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	<p style="text-align: center;"><u>LESSON PLAN</u></p> <p style="text-align: center;"><u>LESSON PLAN : OT 1</u></p> <p style="text-align: center;"><u>OBSTACLE TRAINING COURSE</u></p> <p>Period - Six Type - Lecture/Practice Code - OT 1 Term - I / II / III (SD/SW)</p> <hr/> <p><u>Training Aids</u> 1. Obstacle Course, Chart, Pointer, Black board & Chalk.</p> <p><u>Time Plan</u> 2. (a) Introduction - 05 Min (b) Obstacle Course - 15 Min (c) Demo - 15 Min (d) Conclusion - 05 Min</p> <p><u>INTRODUCTION</u> 3. The training in negotiating the obstacles by NCC cadets is a very important aspect of NCC curriculum. The obstacle course training not only makes the cadets physically tough but develops a very high degree of confidence and inculcates the qualities of patience and courage to face challenges.</p> <p><u>AIM</u> 4. To acquaint the cadets about Obstacle Course Training.</p> <p><u>PREVIEW</u> 5. The lecture will be conducted in following parts:- (a) Part I – Introduction to Obstacles and Method of Negotiation. (b) Part II – Practice in Negotiating the Obstacle Course.</p> <p>(a) <u>PART I : OBSTACLE COURSE</u> 6. The Standard Obstacle Course that the NCC cadets are required to negotiate consists of ten obstacles. The obstacles, depending upon the structure are constructed of wood, bricks, concrete and mud. Each obstacle is placed at an distance of about 30 feet from each other. The details of each obstacle course are given in the succeeding paragraphs. (a) Straight Balance. It is a wooden plank of 3 inches thickness, 4 inches width and 12 ft in length, which is 1 ½ ft above ground level. A cadet crosses this obstacle running, keeping his arms open and balancing his body. 305</p>

Straight Balance

(b) **Clear Jump.** Its structure is just like a straight beam. This wooden beam is 2 ½ ft from the ground. Cadet has to jump over it without touching or using any part of the body.

Clear Jump

(c) **Zig-Zag Balance.** It is a Zig-Zag a structure of wooden beam 18 ft in length, with 3 inch width and 1 ½ ft above the ground and is constructed in a zig-zag manner. The Cadet has to cross the obstacle lengthwise with open hands and balancing the body similar to straight balance.

Zig Zag Balance

(d) **High Wall.** It is a 6 feet high and 12 feet long brick wall with plaster on both sides. For crossing this obstacle, a cadet has to run, jump, kick the wall with one leg and take leap putting both hands on the wall and then push his body upwards and jump over the other side.

High Wall

(e) **Double Ditch.** The obstacle is composed of two ditches each of approximately 6-8 ft in length, 4-5 ft wide and 3-4 ft deep separated by a small gap of approx 9-12 inch. The Cadet have to jump across the two ditches by jumping over the first ditch, placing one foot on the gap and jumping across the second ditch.

Double Ditch

(f) **Right Hand Vault.** This wooden structure is 3 ½ ft above the ground and 1 ½ feet long. The Cadet is required to jump over using the right hand as support on the beam, throwing both leg up and jump across.

Right Hand Vault 307

(g) **Left Hand Vault.** This wooden structure is 3 ½ ft above the ground just like Right Hand Vault. The Cadet is required to jump over using the left hand as support on the beam, throwing both leg up and jump across.

Left Hand Vault

(h) **Gate Vault.** This is a wooden structure which has two beam at height of 3 ft and 5 ft respectively, both 18 ft long. Once has to cross the gate by holding upper beam with both hands and by putting one's feet on 3 ft gate and jump across.

Gate Vault

(j) **Ramp.** It is a 15 feet long, 18 feet wide and 4 ½ feet high sloppy hillock. For crossing it a cadet has to run in and climb over the ramp and take long jump after reaching the top and landing on a pit on both the feet.

Ramp

(k) **Straight Balance.** It is a wooden plank of 3 inches thickness, 4 inches width and 12 ft in length, which is 1 ½ ft above ground level. A cadet crosses this obstacle running, keeping his arms open and balancing his body.

Straight Balance

7. Safety Measures. Following Safety Measures must be ensured during the conduct of Obstacle Course training to cadets

- (a) Suitable and physically fit cadets only to be selected.
- (b) Training to be given first in PT dress, later on with packs and weapon.
- (c) Emphasis to be given on closing of individual timings and later team timings.
- (d) Wet and slippery obstacles and area to be avoided.
- (e) Obstacles to be done under supervision of qualified instructors and correct technique only to be used.
- (f) Arrangement of first aid to be ensured.

8. Benefits. Benefits of Obstacles courses are as under:-

- (a) Ensures physical fitness.
- (b) Ensures agility
- (c) Ensures mental robustness.
- (d) Coordination and balance of mind and body.
- (e) Improves risk taking ability.
- (f) Evaluating problem solving skills.
- (g) Over all team spirit.

(b)

PART II : DEMONSTRATION

9. The demonstration will be given by a trained cadet under the supervision of PI Staff.

CONCLUSION

10. The training in NCC is comprehensive. The basic training of regular Defense services (Army, Navy and Air force) is imparted to the students. The cadets receive training throughout the NCC tenure. Intensive training is given to cadets in the camps especially in Thal Saink Camp. Obstacle course is one such training activate conducted for making the NCC cadets physically fit and mentally robust. Obstacle training infuses Courage, patience and makes them physically fit.

