

## 2. Various Movements

### 2.1 Basic Movements

Basic movements are developed through physical education. They help the person to gain strength and to develop some useful skills. This enables proficiency in playing various sports.

Given below are some basic movements as samples. Practice them.

Movements performed on the spot	Movements that involve change of place	Movements done with a partner	Movements performed with props
Bend	Walk	Pull	Throw
Turn	Run	Push	Knock
Twist	Jump	Grab	Catch
Move	Hop	Carry on one side	Kick
Balance	Skip	Carry on back	Bounce ball
Stretch	Brisk walk	Run to catch	Stop ball
Swing	Front roll	Carry	Aim
Jump	Back roll	Balance	Hit the ball back
Sit	Giant stride walk	Make a pyramid	Hit the ball with the head
Sleep	Pull		Roll the ball
Move body parts	Slide		

**New game created using the movements given above**

**Name of the game**

**Rules of the game**

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### My Activity

List new possible games using the given movements in your notebook. Prepare the rules of the new game and play with your friends.

- ◆ Give information and practice the above movements. Initially, practice various movements. Encourage them to innovate and prepare a new game using the given movements. Guide them to create a new game and play it skilfully.

## 2.2 Drill Parade

Till now we have studied orders like Attention, Stand at ease or At ease, Squad Halt, Slow March, Quick March, Right Turn, Left Turn, About Turn, column Right/ Left, Forward and Right / Left salute in Drill Parade. This year, we shall study and practise walk to the left, walk to the right, two feet forward, two feet backward and Triple File Bun. Let us get familiar with Blank File technique and Left direction.

### 1. Walk to the right

**Order** : Squad, walk one/two/three/four steps to your right

**Count** : Count the numbers to move to the right as per your steps to the right.

For example : For two steps count 'One-Two' , 'Two-Two' ....

**Requirement** : To move the squad to the right up to 12 steps. (But 4 steps at a time, up to three times only. For more than 12 steps, move to your right and 'Quick March'.)

**Action** : When you get 'Move to the Right' command, – on the count of 'one' put your right foot one foot away to the right.

On the count of 'Two', take left leg close to the right one and take 'Attention' position.

'Two-two', 'Three-Two', 'Four-Two'. At every count of 'Two' bring left foot close to the right foot.

### 2. Walk to the left

**Order** : Squad, to your left, 1 / 2 / 3 / 4 steps

**Count** : Count the numbers to move to the left as per your steps to the left. For example: For Two steps, count 'One-Two', 'Two-Two'.

**Requirement** : To move the squad to the left up to 12 step. (But 4 steps at a time, up to three times only. For more than 12 steps, move to your right and do 'Quick March'.)

**Action** : When you get 'Move to the left' order, do all the actions like Move to the Right, but to your left. Similarly, do the activity of 'Walk to the forward', and 'Walk to the backward.' Everytime do the action to your left.

◆ Explain the parts of Drill Parade with some demonstrations.

◆ Inform the students about March two steps, two steps backward, make three files, blank file as well as 'Right Direction'.

## 2.3 Small Games

Small games can be played using different basic movements and sports skills. You can innovate and create a new game using limited props or without any prop.

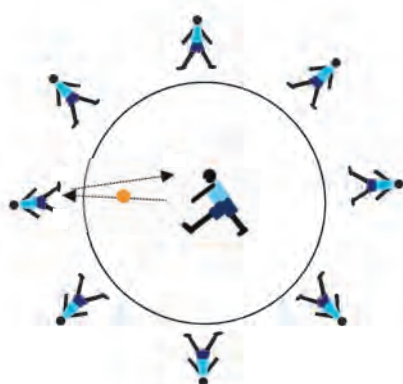
Are you familiar with any of these small games? Collect information about such small games, play and enjoy them.



