

# ORGANIZATION OF SPORTS MEET

## DISPLAY OF ACTIVITIES BY STUDENTS



## MARCHING AND COLLEGE BAND





## CULTURALS



## ADAPTED GAMES

### TRAINING SESSIONS FOR SPECIAL SOCIETY





# BUCK SPORTS FESTIVAL



## ORGANISATION OF COMPETITIONS BY STUDENTS



## INTRAMURAL COMPETITIONS ORGANIZED BY STUDENTS

## INTER-HOUSE COMPETITION

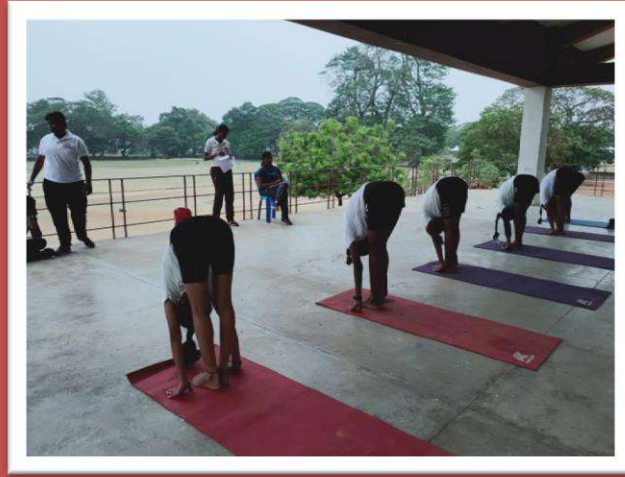


## INTRAMURAL – INTER HOUSE DISPLAY COMPETITION

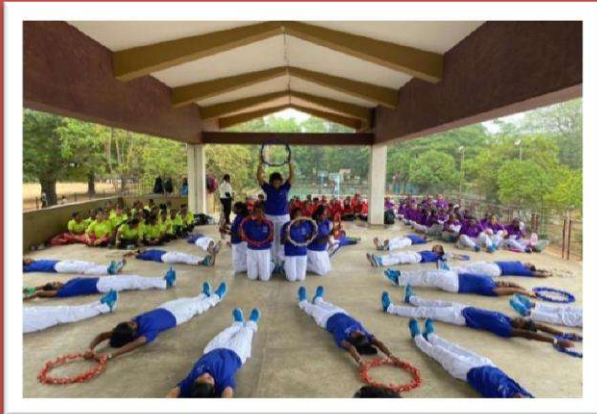




## INTRAMURAL – INTER HOUSE YOGA COMPETITION



## INTRAMURAL – INTER HOUSE PHYSICAL DISPLAY COMPETITION



## RELIGIOUS ACTIVITIES



## **INTERCOLLEGIATE COMPETITIONS.**



## **FIELD VISIT**

**ANNUAL LEADERSHIP CAMP TO YELLAGIRI IS CONDUCTED EVERY WHERE B.P.Ed STUDENTS ATTEND THE SAME FOR 5 DAYS**







**FIELD VISIT**

**EDUCATIONAL TOUR**

**VISIT TO GWALIOR, PUNJAB AGRA AND DELHI**







**EVERY YER STUDENTS ARE TAKEN FOR ONE DAY FIELD PICNIC TO ZOO, MAHABALIPURAM AND ONE TEAM PARK**



**ACTIVITIES CONDUCTED DURING 2017- 2018**





**Sept 12 - Nutrition Counselling Talk for Sports Professional**



**Sept 17 - Terry Fox Run Volunteers**



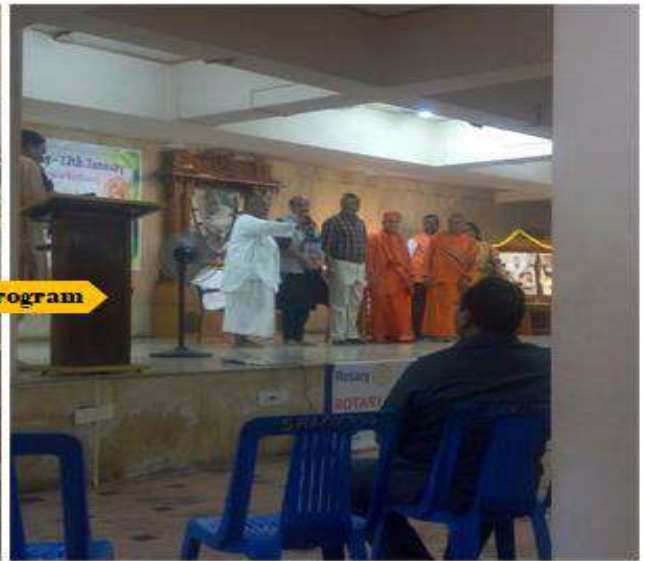




**Sept 21 - Cancer Awareness Talk for Sports Woman**



**Jan 12 - National Youth Day Leadership Training Program**



**Feb 5 - WOW Series Workshop No.2**







**Y.M.C.A College of Physical Education**

Autonomous & Re-Accredited with 'A' Grade by NAAC



# GENERAL LESSON PLAN

LESSON PLAN IS BASED ON CBSE SYLLABUS

