



HANDBALL

SUBMITTED BY,
Renifa.M.F
M.P.Ed.1st year
110

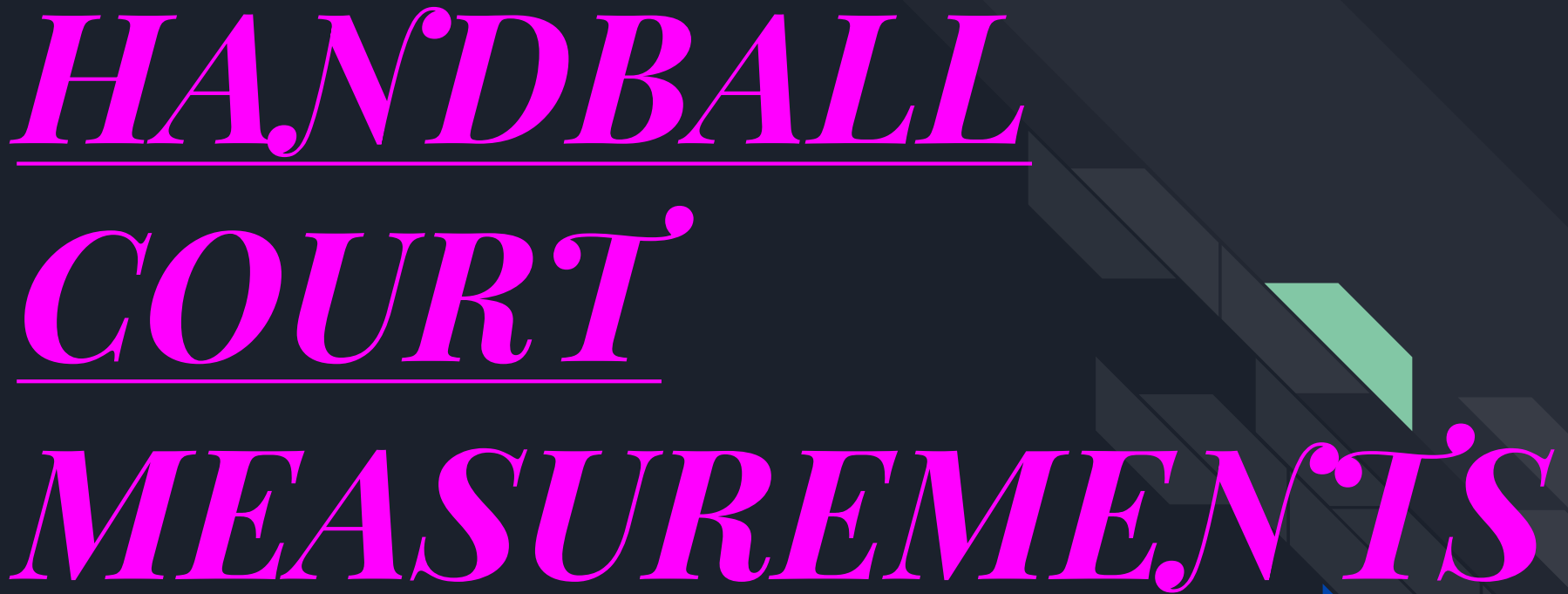




HISTORY:

- Modern Handball started in Germany.
- In 1936 was introduced as 11 member outdoor game.
- In 1972 was introduced as 7 member indoor game.
- The International Handball Federation (IHF).
- IHF founded in 1946.

HANDBALL
COURT
MEASUREMENTS







COURT DIMENSIONS:

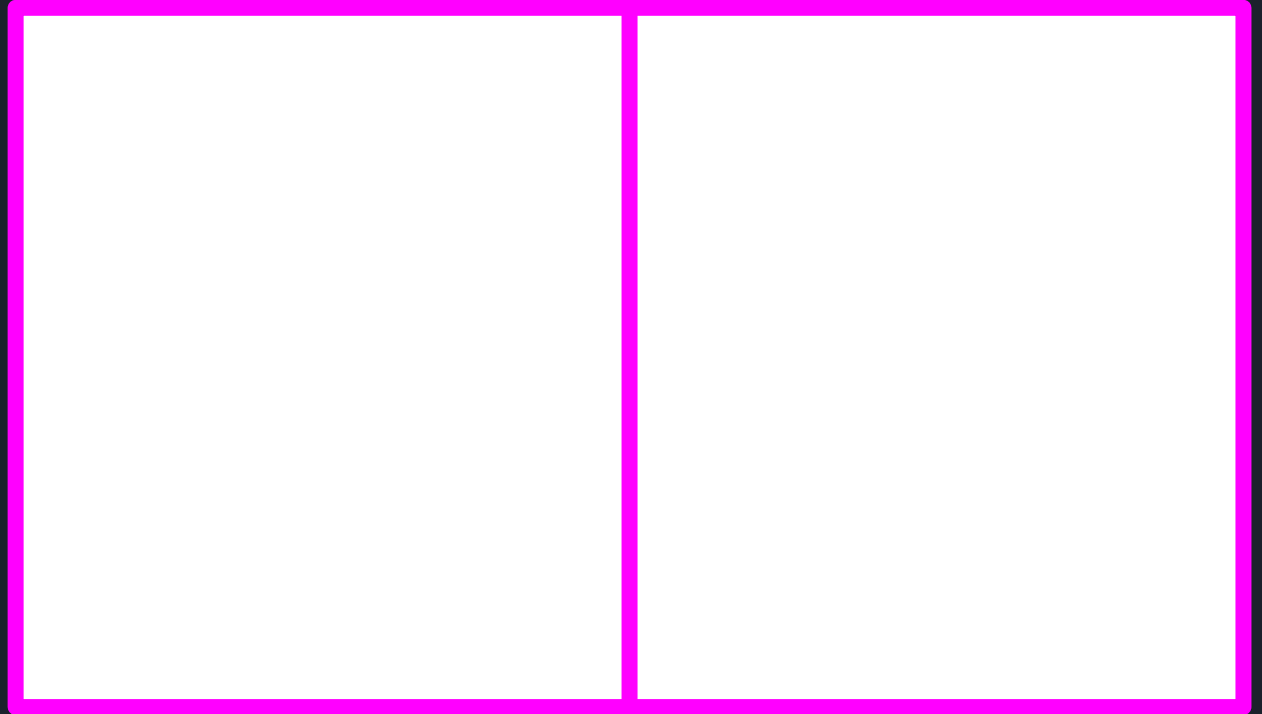
- Shape of the court Rectangular.





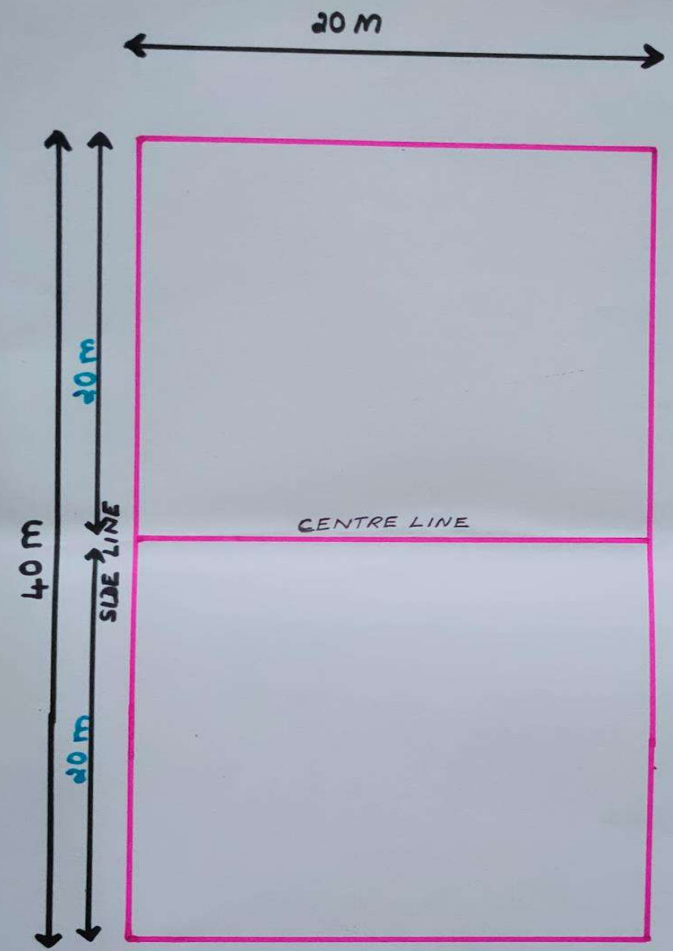
CENTRE LINE:

- The centre line connects the midpoints of the two side lines.



