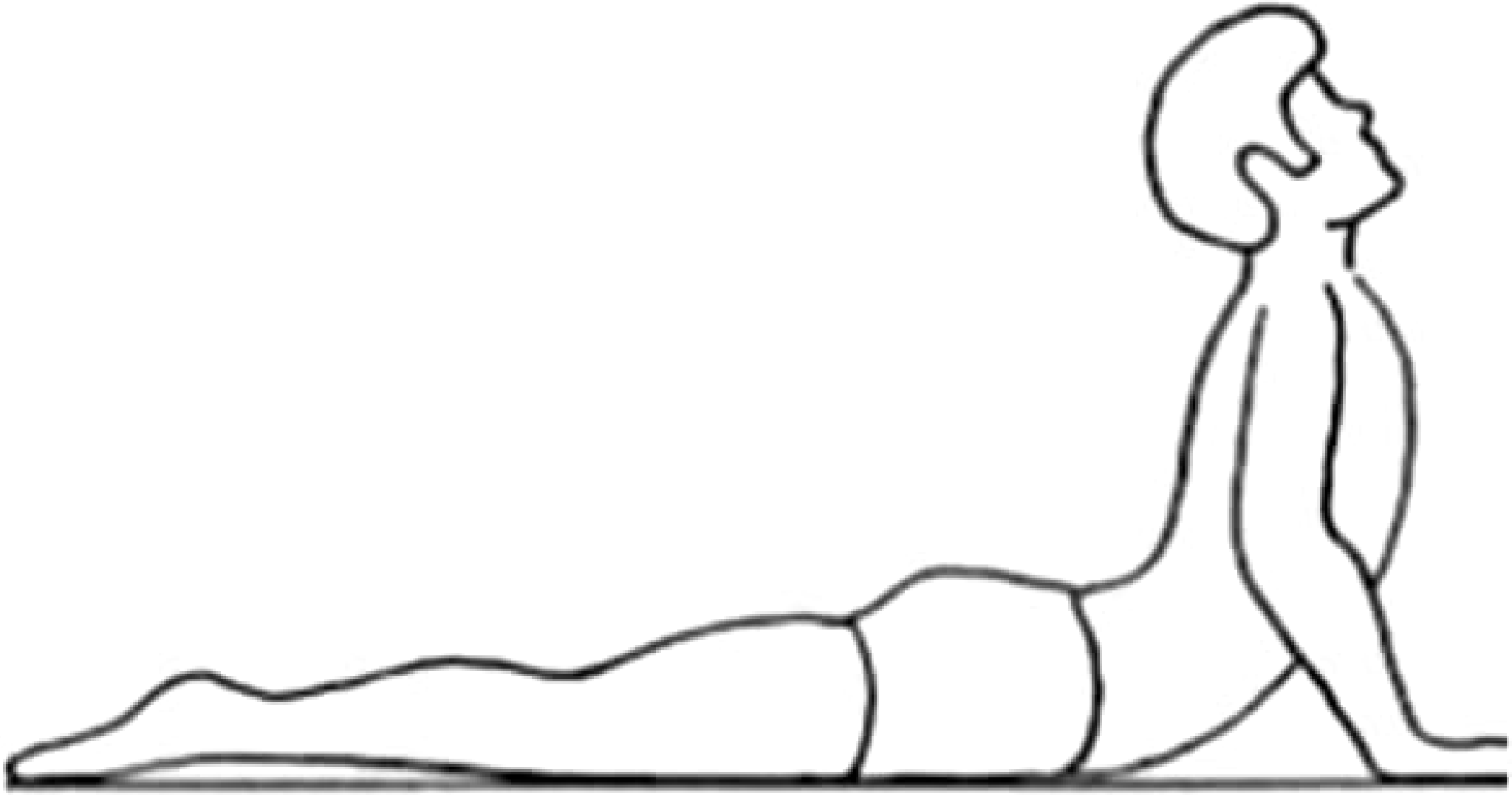
Procedure :- Bend forward until the fingers or palms of the hands touch the floor on either side of the feet. Try to touch the knees with the forhead. Do not strain keep the knees straight flexible while bending forward. Try to contract the abdomen in the final position to expect the maximum amount of air from the lungs.