**PRESENTED BY:**

**NAME : CHINDHIYAA R S**

**ROLL NO : 202102507**

**CLASS : BPEd II**

# ASSEMBLY AND ROLL CALL :(2MINS)

- ▶ **The class asked to assemble in a single line and attendance will be taken.**



shutterstock.com · 399092212

**EQUIPMENTS:**  
CONE  
CHUMMAN  
HULA HOOPS

**CLASS : 8<sup>TH</sup> STD**  
**DURATION OF THE CLASS**  
**:45MINS**



# GENERAL WARMING UP: (5mins)

## STORY TELLING METHOD

- ▶ The teacher should tell the story along with the actions , then the students are asked to follow the teacher



# FORMAL PART: CALISTHENICS

## EXERCISE – SWINGGING SEIES WITH CLAP ( 16 COUNT)

### POSITION : ATTENTION

- ▶ Count 1 and 2: swing your arms twice toward sideward
- ▶ count 3 and 4: raise your both arm above the head and clap twice without knee bend.
- ▶ Count 5 to 15 : continue the 1 to 4 steps till 15<sup>th</sup> count
- ▶ Count 16: back to position



## EXERCISE – BENDING SERIES ( 4 count)

### POSITION : ATTENTION

- ▶ Count1: Raise your both arms forward.
- ▶ Count2: Bend your upper body downward and touch your toes.
- ▶ Count3: Raise your upper body straight
- ▶ Count 4: Back to position





# SPECIAL PART : HOOPS EXERCISE (12 MINS)

## POSITION : ATTENTION

### GRIP : PENCIL GRIP

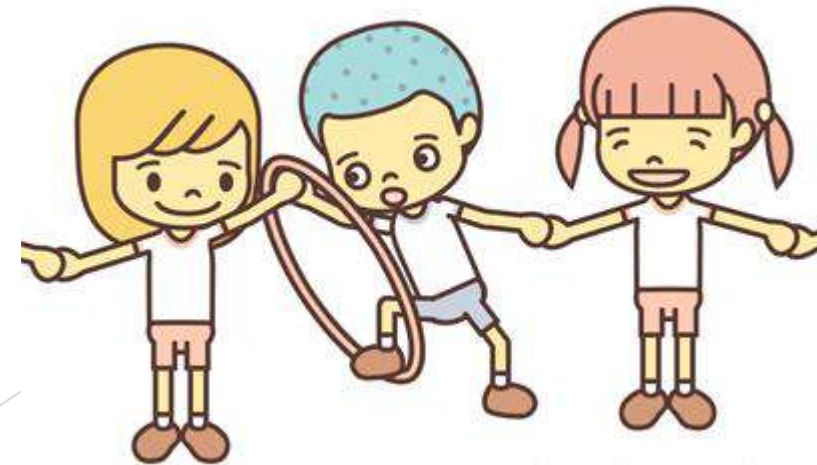
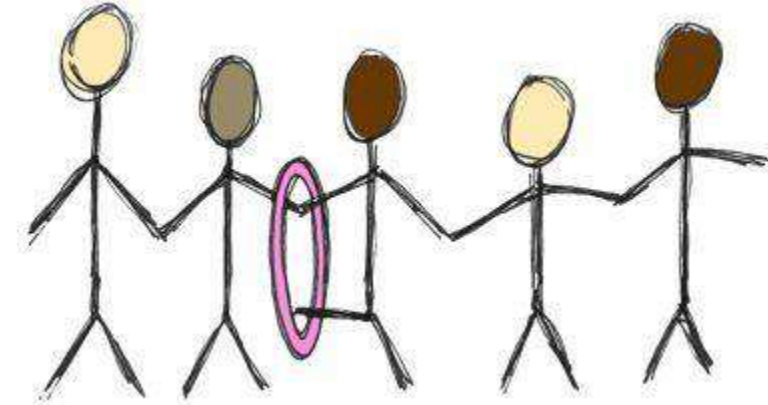
- ▶ **Count1: Raise your both arms forward along with hoops.**
- ▶ **Count2: Raise your both arms above the head without elbow bent.**
- ▶ **Count3: same as count one.**
- ▶ **Count 4: Back to position**



