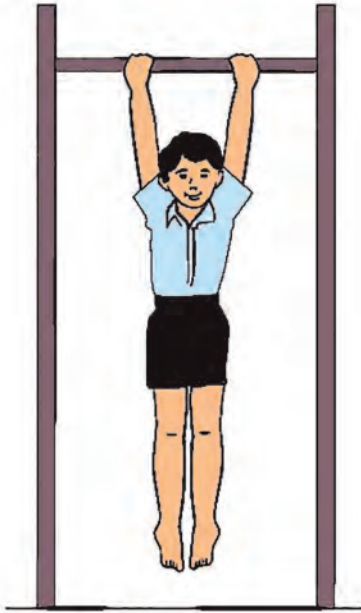
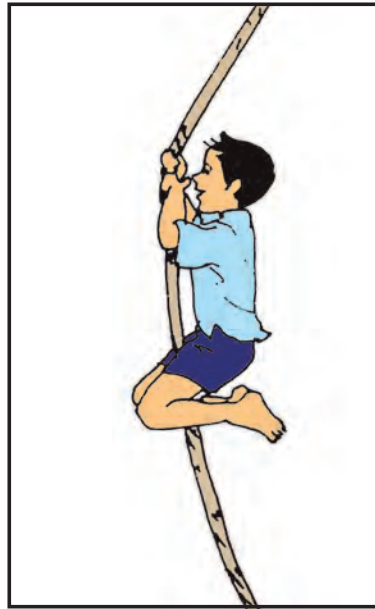


3. Skill-based Activities

3.1 Gymnastics



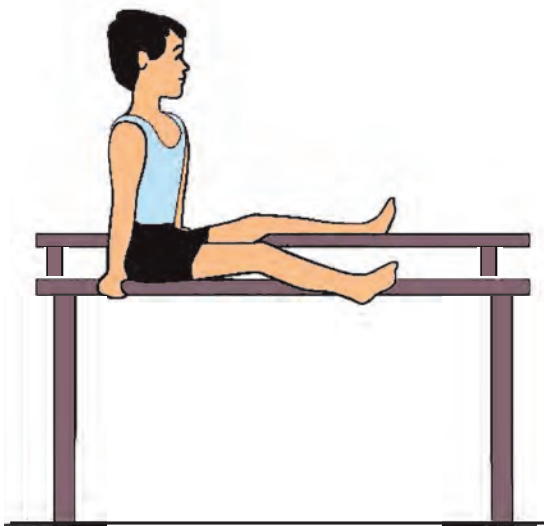
Swing on Single Bar



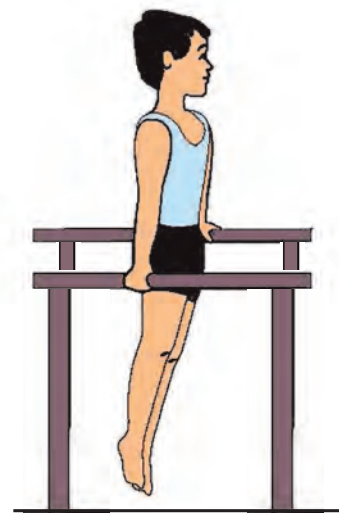
Hang from the Rope



Leapfrog



Sit on the Parallel Bar



Swing on the Parallel Bar

- ◆ Do the above activities under the supervision of the teacher. Take care of your safety. The single bar or the rope should not be too high above the ground. Use a soft mat or soil below.

3.2 Athletics

Competitions such as running, throwing and jumping go under the Athletics Sports.