Benefits :-

1. Pada Hastasana makes the body very flexible. It stretches the back and leg muscles.
2. It helps to eliminate excess belly fat.
3. It improves digestion and reduces contripation. It eliminates many stomach ailments.
4. It makes the spine flexible and tones the nervos.
5. It improves blood circulation.

Contraindications :- The individuals who have back pain should avoid this asana. At least, they should forward fully. They can bend themselves only as far as comfortable.

Teacher's Signature:



Cobra Posture

EXPT. NO. NAME: Page No: Date:

B. Asanas for Prevention and Cure Diabetes.

Diabetes can be prevented as well as cured if the following asanas are performed regularly.

1. Bhujangasana.

Procedure :- In this asana, the shape of the body remains like a snake that is why it is called bhujangasana. In order to perform this asana, lie down on the belly on the ground. Keep your hands near the shoulders keep your legs close together. Now, straigthen up your arms slowly raise the chest. Your head should turn back wards keep this position for some time. Then get back to the former position. For good results perform this asana 3 to 5 times.

Benefits

1. It alleviates obesity.
2. It provides strength and ability.
3. It cures the disorders of urinary bladder.
4. It cures the diseases of liver.
5. It improves blood circulation.
6. It makes the vertebral ~~column~~ column flexiable and thin.
7. It cures gas disorders, constipation and indigestion.
8. It strenghtens the muscles of hands.

Teacher's Signature:

①

②

③

EXPT. NO. NAME: Page No.: Date: YOUVA

Contraindications

1. This asana should be avoided by individuals who suffer hernia, back injuries, headaches and recent abdominal surgeries.
2. Pregnant women should not perform this asana.

2. Paschimottanasan

Procedure :- Sit on the ground with legs forward. Then hold the toes of your feet with the fingers of both hands. Then breathe out slowly and try to touch the knees with your forehead. After that breathe in slowly, raise your heads upwards and come to the prior position perform this asana at least 10-12 times.

Benefits :-

1. It makes care of gas trouble.
2. It prevents the early ossification of bones.
3. It is a good remedy for constipation.
4. It helps to overcome several menstrual disorders.
5. It gives relief in sciatia, backache and asthma.
6. It reduces obesity.
7. It is helpful in treating abdominal diseases.
8. It is ~~help~~ helpful in ~~curing~~ curing skin diseases.
9. Vertebra becomes flexible and healthy.

Teacher's Signature:

EXPT. NO. NAME: Page No.: Date: YOUVA

Contraindications :-

1. If you are suffering from enlarged liver or spleen or acute appendicitis, you should never do this asana.

2. Avoid practising this asana if you suffer from asthma or any respiratory diseases.

3. If you have any back or spinal problem, make sure that you perform this asana only under expert guidance.

Teacher's Signature:

1

2

EXPT. NO. NAME: Page No.: Date: YOUVA

C. Asanas for Prevention and Cure of Asthma

Asthma can be prevented as well as cured if the following asanas are performed regularly.

1. Chakrasana

Procedure :- In this asana, the fig. of the body becomes like a chakra, therefore, this asana is called chakrasana. First of all, lie down on your back, fix your hands firmly on the ground. Then raise the middle portion of your body upwards. Raise it as high as possible, so that your body is in semi-circle position. Then keep your head downwards between your hands. In the begining, keep this position for one minute and then after some days of practice, do it for 3 to 5 minutes.

Benefits

1. It cures back pain.
2. It cures any pain in kidneys.
3. It is helpful in removing obesity.
4. It prevents the problem of hernia.
5. It stimulates pituitary and thyroid glands.
6. It gives relief from stress and reduces depression.

Teacher's Signature:

EXPT. NO. NAME: Page No.: Date:

Contraindications :-

1. If you suffer from headace or high blood pressure you should not perform this asana.

2. Don't perform this asana in case of shoulder impengme

3. Do not perform this asana if you have tendents in this wrists.

Teacher's Signature:

1

3

2

4

5

EXPT. NO. NAME: Page No.: Date: YOUVA

D. Asana for Prevention and Cure of Hyper-tension.

Hypertension can be prevented as well as cured if the following asana are practiced regularly.