# RECREATIVE PART ( 15 MINS)

## HULA HOOP RELAY

- ▶ **The class was divided into two teams and ask them to join the hands and form a circle.**
- ▶ **Loop hula hoop on one players arm.**
- ▶ **Without letting go of the other players hands ,he must step into and through the hoop.**
- ▶ **so it can slide it onto the next players arm and other player must repeat the until the last player complete the task.**





## REVIWE AND DISMISSAL: ( 3 MINS)

- ▶ **The class is brought to single in line formation .After reviewing the lesson and dismissed by “Three claps and go”.**





**Y.M.C.A College of Physical Education**

Autonomous & Re-Accredited with 'A' Grade by NAAC



# PARTICULAR LESSON PLAN

LESSON PLAN IS BASED ON CBSE SYLLABUS

**PRESENTED BY:**

**NAME : CHINDHIYAA R S**

**ROLL NO : 202102507**

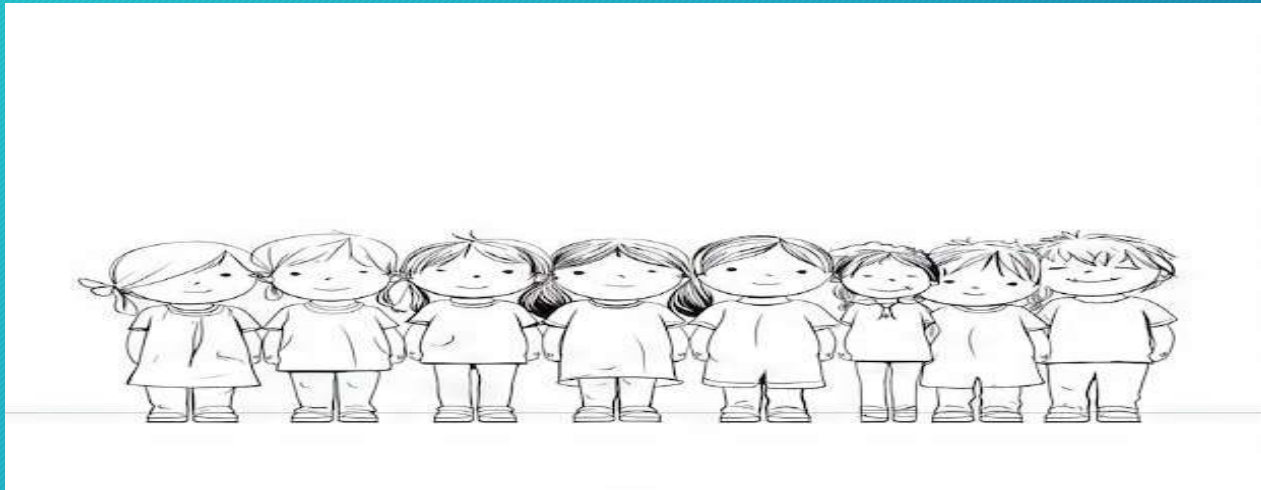
**CLASS : BPEd II**



# ASSEMBLY AND ROLL CALL (2min)

EQUIPMENTS:  
MEASURING TAPE  
CHUNNAM  
CONE  
WHITSLE

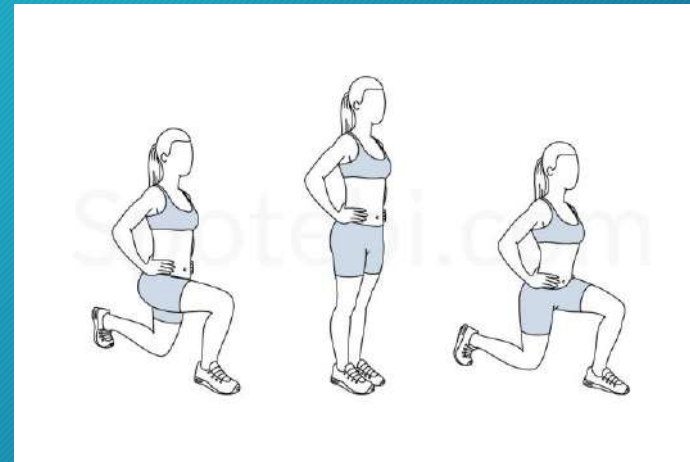
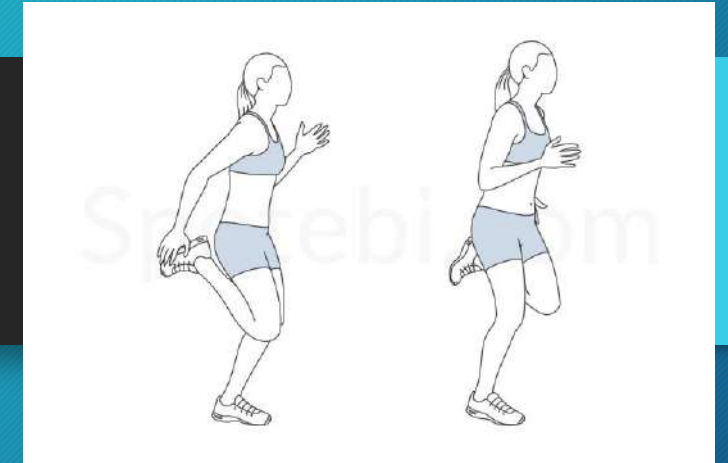
- The student are asked to form a single line and attendance will be taken.



CLASS : 7<sup>TH</sup> STD  
DURATION OF THE  
CLASS: 45 MINS

# SUITABLE WARMING UP ( 5 Min)

- shuttle Run
- T Run
- Ground Touch Run
- Lunges
- Butt kicks
- Squads



The student are asked to form a line. Teacher should give the exercises.