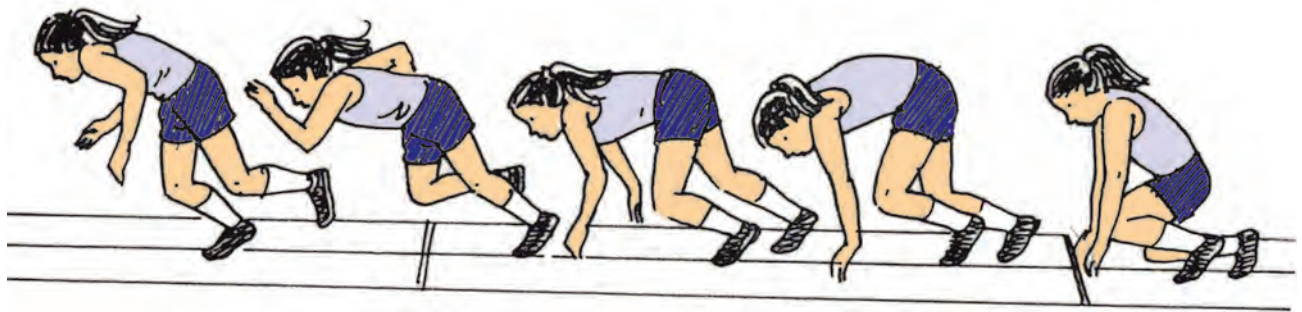
The running races are of Short Distance, Medium Distance or Long Distance. There are Relay and Hurdle races as well.

Throwing includes Javelin, Shot Put, Discuss and Hammer Throw.

There are High Jumps, Long Jumps, Triple Jumps and Pole Vault under jumping category.

To take a start for a running race, you take one of the two positions given below.

Start : At the sound of the gun whistle or clapper start running at full speed. Use quick and short steps, moving arms and legs in opposite directions to each other. Keep a forward lean in the direction of the run and increase speed and stride length.



Technique : Keep in mind some tips while running.

1. Run straight.
2. Keep a forward lean.
3. Move your arms back and forth from the shoulder. Don't move arms sideways.
4. Try to push back at the ground while running.
5. To take longer steps lift the knees as high as possible. Also take bent leg as far back as possible.

End : The maximum speed attained as you approach the finish line should be maintained for some distance beyond the finish line. While coming to the finishing line, make sure that the chest touches the woollen thread even before the feet.

◆ Make the students understand the relation of both the positions and the running distance. Teach them to use the positions before and during the race. Inform the students about the types of the athletic sports.

3.3 A. B. C. Drills

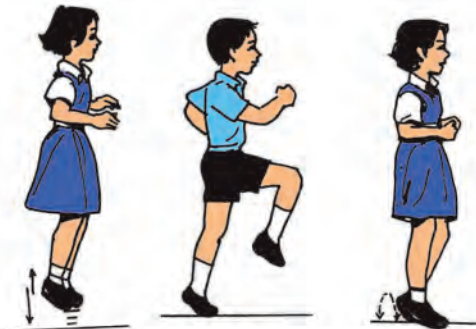
ABC drill is useful in the development of skills such as running, throwing and jumping. 'A' means Agility, 'B' means Balance and 'C' stands for Coordination in A. B. C. Drills.

We can acquire these skills, by doing the following activities.