1. Pawanmuktasana

Procedure :- lie down on your back on a plain surface. Keep your feet together and place your arms beside your body. Take a deep breath. When you exhale bring your knees towards your chest. At the same time press your thighs on your abdomen clasp your hands around your legs. Hold the asana when you breathe normally. Every time you inhale, ensure that you loosen the grip. Exhale and release the pose after you rock and roll from side to side about three times.

Benefits :-

1. It eases the tension in lower back.
2. Enhances the blood circulation in pelvic area.
3. It stimulates the reproductive organs. It also helps
4. to cure menstrual disorders.
4. It helps in reducing the fats of thighs, butt locks and abdominal area.
5. Relieves constipation.

Teacher's Signature:

ARDHA CAKRĀSANA

EXPT. NO. NAME: Page No.: Date:

Contraindications :-

1. Pregnant women should avoid the practice of this asana.
2. Individuals suffering from piles should avoid this asana.
3. If you have an abdominal surgery recently you should avoid performing this asana.

2. Ardha Chakrasana

Procedure :- Stand straight with feet together. Hold your hips with ~~the~~ your hands. Bend backwards without bending your knees with slow inhalation. Remain in this pose for some time. Do it 2 or 3 times.

Benefits :-

1. It helps to make ankles, thighs, shoulders, chest, spine stronger.
2. It relieves stress and tension.
3. It improves digestion.
4. It cures menstural disorders.
5. It cures pain in leg.
6. It reduces fat in the waist and thigh.
7. It helps to allievate upper back pain
8. It relieves stress in the neck and shoulders.

Teacher's Signature:

EXPT. NO. NAME: Page No.: Date: YOUVA

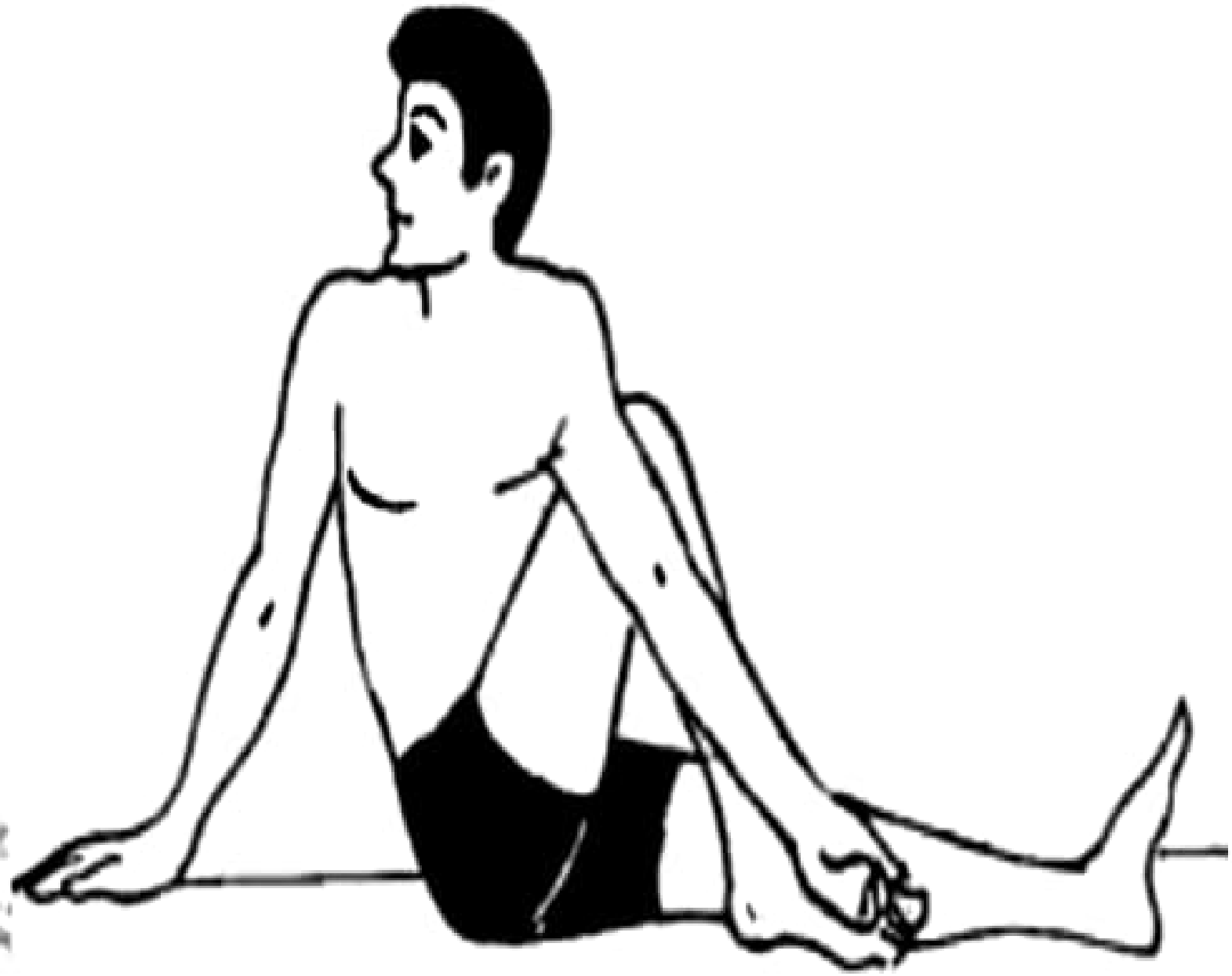
Contraindications :-

1. Avoid practising this asana if you have peptic ulcer and hernia.

2. Avoid this asana in case of hip or spinal problems.

3. Pregnant woman should avoid doing this asana.

Teacher's Signature:



EXPT. NO. NAME: Page No. Date:

E. Asanas for Prevention and Cure of Backpain

Backpain can be prevented as well as cured if following asanas are practised regularly.

1. Vakrasana

Procedure :- Sit down and stretch your legs straight. Fold the right leg and keep the right legs heel touching the left leg's knee. Place your right hand behind your back and left arm over the right knee; hold your right ankle push your right knee as far as possible and while exhaling twist your trunk to the right side. Take sufficient support of left arm. Now repeat same procedure with left side.

