

Practical Work

Games, asanas and activities mentioned below are few examples that the teachers can use to develop physical abilities in students. Practical evaluation of students can be done considering the facilities available in the respective Junior College.

Health Related Physical Fitness Factors		Skill Related Physical Fitness Factors	
1)	Cardiovascular Endurance	1)	Speed
2)	Muscle Strength	2)	Power
3)	Muscle Endurance	3)	Agility
4)	Flexibility	4)	Coordination
5)	Body Composition	5)	Balance
		6)	Reaction Time
Team and Individual Games			
1.	Indian Games	eg. Kabaddi, Kho-Kho, Mallakhamb, etc.	
2.	Gymnastics events	eg. Horizontal Bar, Balance Beam, Floor Exercise, etc.	
3.	Ball Games	eg. Hockey, Football, Basketball, Throwball, Handball, Volleyball, etc.	
4.	Racquet Games	eg. Table Tennis, Badminton, Lawn Tennis, Piquel Bal, etc.	
5.	Combat games	eg. Judo, Karate, Wrestling, Taekwondo, etc.	
Athletics – Events			
Running Events		Jumping Events	Throwing Events
Short Distance races 100, 200, 400 meters		Long Jump	Shot Put
Middle Distance races 800, 1500 meters		High Jump	Discus Throw
Long Distance races 3000, 5000, 10000 meters		Pole Vault	Javelin Throw
Relay – 4x100, 4x400 meters		Triple Jump	Hammer Throw
Asanas			
1.	Standing Position – eg. Tadasan, Vrukshasan		
2.	Sitting Position – eg. Bhadrasan, Vajrasan		
3.	Prone Position (Sleeping on Stomach) – eg. Bhujangasan, Shalabhasan		
4.	Supine Position (Sleeping on Back) – eg. Halasan, Shavasan		
Pranayam			
Pranayam – eg. Anulom Vilom Pranayam, Sheetali Pranayam, Ujjai Pranayam, etc. (It is always necessary to do conditioning exercises and loosening after demonstration of yoga or any activities related to it).			
Various Activities			
Various Activities eg. Walking, Cycling, Swimming, Aerobics, Zumba Dance, Lezim, Traditional Games, Recreational Games, etc.			

Note (For Students)

- 1) Fill in your information as per the points given in the column. While noting down the measurement of physical fitness, study the difference between the first term and second term. Similarly do a medical test and write down in the note book along with the date.
- 2) Measurement of physical fitness should be done after the school starts and study the comparative change between the first term and the second term.
- 3) Choose any event of Athletics from Running, Jumping and Throwing and note performances in the same. A personal comparison of the performances can be made if checked in both the terms.
- 4) In the beginning of the first term, calculate and note your BMI, WHR and THR. Calculate the same just before the final exams and take note of any changes in the scores.

Include the following points while noting down:

1. Personal information and Medical test of a student

Name of the student:

Mother's name:

Date of Birth:

Blood Group:

S. No.	Personal information of the student	First Term	Second Term
1	Height (cms)		
2	Weight (kg)		
3	Stomach Circumference (cms)		
4	Waist Cirucmference (cms)		
5	Hip Circumference (cms)		

2. Measurement of Physical Health (Any Five from Health Related and Skill Related)

S.No.	Name of the activity	First Term	Second Term
1			
2			
3			
4			
5			

Note: From the Health related and skill related fitness variables, select any five factors to measure and note them in the first term and second term.

3. Use the formulas given below to measure BMI, WHR and THR of oneself.

1. $BMI = \text{Weight (kg)} / \text{Height (meters)}^2$

2. $WHR = \text{Waist circumference} / \text{Hip circumference}$

3. $THR = 60\%$ $THR = (220 - \text{Age}) - RHR \times 0.60 + RHR$
 $= 70\%$ $THR = (220 - \text{Age}) - RHR \times 0.70 + RHR$

(**Note:** Resting heart rate for a minute should be measured after waking up with ease from sleep)

Signature
Health and Physical Education Teacher

Medical Test

First or Second Term

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Signature
Health and Physical Education Teacher

Signature
Medical Examiner

My Game

1. Name of the Game (Individual/Team game)

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2. Equipment for the game –

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3. Ground marking –

4. Number of players –

5. General Rules of the game –

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6. Important skills used in the game –

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7. Achievement / Experience in the game –

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8. I love this game because –

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Activities / Notes (First/Second Term)

Report Writing

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.

This image shows a full page of white paper with horizontal dotted lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

A list of some websites of some sports have been given, Visit the websites of your favorite games accordingly and get more information.

1. Websites of different competitions

www.olympic.org
www.thecgf.com
www.olympic.ind.in/national-games
www.kheloindia.gov.in
www.sgfibharat.com

2. Websites of different league competitions

www.prokabaddi.com
www.prowrestlingleague.com
www.pbl-india.com
www.indiansuperleague.com
www.provolleyball.in
www.iplt20.com

3. Websites for Physical Fitness

www.brainmac.co.uk
www.sport-fitness-advisory.com

4. Websites of different sports

www.basketballfederationofindia.org	www.boxingfederation.in
www.handballindia.in	www.indiaboxing.in
www.the-aiff.com	www.BCCI.tv
www.hockeyindia.org	www.ballbadmintonindia.com
www.volleyballindia.com	www.indianarchery.info
www.badmintonindia.org	www.aitatennis.com
www.swimming.org.in	www.thenrai.in
www.indiangymnastics.com	www.fencingassociationofindia.com
www.khokhofederation.in	www.indiankabaddi.org
www.indiaskate.com	www.rollball.org
www.ttfi.org	www.wrestlingfederationofindia.com
www.ipa.co.in	www.indiancarrom.com
www.onlinejfi.org	www.indiasquash.com
www.indianathletics.in	



Seat Number

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Date:

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Certificate

This is to certify that,

Master/Miss

of Std 12th Arts/Commerce/Science/....., division.....,
has attended and successfully completed the required practicals,
games-skills and activities in fulfilment of the practical assessment of
the subject Health and Physical Education for the year 20..... - 20.....

Signature

Health and Physical Education Teacher

School
Stamp

(Signature)
Principal