RUNNING



Ankle Bounce



Double Leg Hop



Falling Start

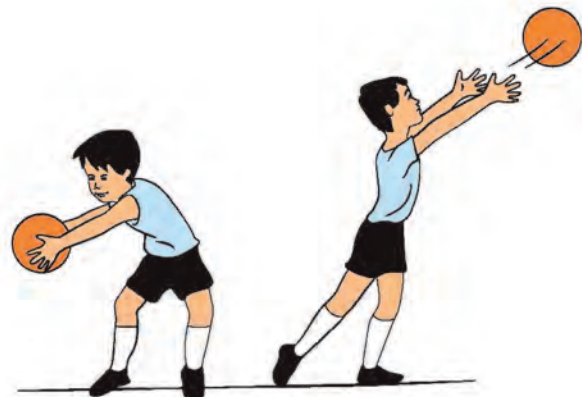
THROWING



Throw the ball straight with hands

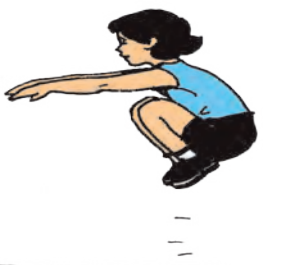


Throw the ball with one straight hand



Twist in the waist and throw the ball

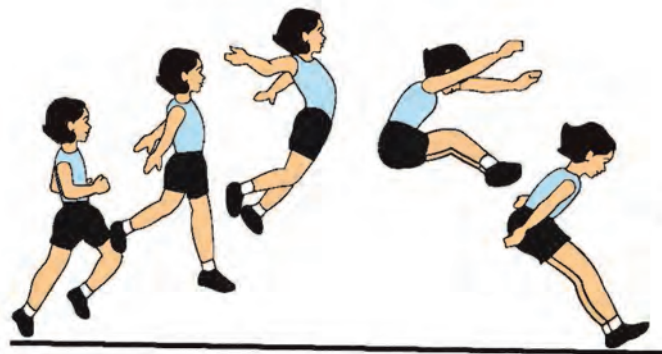
JUMPS



Tuck Jump



Straight Leg Shuffle



Jump and Arch

- ◆ Demonstrate to the students the activities in the ABC Drills.
- ◆ There are many videos of ABC Drills available on the internet. Select the videos best suited for the students and show them. Encourage them to practise those drills.

3.4 Lezium

Lezium is a traditional Maharashtrian sport. It is played on the occasions of special festivals and celebrations, in fairs and marriage processions. Lezium gives our body exercise with a variety of movements in rhythmic dance. It strengthens the joints and muscles by developing flexibility, agility, endurance, muscular strength, coordination and speed.

Different Basic Movements



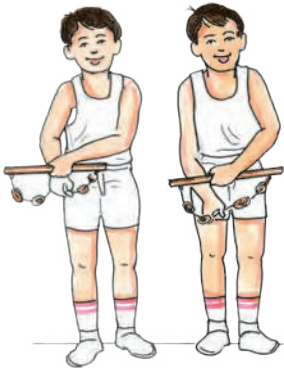
Lezim Shoulder Position



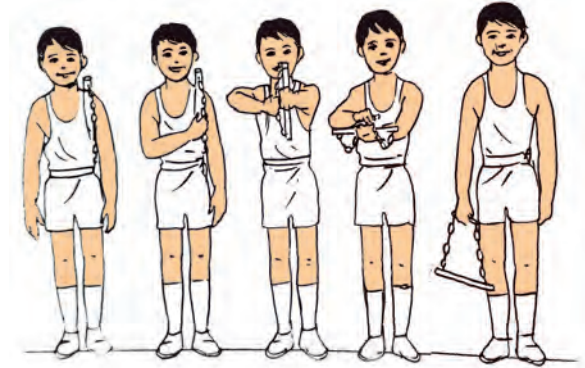
Hushiyar Position/ Attention



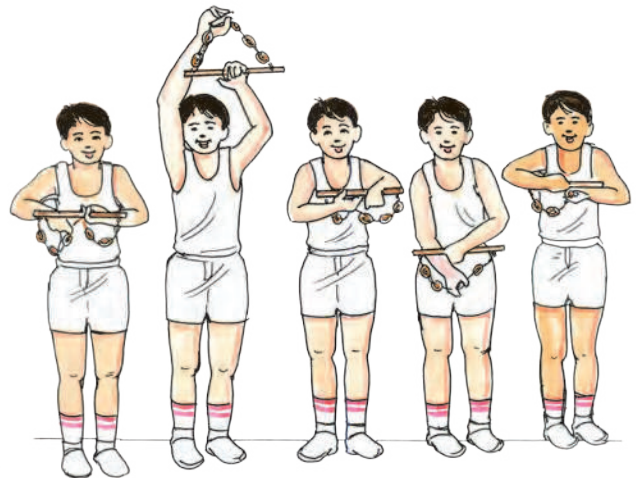
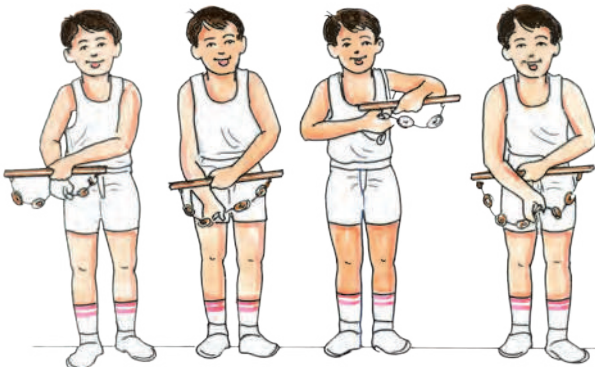
Aaram Position/ Stand at Ease