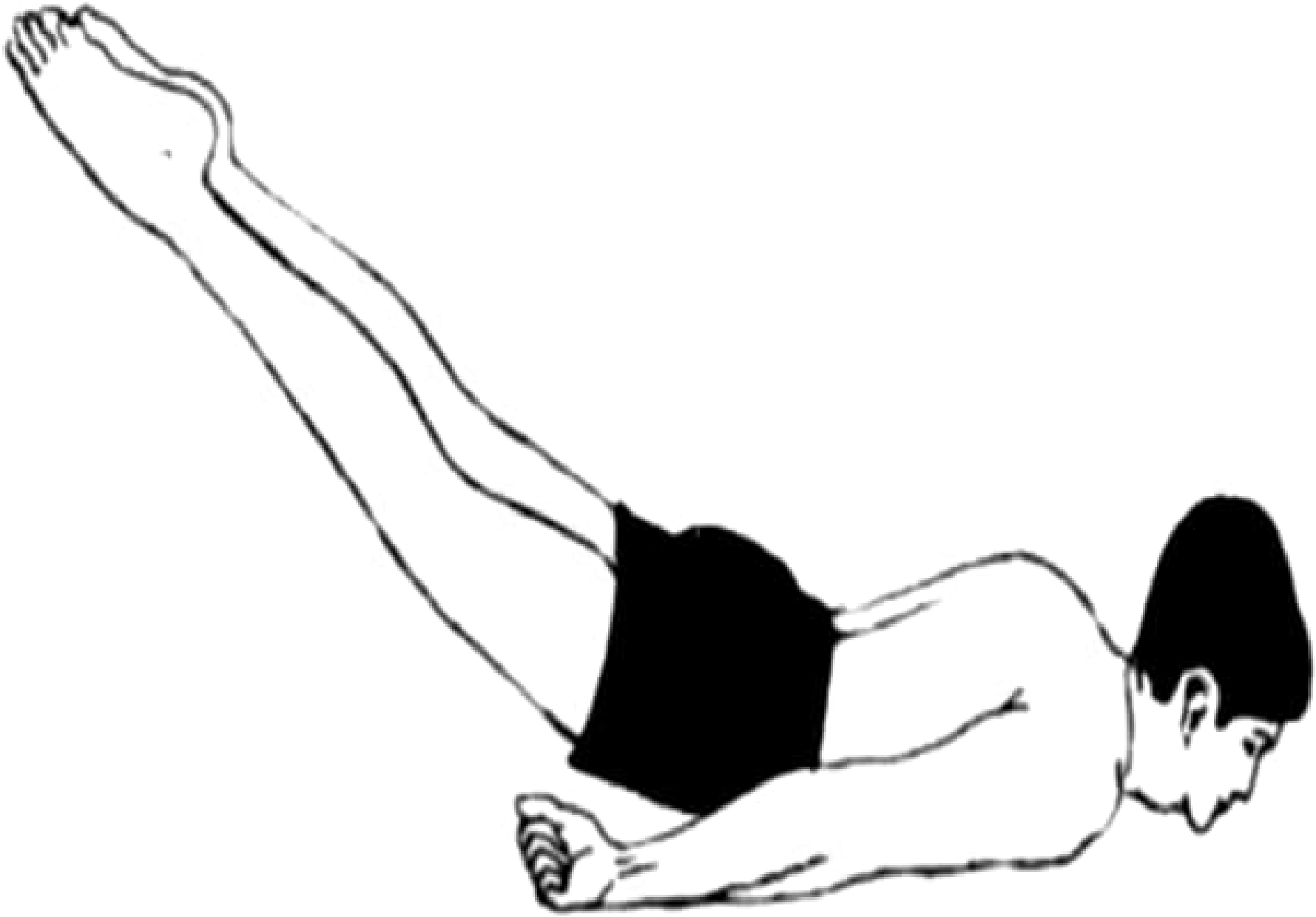
Benefits :-

1. It prevents and controls diabetes.
2. It strengthens kidneys.
3. It helps in reducing chronic back & shoulder pain.
4. It gives relief in stiffness of vertebra.
5. It reduces belly fat.

Contraindications :-

1. Avoid this asana in case high blood pressure.
2. Individuals who suffer from peptic ulcer should not practice.
3. This asana should not be performed who suffer back injury.

Teacher's Signature:



EXPT. NO. NAME: Page No.: Date:

2. Shalabhasana

Procedure :- In order to perform shalabhasana, lie down in prostrate position spread the thigh backwards. Hold your fists and extend arms keep your fists under the thigh and then raise your legs slowly as high as you can. for best results hold this position for two or three mins. and then lower your legs slowly. Repeat the same action for 3-5 times.

Benefits :-

1. It improves posture.
2. It stimulates abdominal orangans.
3. It helps in relieving stress.
4. It alleviates lower back pain.
5. It helps in removing constipation.

Contraindications :-

1. People with a weak spine should avoid the practice of this asana.

2. The individuals with a weak heart, high blood pressure and coronary problems should avoid practicing this asana.

Teacher's Signature:

EXPT. NO. NAME: PRACTICAL - 3.