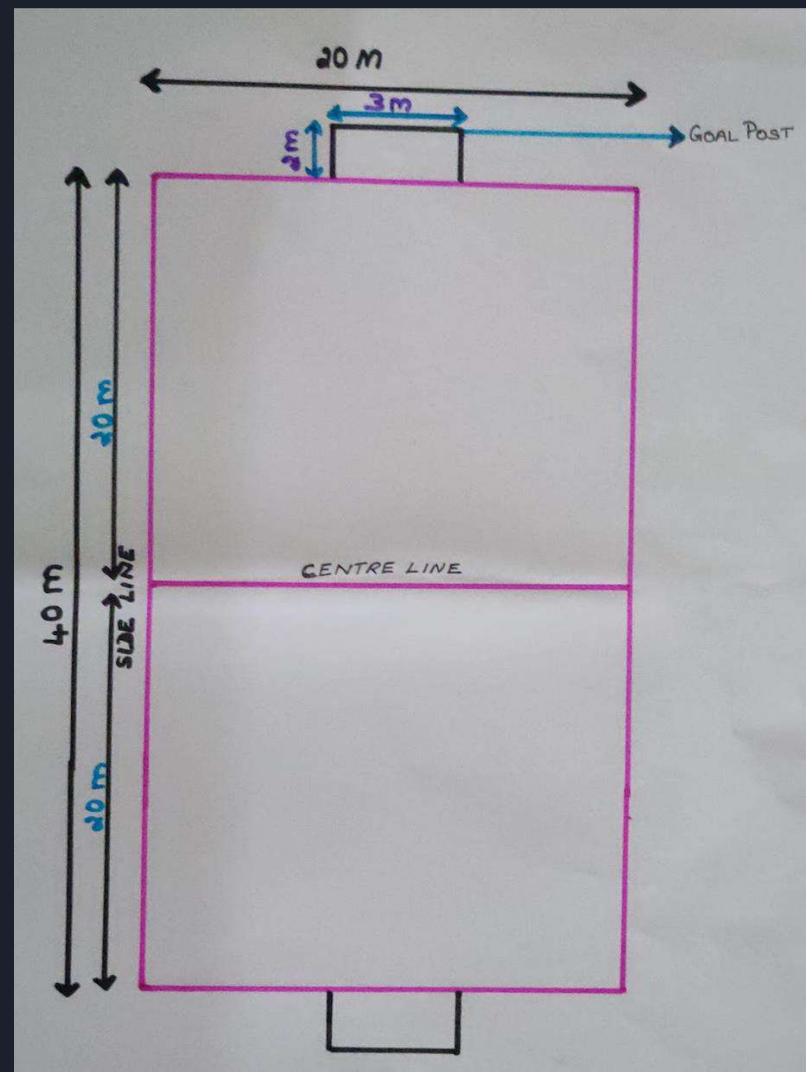


- Length of the court : 40 m
 $20 + 20 = 40$
- Width of the court : 20 m



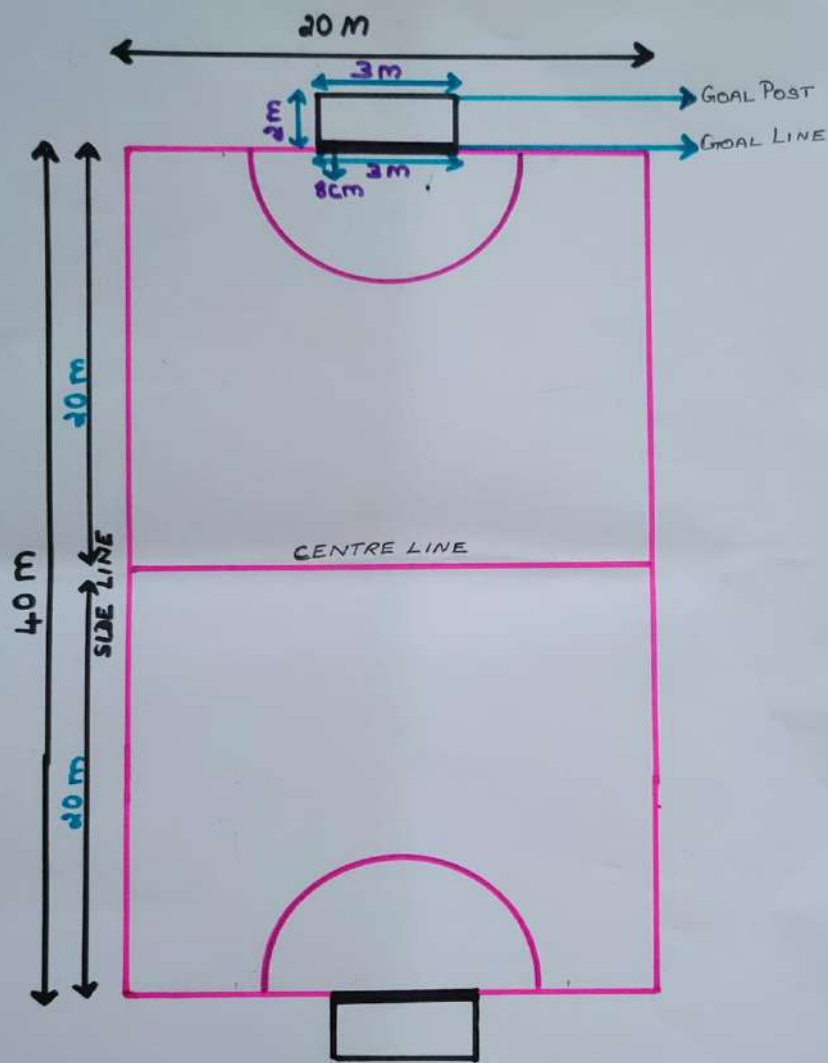
GOAL POST:

- Height of the post
= 2 m
- Width of the post
= 3 m



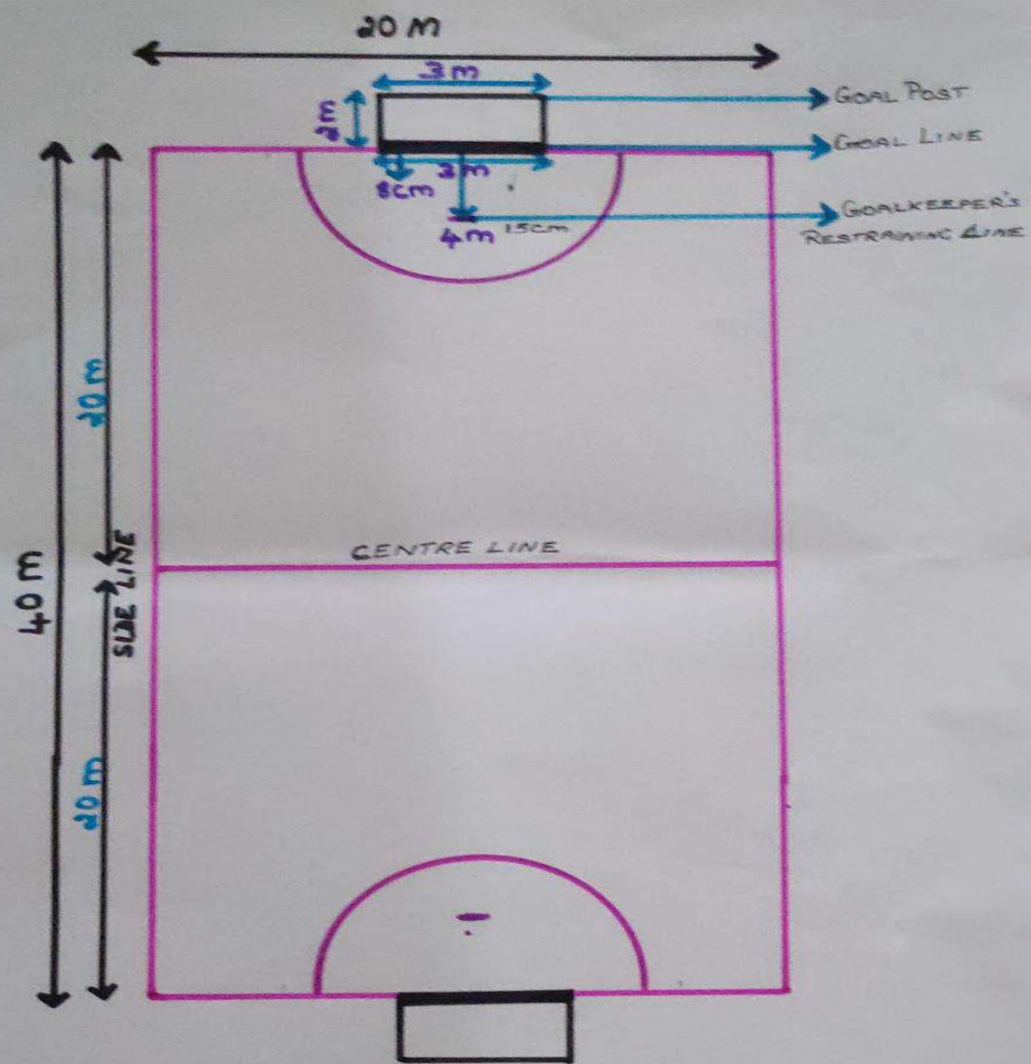
3M LINE:

- 3 m line is called as Goal Line .
- Length of the goal line
= 3 m
- Width of the goal line
= 8 cm



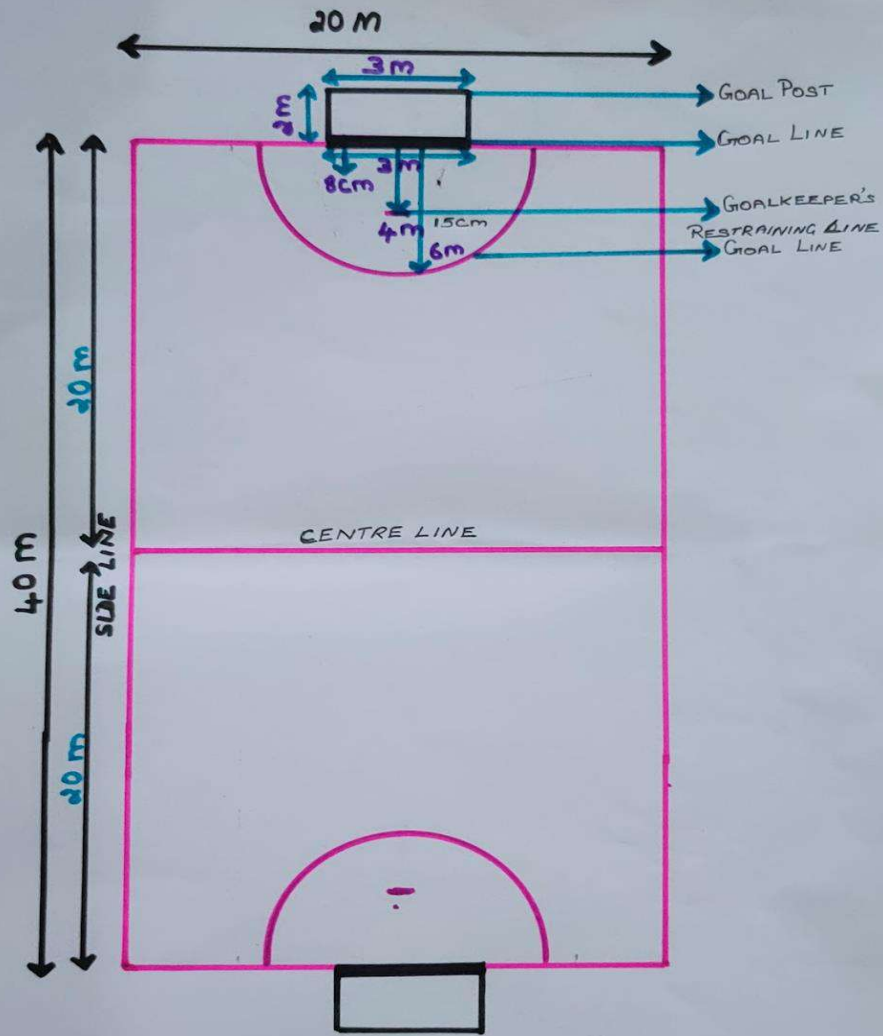
4M LINE:

- 4 m line is called as Goalkeeper Restrictions Line.
- Goal line to Goalkeeper Restrictions Line
= 4 m
- Restricted line length
= 15 cm