# TEACHING THE TECHNIQUE (8 min)

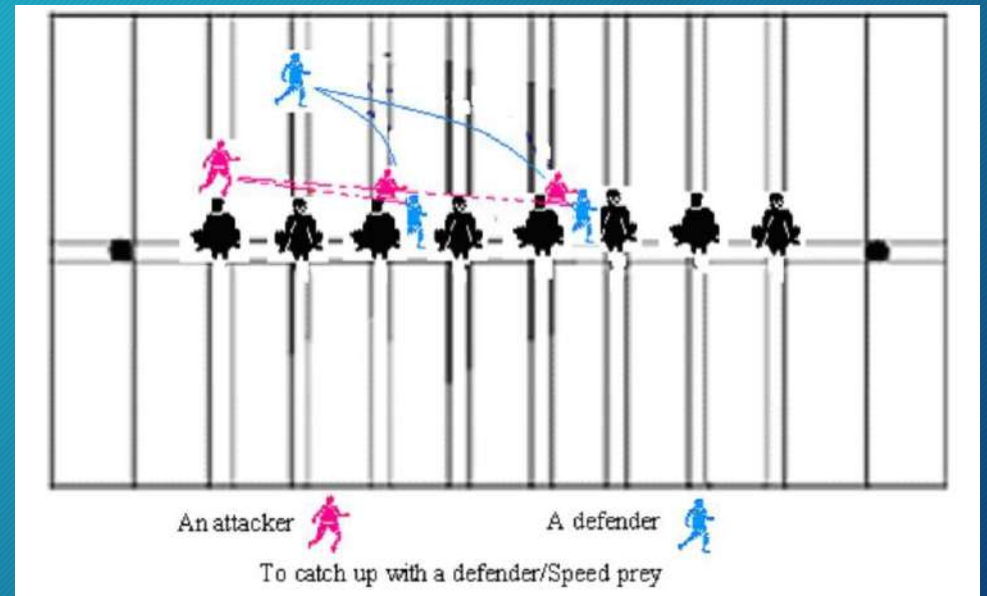
## CHAIN KHO - KHO KHO



- “Chain Kho” is to pass the Kho to your adjacent player from one pole to other pole.
- **STEP 1** : Sitting in the sitting box
- **STEP 2** : Judging the direction and when the chaser get a kho , he should get up from the sitting box .
- **STEP 3** : Move 3 step sideward and touch and give the kho to neighbor player.
- **STEP 4** : After passing kho to other player , you shuld sit in his sitting box.

# PRACTICING THE TECHNIQUE (15 min)

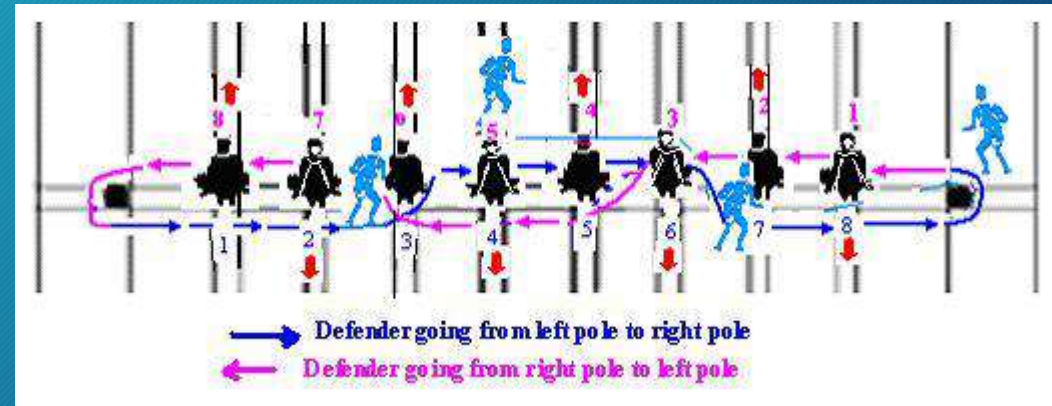
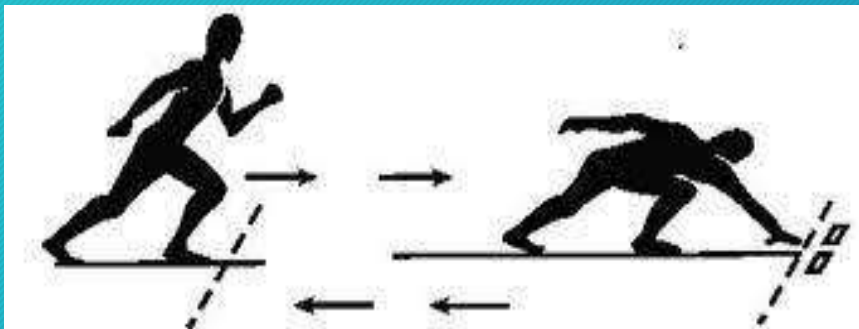
- DRILL 1 ; Single kho with partner
- DRILL 2 : Chain kho without defender
- DRILL 3 : Chain Kho with defender





# BIOMECHANICS PRINCIPLES OF THE CHAIN KHO :

- Agility is an important factor for Kho-Kho players because chasers cannot change direction once they start running toward the pole. Kho-Kho players need a **high degree of running maneuverability and total body agility**.
- Transfer of weight: the back foot the lead foot is essential for generating power.



# LEAD UP ACTIVITY ( 12 MINS )

## CHAIN KHO RELAY



- Divide the class into 4 teams.
- Each team should have 9 students.
- 8 students will sit in the sitting box and 1 will be start the game with the kho.
- The continuous kho will happen until the last person complete the relay.
- Which team complete the chain kho relay from one post to other post is consider as winner team.