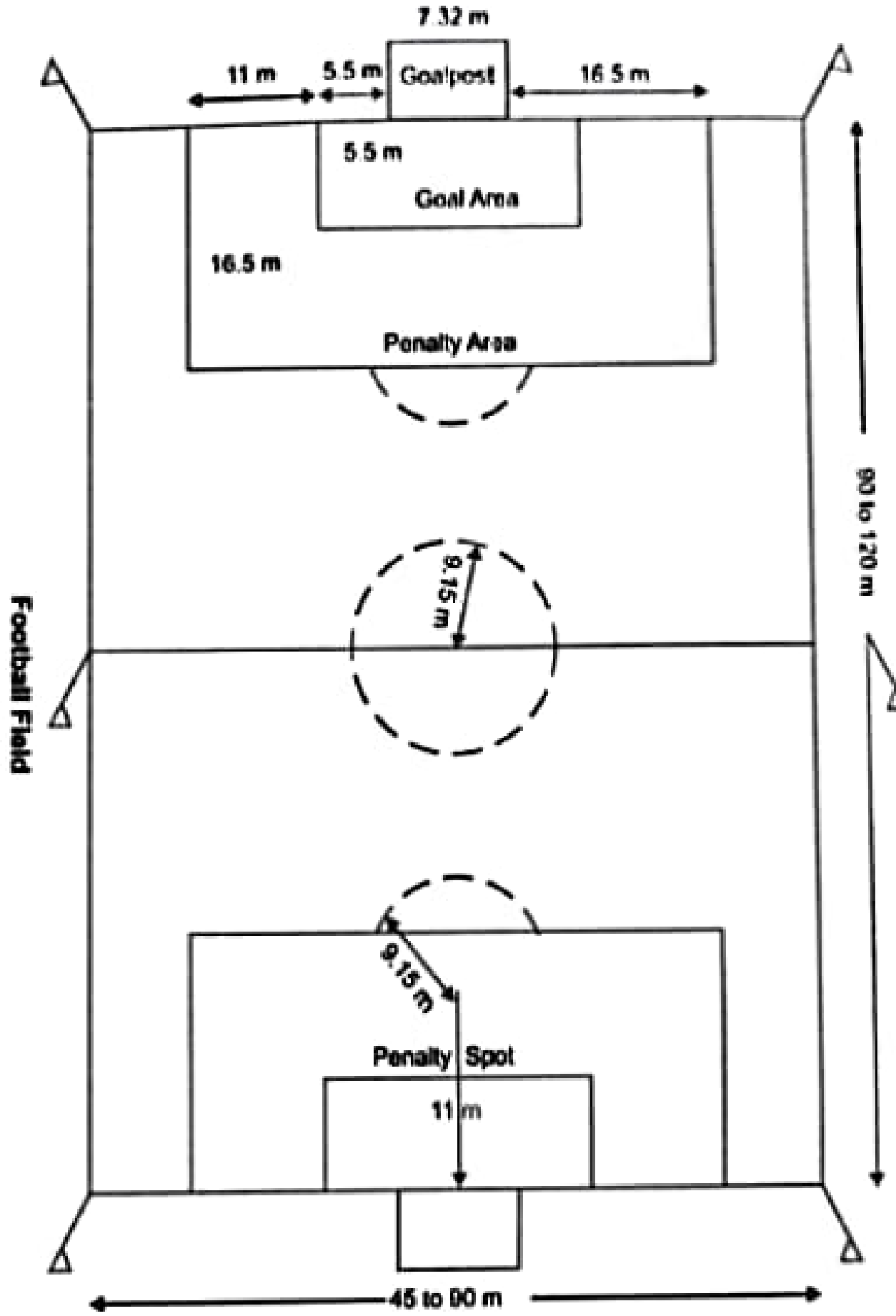
Page No.:
Date:

FOOTBALL

HISTORY :- Football is the most popular game of the world. There are various assumptions regarding the origin of football. Some people allude that Chinese used to play football in 2nd and 3rd century. Others over that it was a famous game in Rome. But modern football was developed in England. The FIFA was established in 1904. The world cup of football was started in 1930, wheras football was included in Asian Games in 1951. India got gold medal in football in 1951 Asian Games.

India also participated in Olympics in 1948 and 1956. In 1956 Olympics, India was the first ~~century~~ country of Asia which entered the semi-final of football. The achievement of India was considered an apex position.

Teacher's Signature:


7.32 m
11 m
5.5 m
Goalpost
16.5 m
5.5 m
Goal Area
16.5 m
Penalty Area
9.15 m
90 to 120 m
Football Field
9.15 m
Penalty Spot
11 m
45 to 90 m

EXPT. NO. NAME:

MAIN TIPS AT A GLANCE
FOOTBALL

1. Shape of the playfield. = Rectangular
2. The length of the playfield. = 90 – 120 m
3. The breadth of the playfield. = 45 – 90 m
4. The dimensions of the playfield in international matches. = Max. (110 m x 75 m) (120 yrds x 80 yrds)
   Min. (100 m x 64 m)
5. Circumference of football. = 27" – 28"
6. Weight of football. = 14 – 16 ounces
7. Number of players in a team. = 11 + 7 (extra) = 18 player
   [for FIFA 2014 World Cup 11 + 12 Extra = 23 players]
8. How many players may be substituted in one match. = 3
9. Duration of match. = 45 – 45 min (2 halves)
10. Interval of match. = 5 or 10 minutes
11. Officials for match. = 4 (1 refree, 2 linesman 1 table)
12. Height of goalpost = 2.44 m
13. Height of corner flag. = 1.50 m