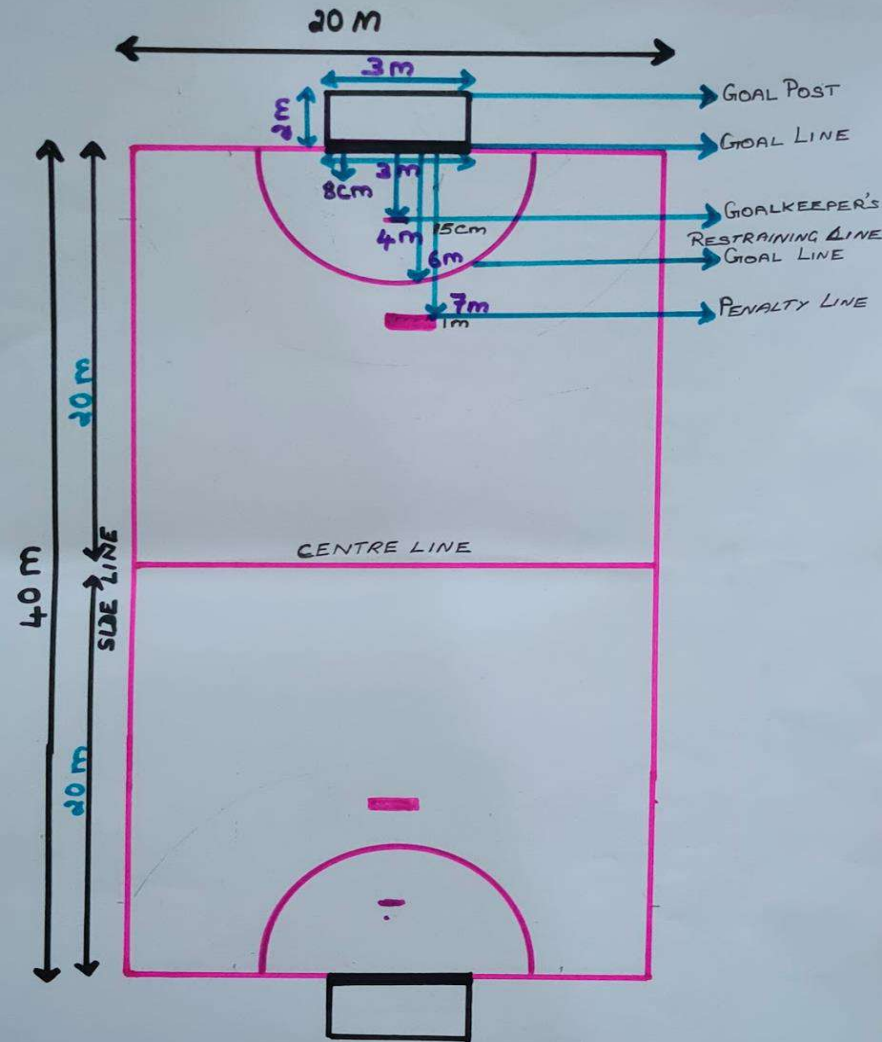
6M LINE:

- 6 m line is called as Goal Area.
- Goal line to Goal Area length = 6 m



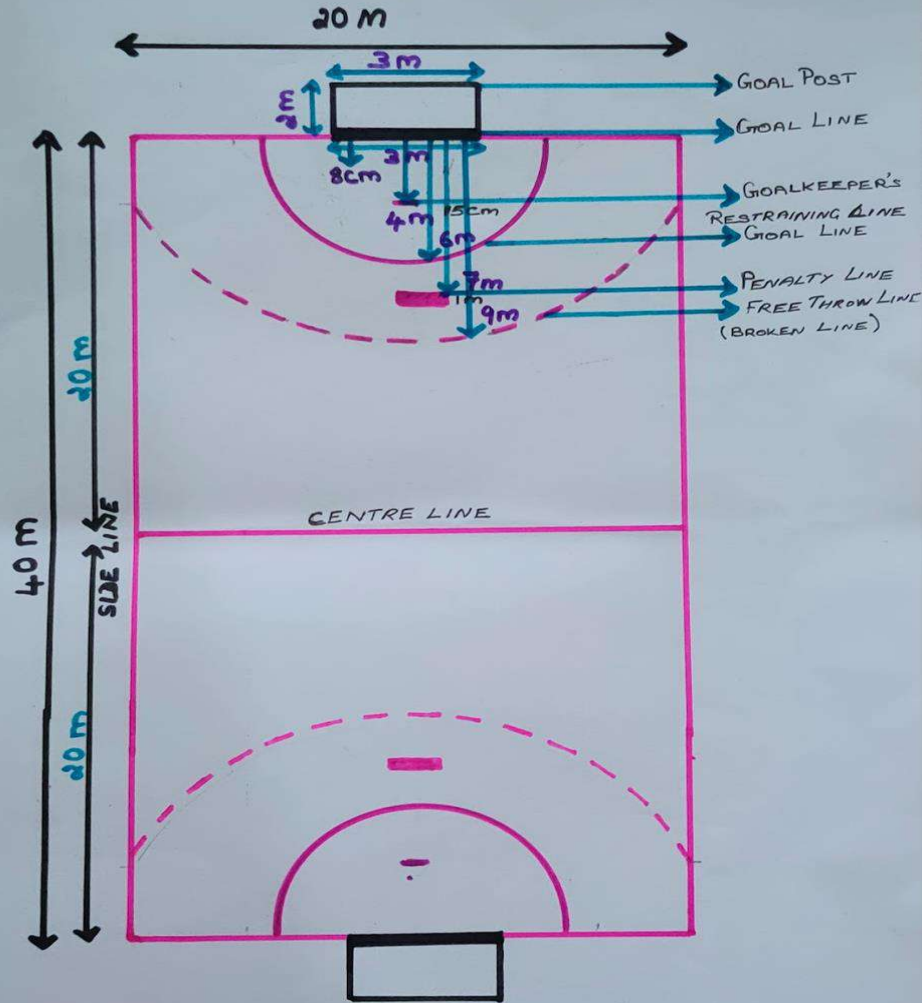
7M LINE:

- 7 m line is called as Penalty line.
- Goal line to Penalty line
Length = 7 m
- Penalty line length = 1m.



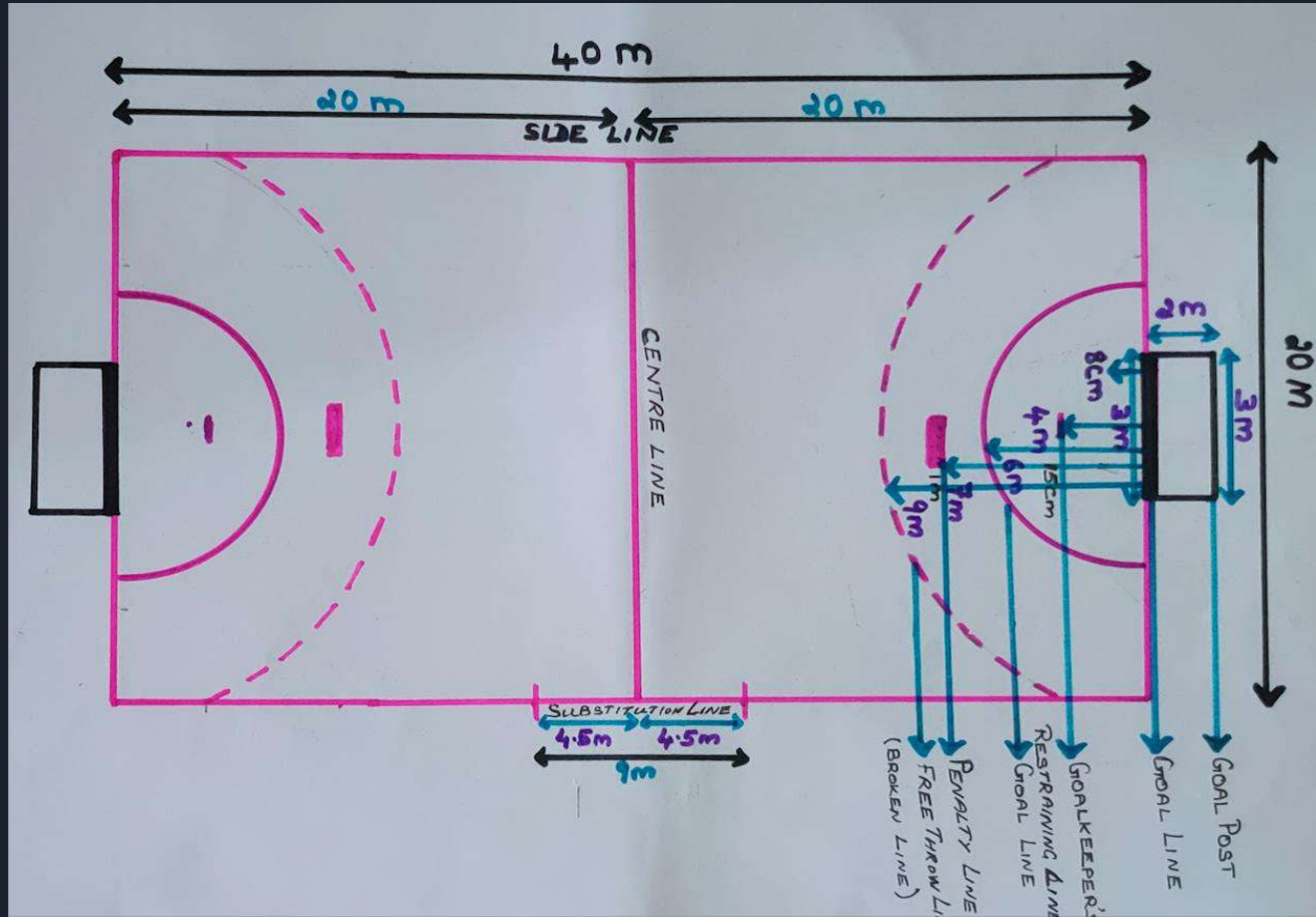
9M LINE:

- 9m line is called as Free throw line or Broken line .
- Goal line to Free throw line length=9m
- Each dotted line are 15 cm.