Do Avaj/ Double Beats



Char Avaj/ Four Beats

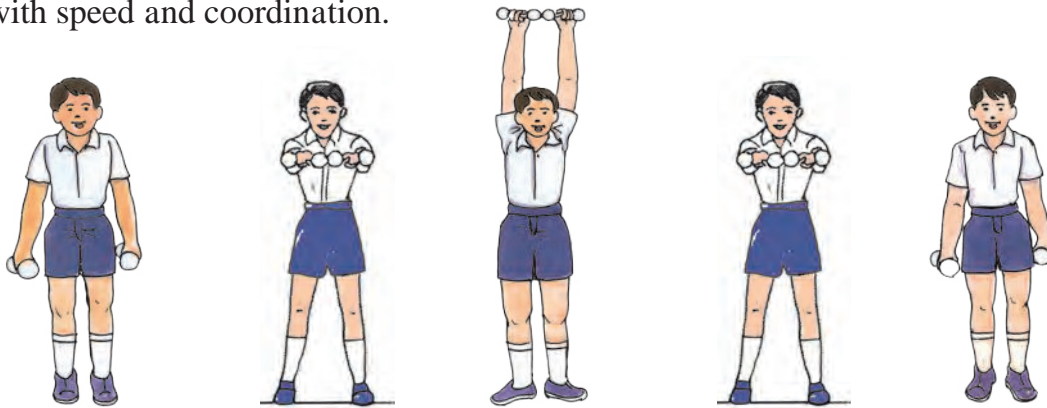


Aath Avaj/ Eight Beats

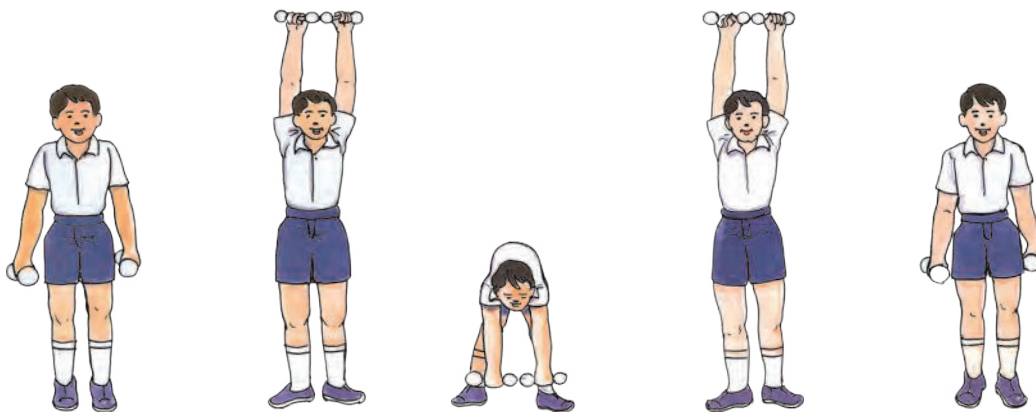
- ◆ Teach Lezium Basic position and ask the students to play the Double Beats, Four Beats and Eight Beats in rhythm.
- ◆ Give a presentation of the lezium unit on various occasions in the school.

3.5 Dumbbells

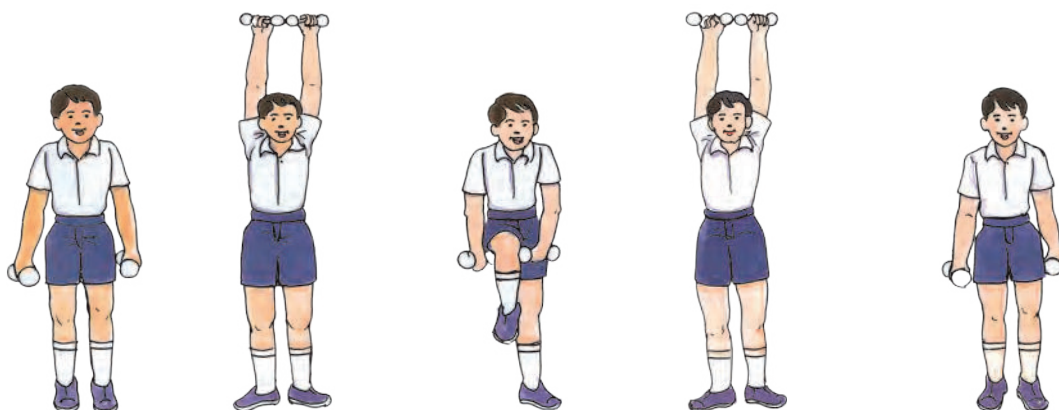
Dumbbells is a simple rhythmic exercise which develops team spirit, discipline and unity along with speed and coordination.