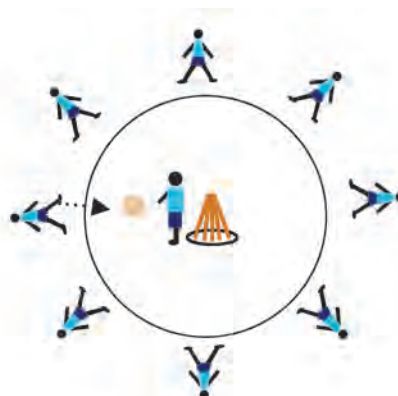
Small-board games



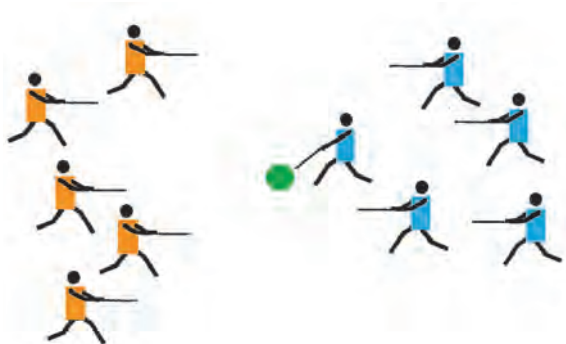
Tug-of-war



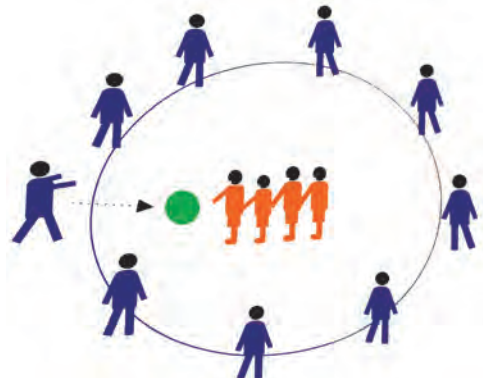
Catching the ball



Dog and the bone  
(Guarding the object)



Stick polo



Hitting the ball

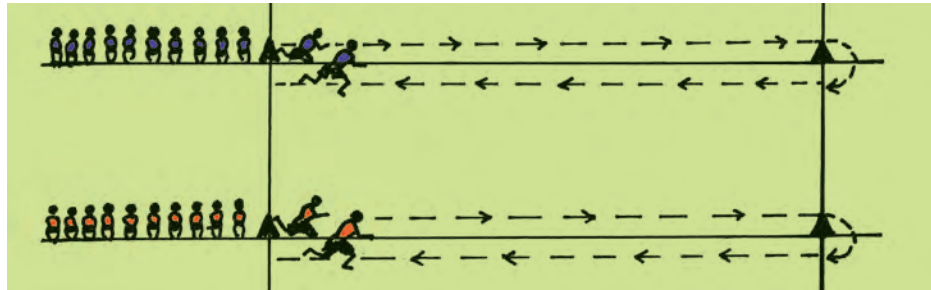
- ◆ Encourage the students to innovate and create new games using available props based on different movements. Focus on the habit of following the rules while playing. Pay attention to safety while playing. Use the book '**Small Games**' published by Textbook Bureau (Balbharati), Pune to get more information.

## 2.4 Races

### Game : Take the ball – throw the ball

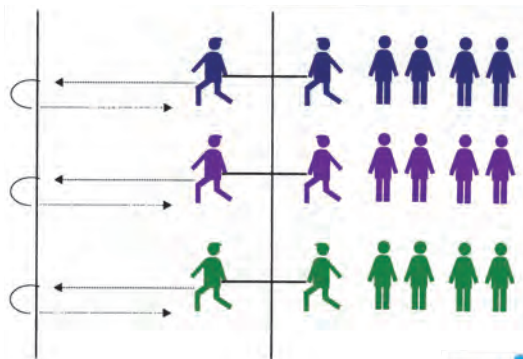
**Prop** : balls (Numbers to be decided according to the groups), One posts for each group

**Movements** : Throw, Catch, Run

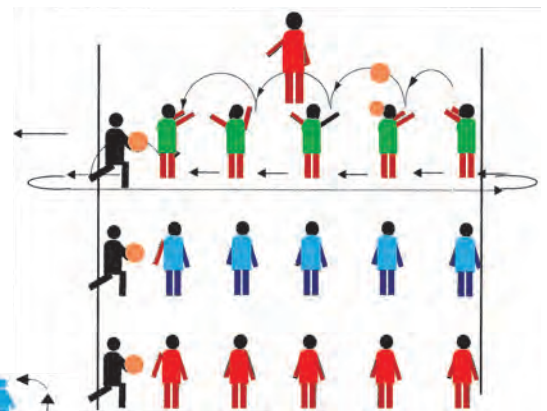


**Action** : Two teams stand each in single file. Two players in the front run to the post throwing the ball to each other all the way, take a U turn at the post and return the same way. They will pass the ball to the next pair and stand last in the line. The next pair will carry the ball by throwing, catching and running like the first pair. Repeat till all pairs have had their turn. In the end, one student will take the ball in hand and stand at the post. The team whose player reaches the post first will be declared the winner. Congratulate the winning team.

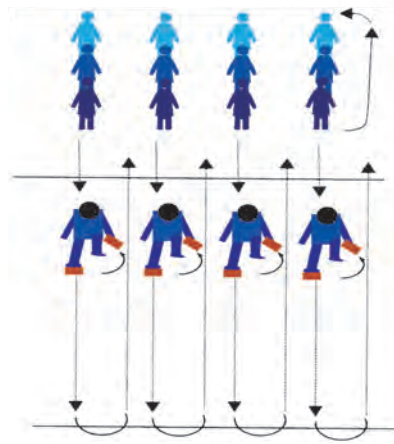
### Race : Props



**Tank race**



**Passing the ball race**



**Brick walk race**

- ◆ The races described above are given as samples. Select some movements and plan other such races. Explain the rules of the game to the students and ask them to focus on the rules and their own safety.