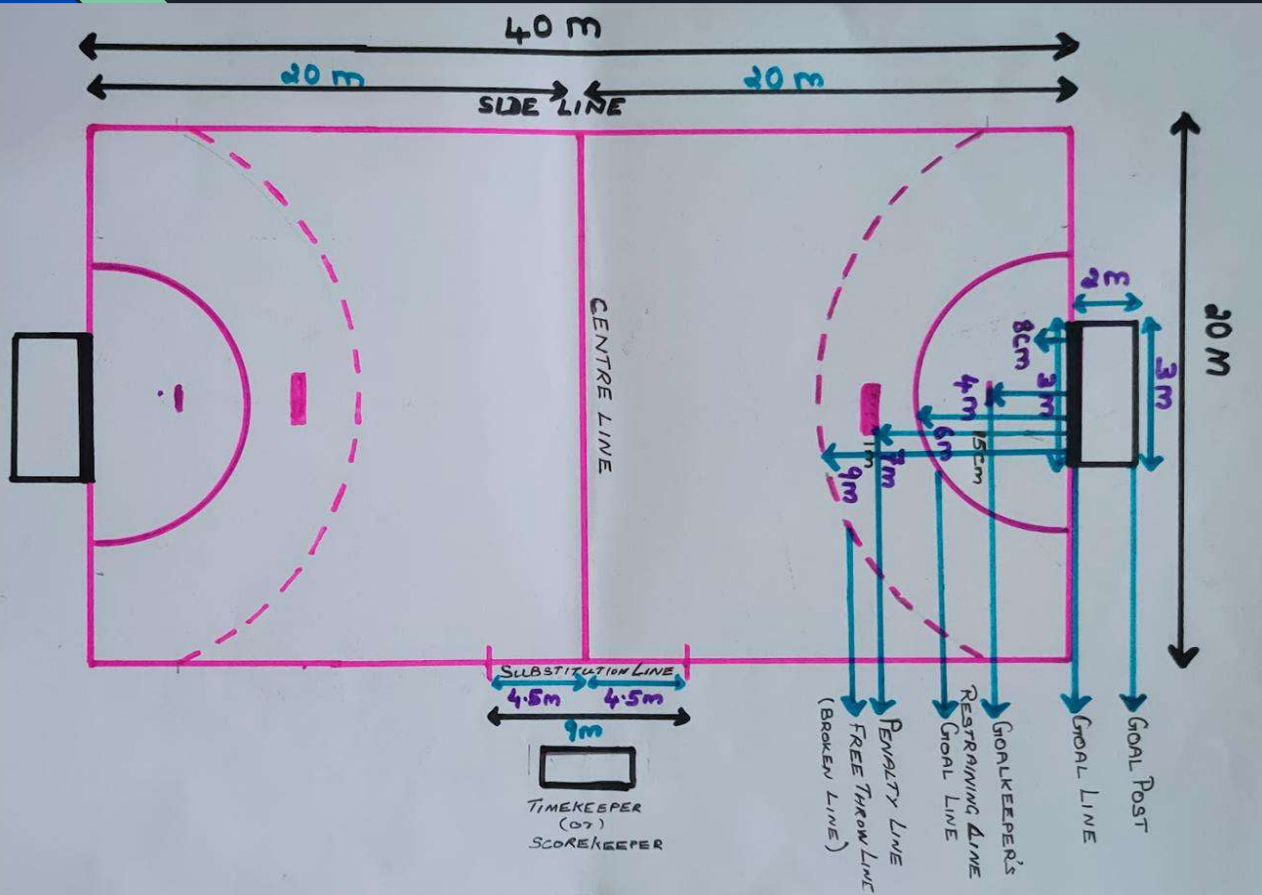


SUBSTITUTION LINE:

- Substitution line
 $4.5\text{m} + 4.5\text{m} = 9\text{m}$
- The line extended 15cm inside 15cm outside.

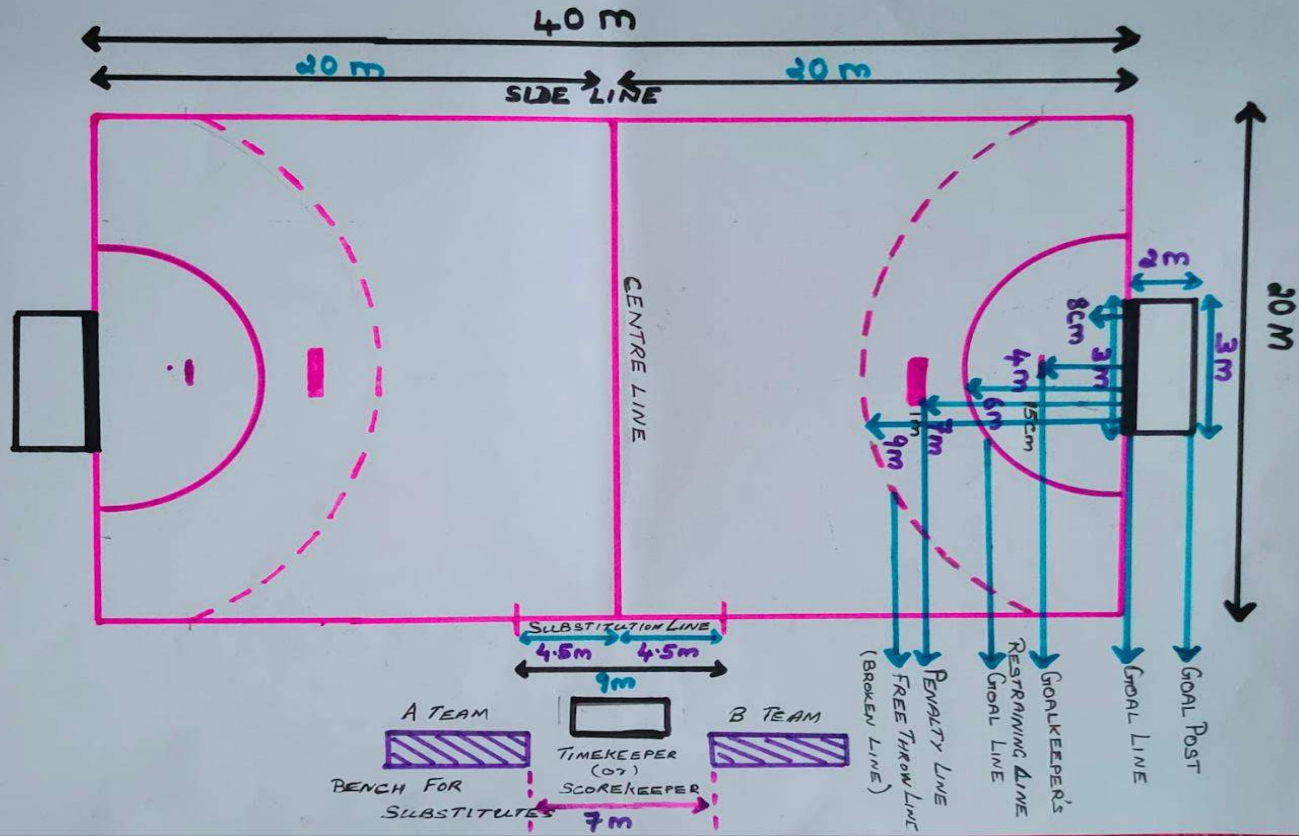


TIMEKEEPER/SCOREKEEPER:

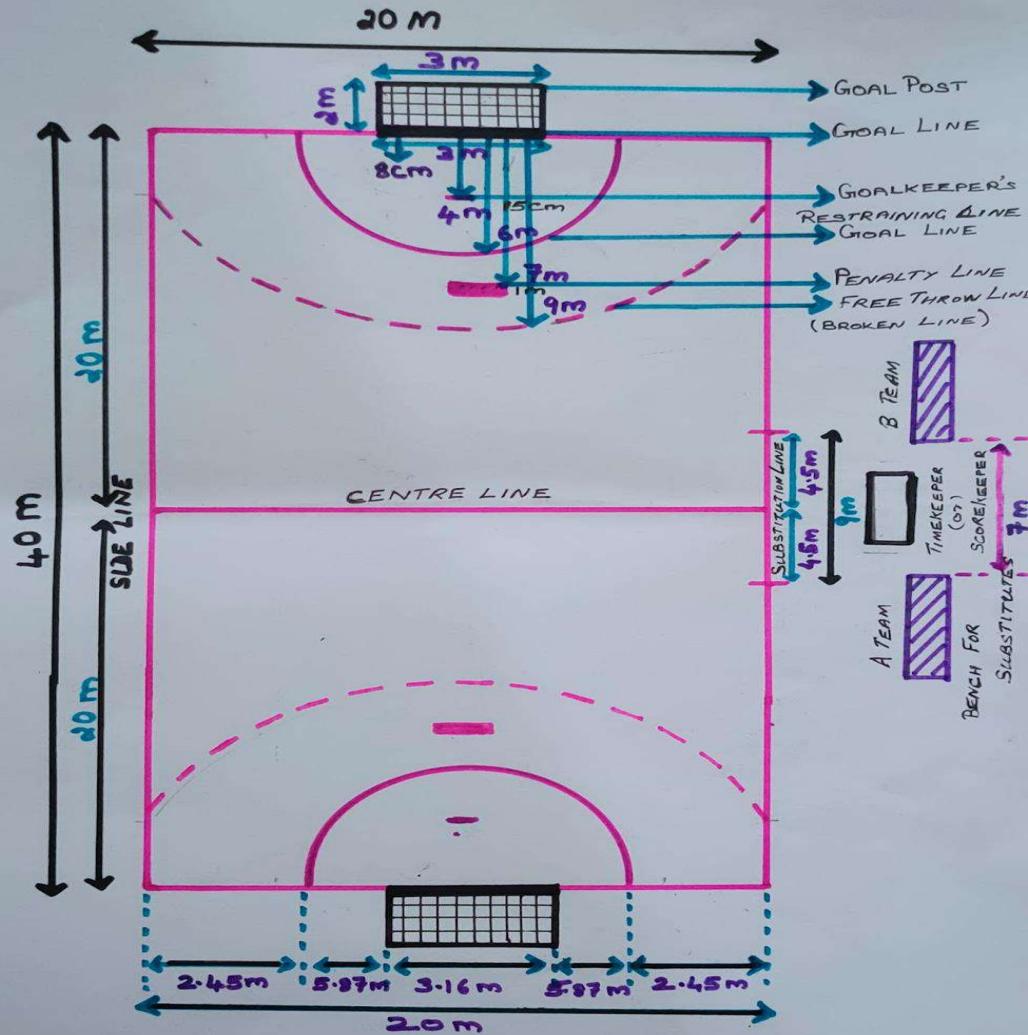


SUBSTITUTION BENCH:

- Team A substitution bench and Team B substitution bench distance = 7 m.