Teacher's Signature:

LATEST GENERAL RULES :-

1. The rule of 'sudden death' has been implemented in football game.
2. Now, 3 players can be substituted from extra players.
3. The goalkeeper can move on the goal line at the time of penalty kick. Earlier, the goalkeeper was not allowed to do untill the execution of penalty kick.
4. Now the Golden Goal rule has been abolished. For deciding the winner the old rule is applied i.e, two halves of (15 minutes - 15 mins) as an extra time is given to both teams. If even after that the match remains draw the winner is decided by penalty shoot.
5. Now, the goalkeeper can run while holding the ball without bouncing it but he can do it without any delay.
6. Now, there can be 23 players instead of 18 players, out of these 12 players are called substitute players.

FUNDAMENTAL SKILLS OF FOOTBALL

1. KICKING
   a. Toe kick
   b. Instep kick
   c. Outstep kick
   d. Low kick
   e. High kick
   f. Lofted kick
2. BALL CONTROL
3. DRIBBLING
   a. Shift position dribbling
   b. Jaggle dribbling
   c. feint dribbling.

Teacher's Signature:

EXPT. NO. NAME: Page No. Date

4. TACKLING
a. Front Block Tackling
b. Side way Tackling
c. Back tackling
d. Interception Tackling

5. TRAPPING
a. Sole Trap
b. Inside foot trap
c. Front step trap
d. Outside foot trap
e. Thigh trap
f. Shin trap
g. Chest trap
h. Hollow Trunck Chest trap.
i. Head Trap

6. PASSING
a. Short passes
b. Long passes.
c. Through passes.

The brief description of some of the fundamentals of football is given below :-

1. **Short Passes** :- They are usually given to the teammate who is very close. In these passes, instep or outstep kick is given to the ball gently so that the teammate may collect the ball easily. Regular practice is must

2. **Instep Kick** :- The non-stricking foot should be brought alongside of the ball, slightly away from it. The ball should be kicked with a relaxed forward swing of the kicking leg. This is executed after taking few steps towards the ball.

3. **Heading** :- It is an important skill which is used by players. To head the ball accurately, a player should judge the Hight of ball & wait for proper time to take jump and swing the head towards goal direction.

Teacher's Signature:

EXPT. NO. NAME: Time No. Date YOUVA

5. Dribbling :- A player should use light strokes of his feet to direct the ball in a desired direction. He may use inside or outside of his feet to control the ball. While doing this, he should watch the ball & it should not allowed to go far away from his legs. He should have a proper strides in coordination with movement of the ball.

TERMINOLOGY :-

Loose ball :- The ball which is not under the control of any player during game, usually called looseball.

Direct free kick :- It is a free kick from which the kicker may score from initial contact.

Golden goal :- The goal, which is made in extra time.

Volley :- To kick the ball before it bounces.

Loft :- To kick the ball into air.

Lob :- To kick the ball high, usually in goal mouth.

Dribble :- To move the ball forward by light strokes.

Tackle :- A technique used for taking ball away from opponent players.

Teacher's Signature:

EXPT. NO. NAME: Page No.: Date:

IMPORTANT TOURNAMENTS AND VENUES.

Tournaments. –

1. FIFA Cup (World Cup)
2. International Nehru Gold cup
3. Asia Cup
4. Meredeka Cup
5. Durand Cup
6. Rovers Cup
7. I.F.A Shield
8. Santosh Trophy (National)
9. Federation Cup.
10. DCM Cup.

Venues. –

1. Brookland, England
2. Bamvale Stadium, London
3. Ambedkar Stadium, Delhi
4. Lal Bahadur Stadium, Hyderabad
5. Jawaharlal Nehru Stadium, Delhi
6. Black Heath, London
7. Salt Lake Stadium, Kolkata.

Sports Award –
Arjuna Awardees.

1961	P.K. Banarjee	1998	Bhaichung Bhatia
1965	Arun Lal Ghosh	2001	Bruno Cotinho
1970	Syed Naeemuddin	2002	I.M. Vijayan
1978-79	Gurdev Singh	2011	Sunil Chhetri
1983	Shanti Malik	2016	Subrata Paul.

Teacher's Signature:

adidas
JUVENTUS
Jeep