# REVIEW AND DISMISSAL (3 MIN)

- The class is brought to single in formation. After reviewing the lesson and class dismissed by “clap and say kho”



YMCA COLLEGE OF  
PHYSICAL EDUCATION  
COACHING LESSON PLAN

**BASKETBALL**

FAYAS  
MPED I<sup>st</sup>  
No: 030



# CONTENT

# TASK

# METHOD

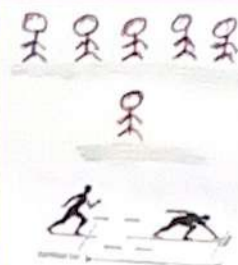
# ORGANISATION

## INTRODUCTORY PART:

Exchange of greetings Introduction of the task  
To prepare body for upcoming task  
To specifically prepare the body to tackle upcoming task.

Assembly and roll call: Students are asked to line up for attendance and coach should give brief introduction about technique  
General warming up: Stretching, jogging, bounding, hopping.  
Types of leg swing -  
Specific warming up: Two man pass, three man pass, shuttle run, Squats, sprint.

ORAL METHOD  
CONTINUOUS, INTERVAL METHOD.  
CONTINUOUS METHOD.



## MAIN PART

### Interrupted Part "SET SHOT"

To learn the skill one by one

To learn the technique systematically

To learn the technique systematically

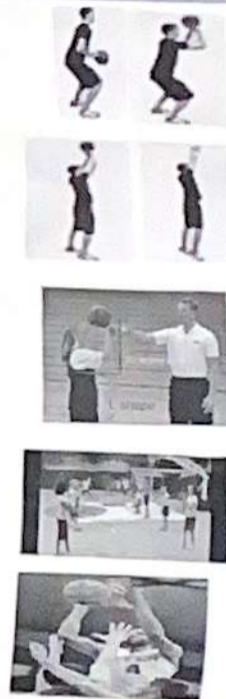
Importance of the skill: To Tackle the defender and score Basket  
Demonstration of the skill: The coach should demonstrate whole skill of "SET SHOT"  
Explanation of the skill:  
Preparation: Students should in parallel stands TPP [Triple Thread position]  
Execution: Shooting pocket and go to shooting pocket aim the ring and shot the ball  
Follow through: Remain the position for one second and back to parallel stand.

Drill 1: Students are fall in line formation and do set shot aim the coach then coach pass the ball to next person to do the same

Drill 2: MIRROR method with ball.

Drill 3: Shot the ball on the basket with defender

Demonstration method  
Presentation method  
Continuous method.  
Part by part method  
Repetition method  
Repetition method.



## Uninterrupted part:

### Competition (10) game

To get practice to simulate technique in game

### Competition situation

- Divide group into two
- One offense and another defender
- offense will perform set shot
- The team score more goal in set shot will be the winner in game
- 2 minutes of half court game
- After 2 minutes the offense will convert to defence

Repetition method



## Concluding part

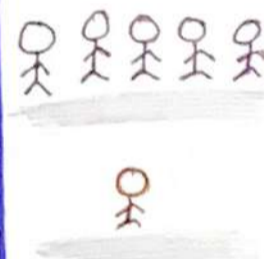
To bring body mechanism to normal

To clarify doubt if any and dismissal the class

Limbering down exercise: warm down exercise and full checking

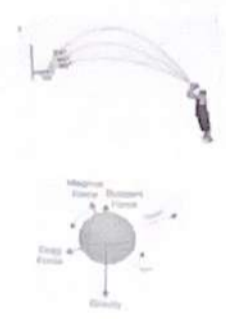
Review and dismissal: Reassemble, clarification of doubt and dismissal.

Interval method  
Co-operation method.



## Bio-mechanics

- Shooting pocket in L-shape and 90° angle
- In the air body and centre of gravity parallel to the playing surface
- The ball travel in air projectal angle
- Ball travel 70° angle get more percentage of shot
- The ball travel in air with [Magnus force, Buoyant force, Drag force, Gravity]
- Third class Lever used.



## Muscle involved

### UPPER BODY

- Forearm
- Triceps
- Biceps
- trapezius
- wrist
- elbow
- Shoulder joint

### LOWER BODY

- Gluteus maximus
- Quadriceps
- Hamstrings
- calf muscles
- Hip
- knee joint
- Ankle joint.