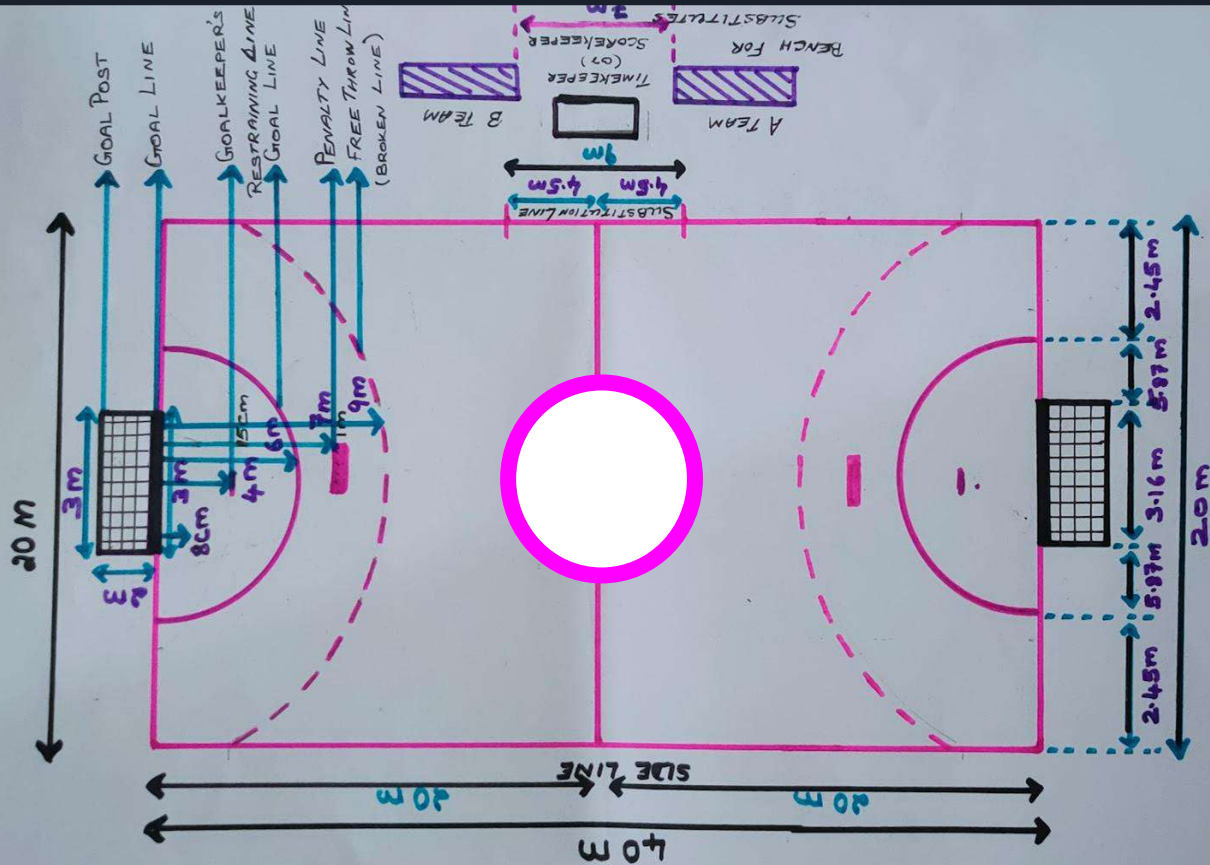


- Side line to 6m line = 2.45m.
- 6m line to 1st Goal post = 5.87m.
- 1st Post to 2nd post = 3.16m.



IHF NEW RULE:

- Centre circle diameter = 4m
- = 4m



PLAYERS

POSITION



20 P. LANGLOIS

0 CHE

16:34

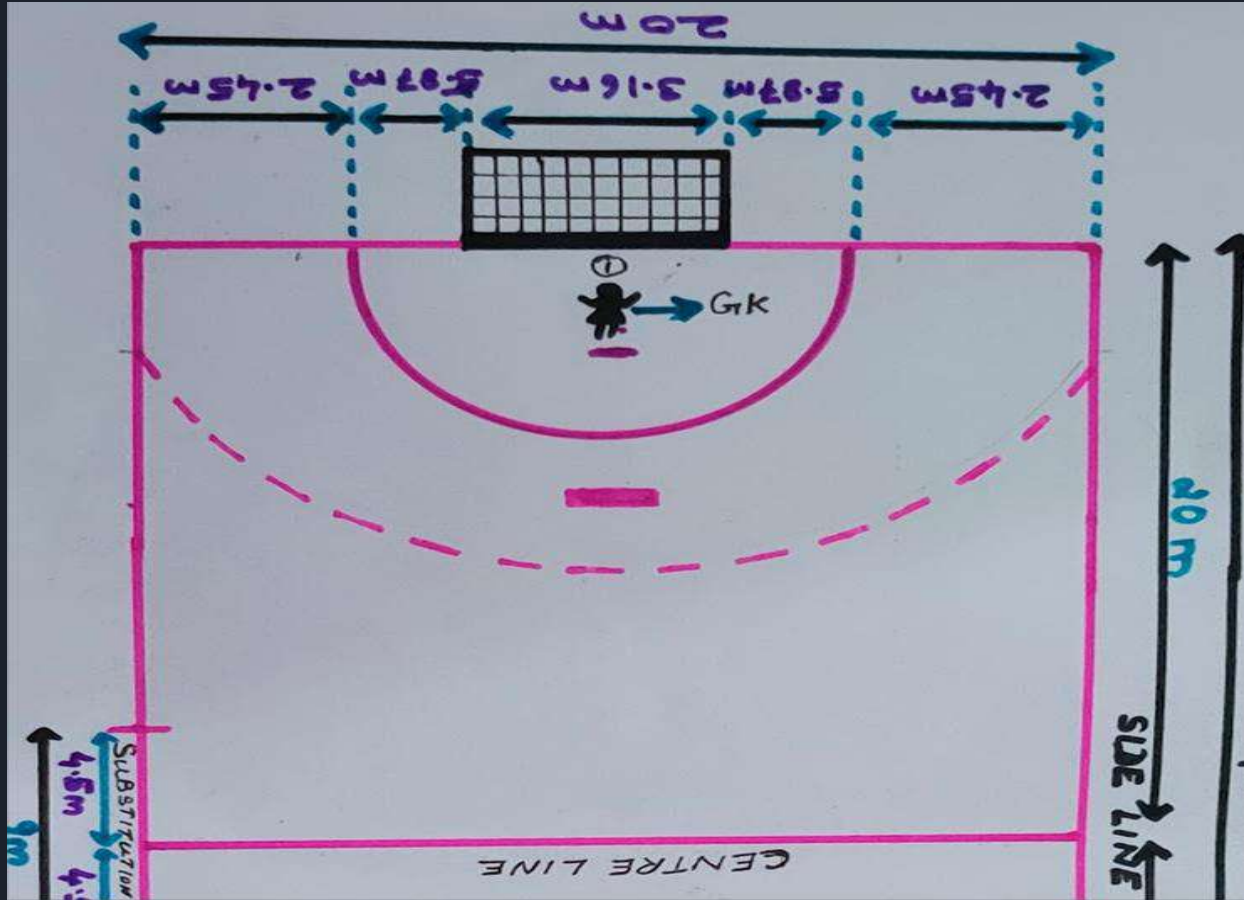
NAN 3

R. OVNICEK 4



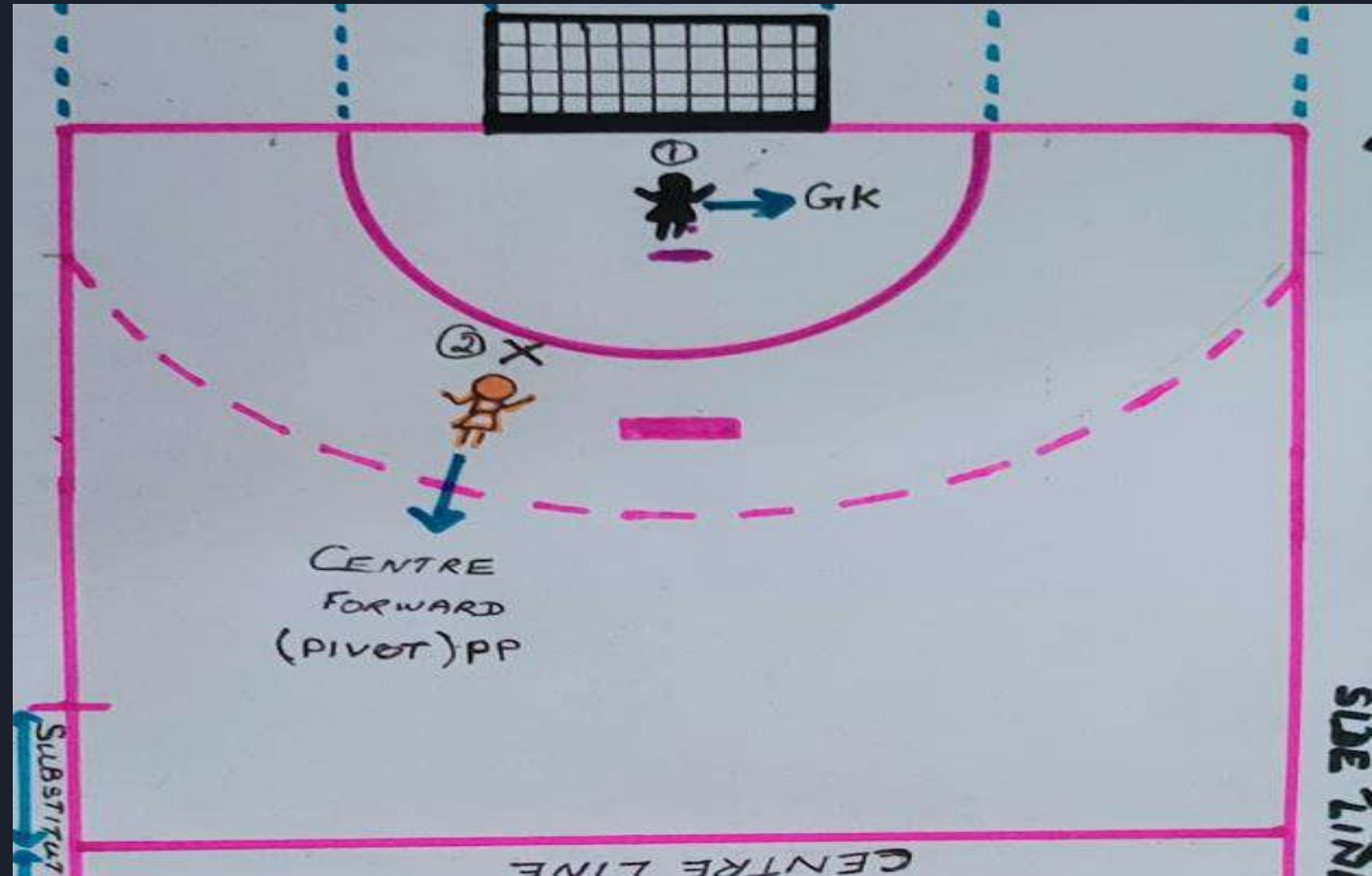
PLAYERS POSITION:

- 1) Goalkeeper



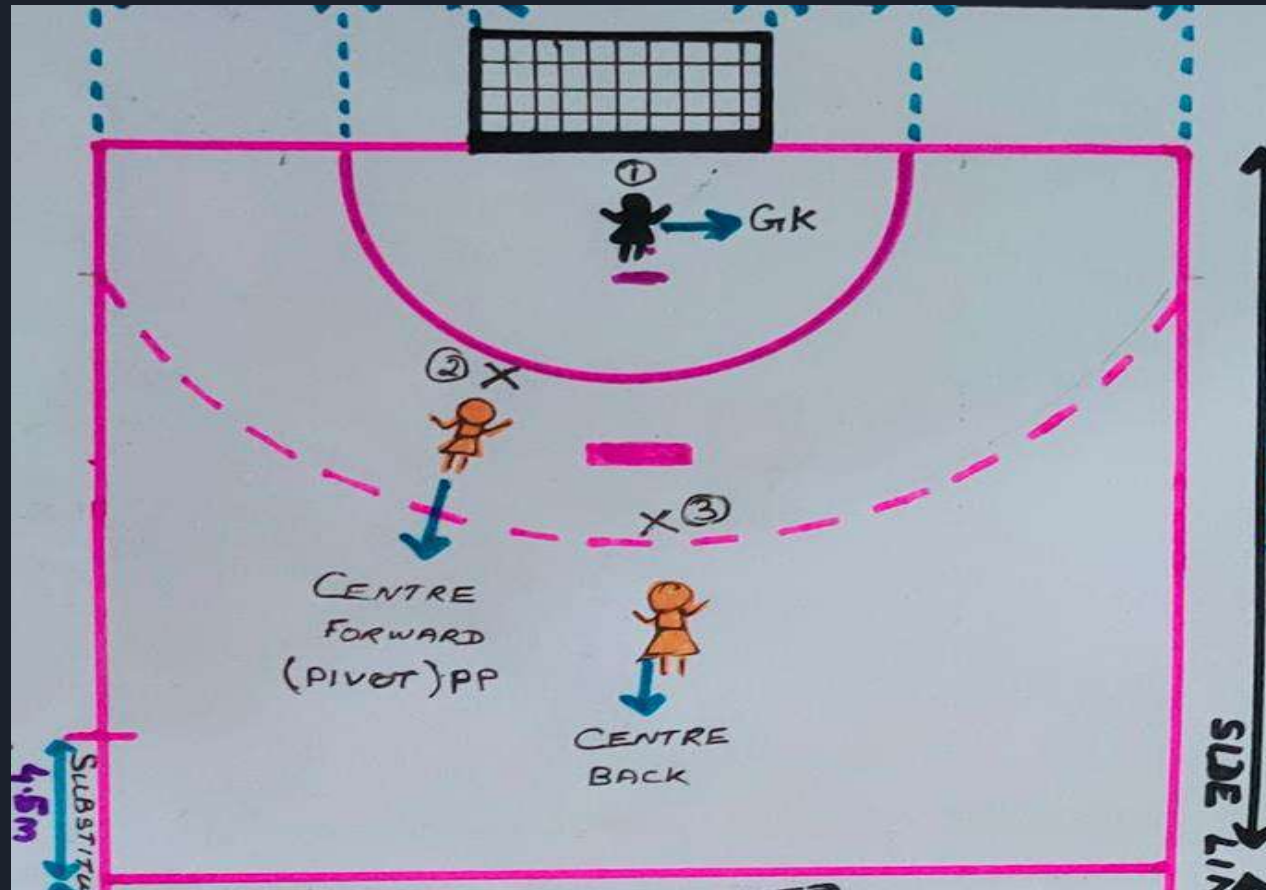
2) CENTRE FORWARD:

- Center Forward is otherwise called as pivot (PP).



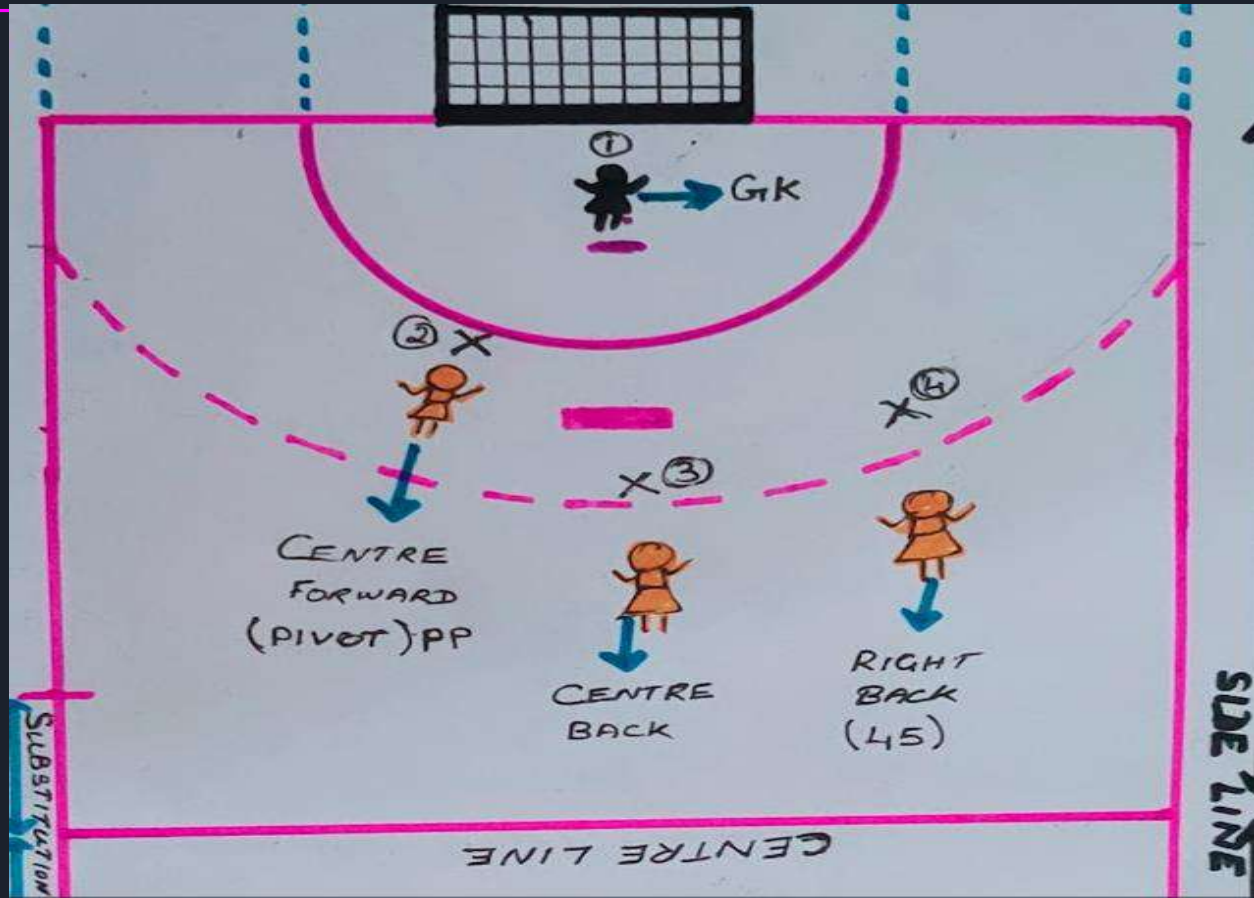
3) CENTRE BACK:

- Centre Back is otherwise called as centre.



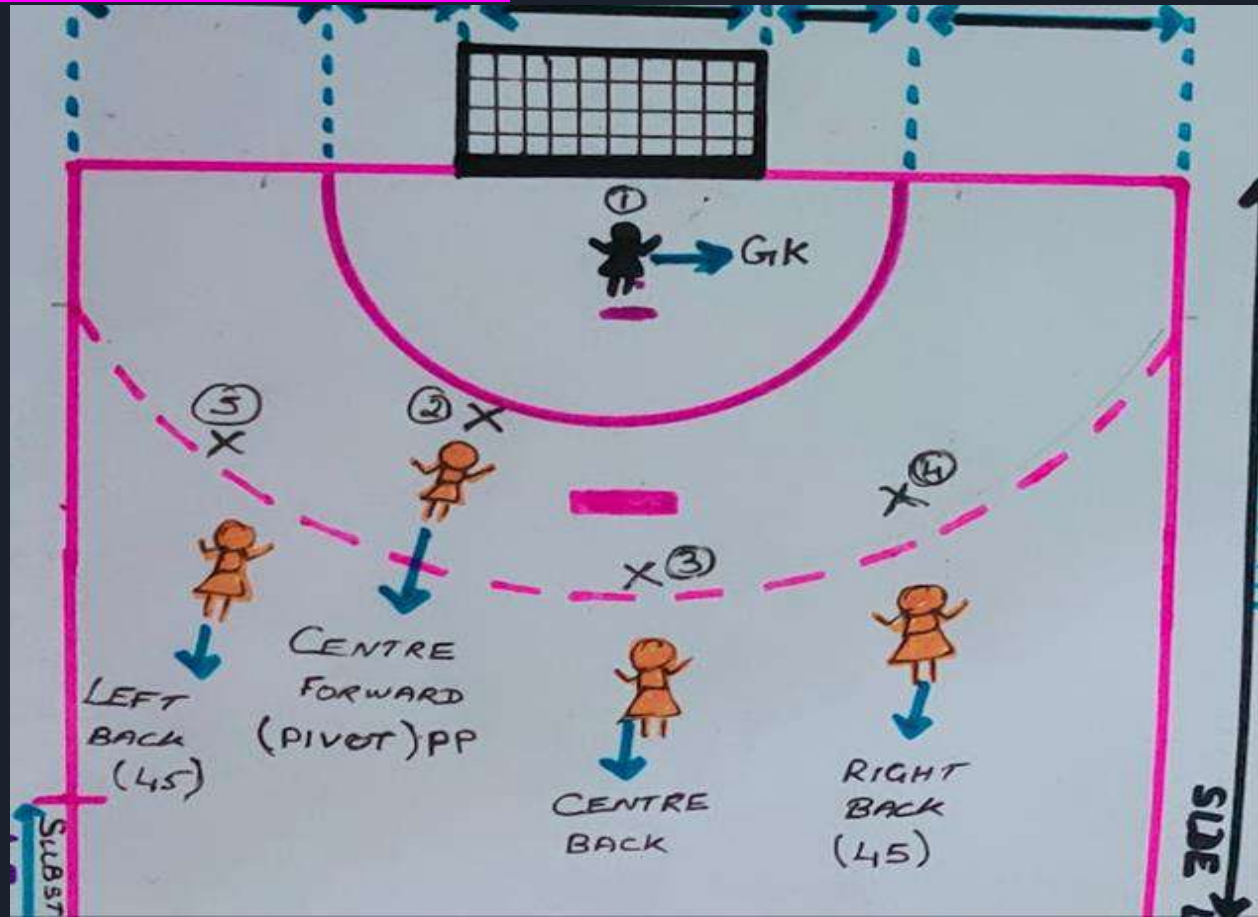
4) RIGHT BACK:

- Right Back is otherwise called as Right 45.