Dumbbells Type One



Dumbbells Type Two



Dumbbells Type Three

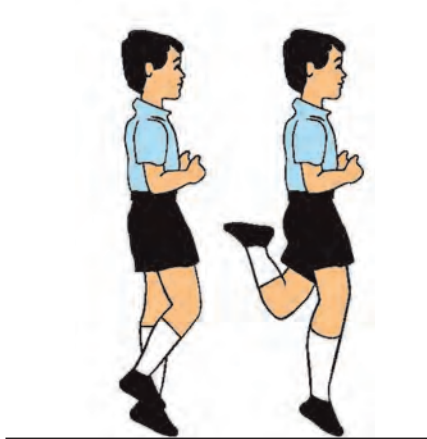
My Activity

Practise the Dumbbells Types.

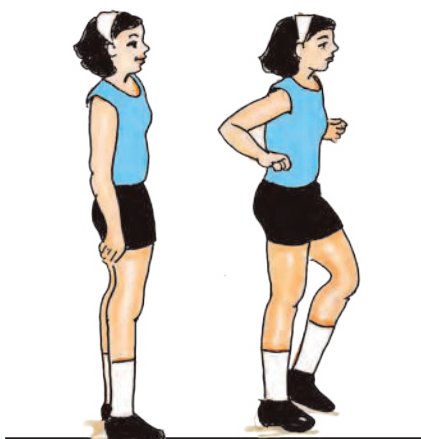
- ◆ Teach different types of dumbbell exercises. Encourage them to innovate and learn new types of exercises.
- ◆ Use the handbook on 'Health and Physical Education' published by Textbook Bureau (Balbharati), Pune

3.6 Aerobics

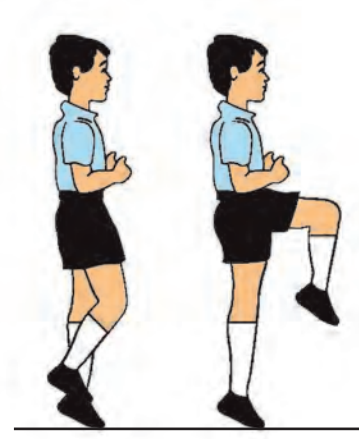
Performing different rhythmic movements or exercise to the beat of music is Aerobics. It increases the heart rate, develops the capacity of holding breath and blood circulation.



Jog



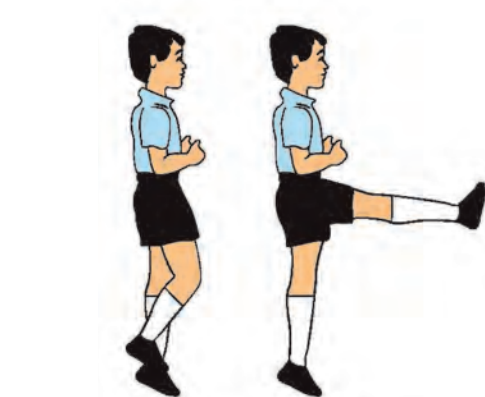
Marching on the spot



Knee Lift

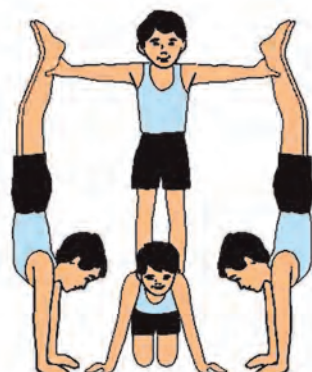


Marching with Arm Circle



Kick Forward

3.7 Human Pyramid



- ◆ Practice different aerobic exercises with music. Practise Human Pyramid in your presence.
- ◆ Refer to the handbooks of 'Health and Physical Education' for Standard 1 to Standard 5 published by Textbook Bureau (Balbharati), Pune.