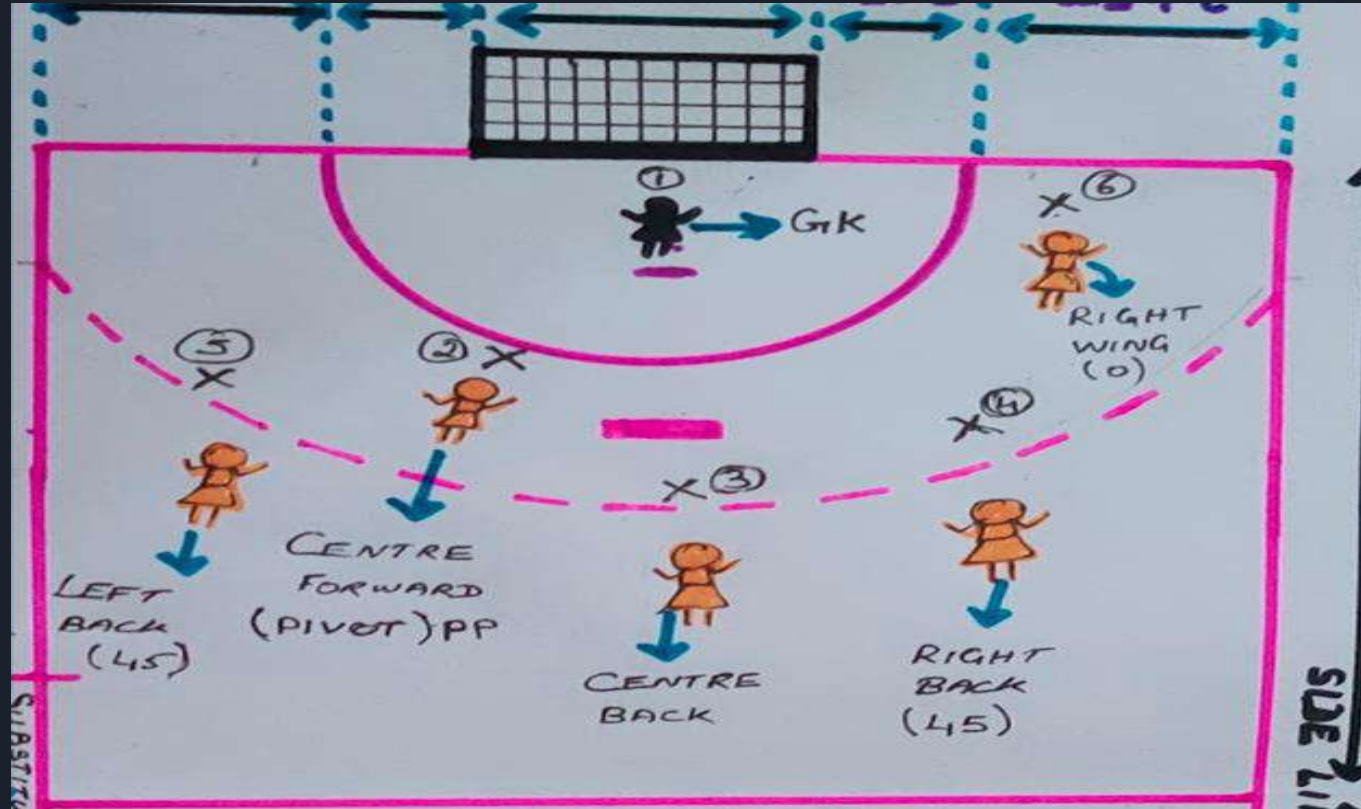
5) LEFT BACK:

- Leftback is otherwise called as Left 45.



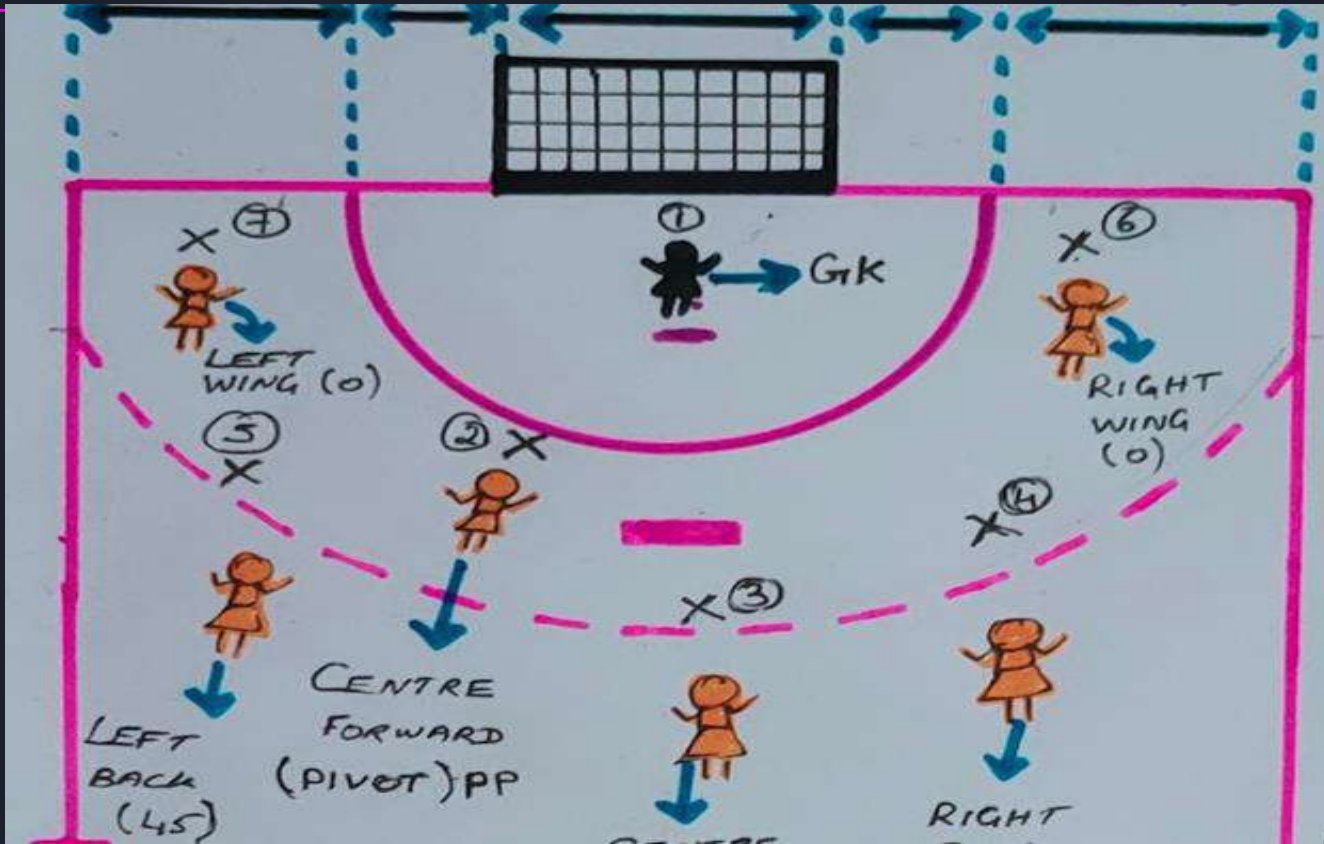
6) RIGHT WING:

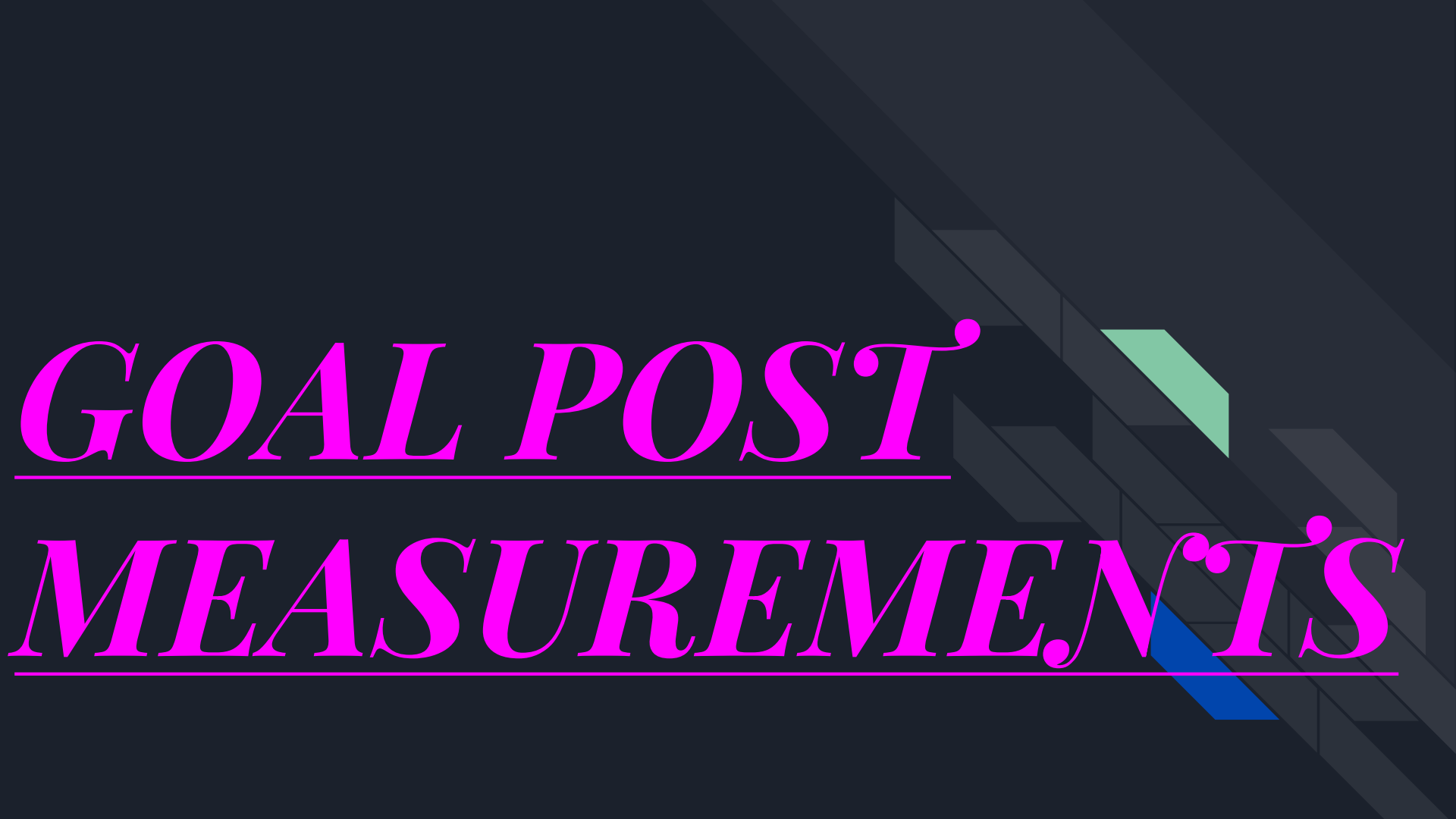
- Right wing is otherwise called as Right 0.



7) LEFT WING:

- Left wing is otherwise called as Left 0.



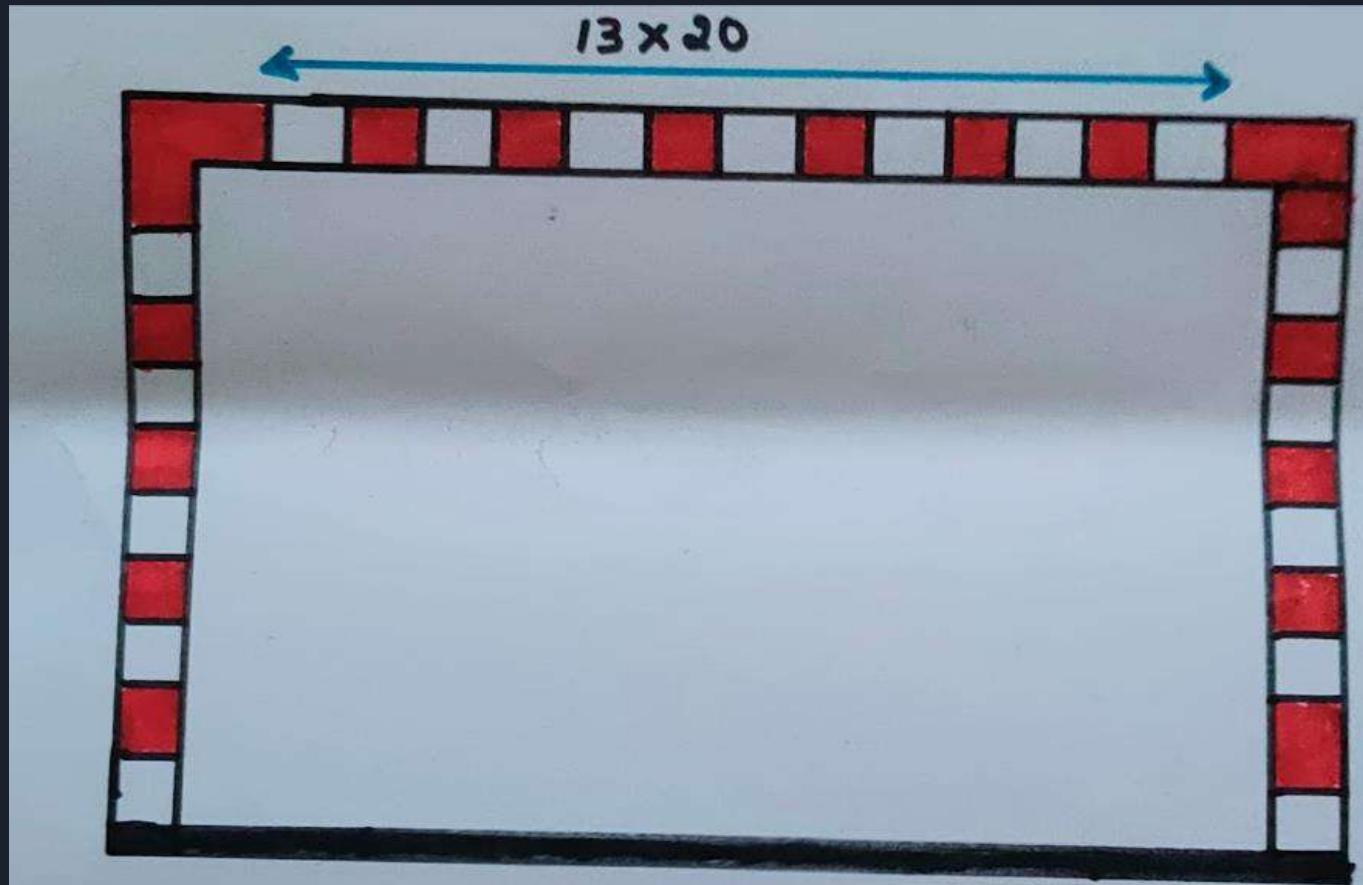


GOAL POST
MEASUREMENTS

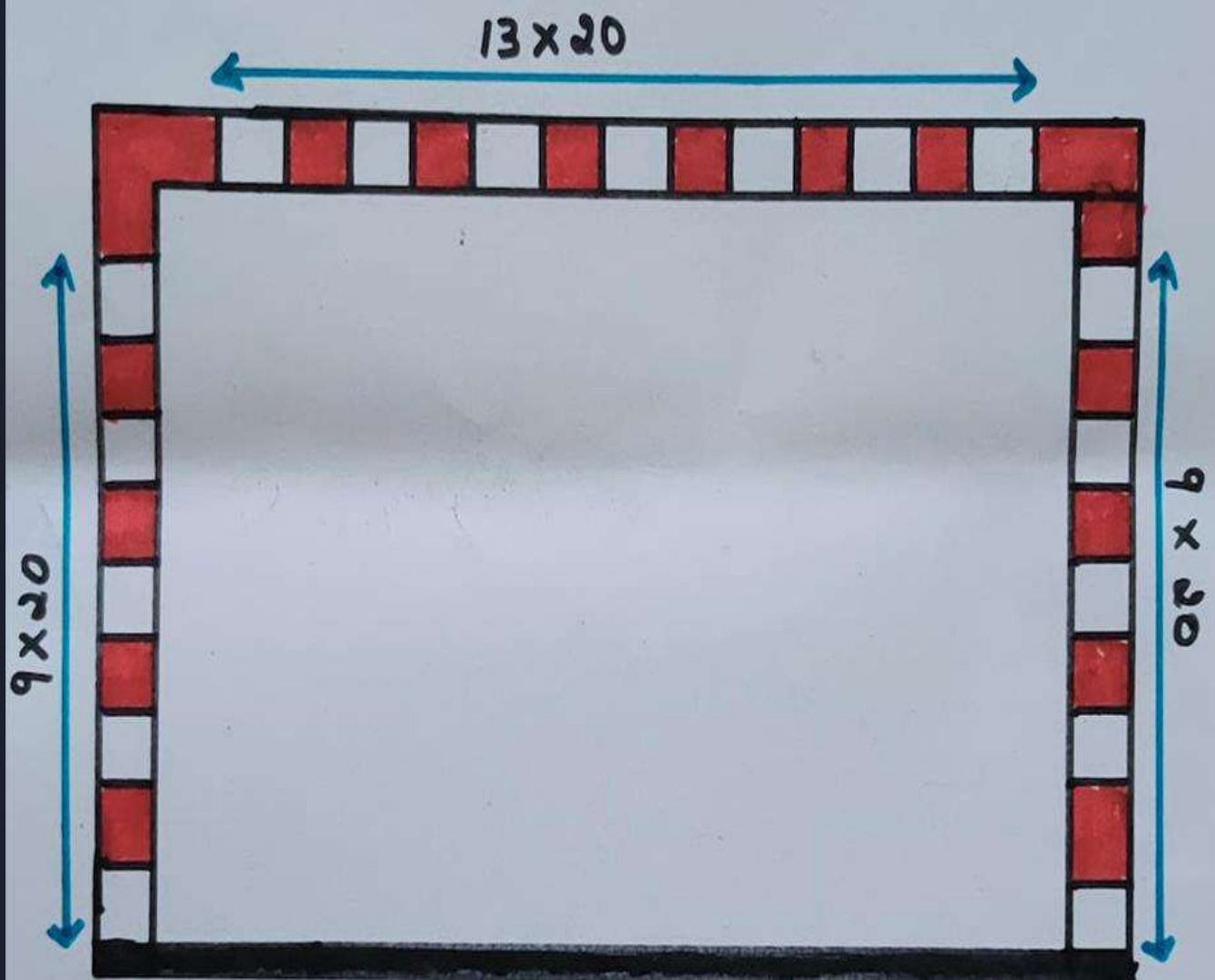


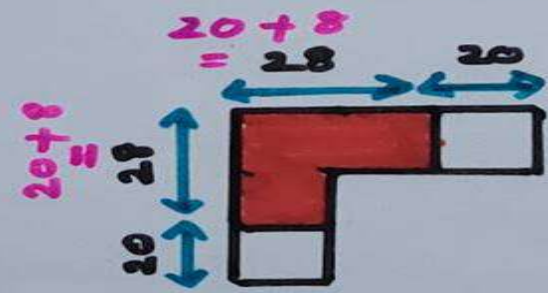
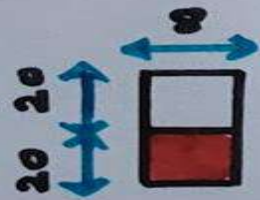
GOAL POST:

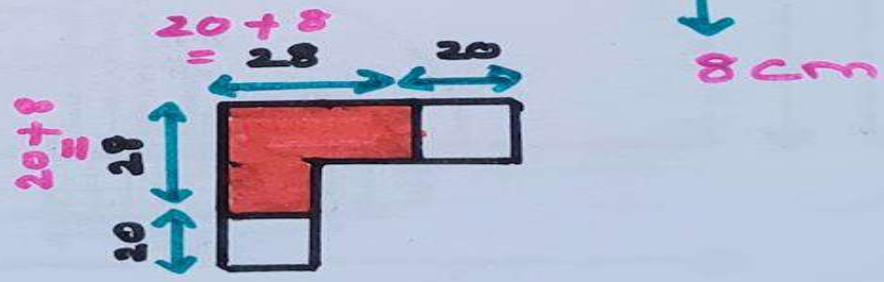
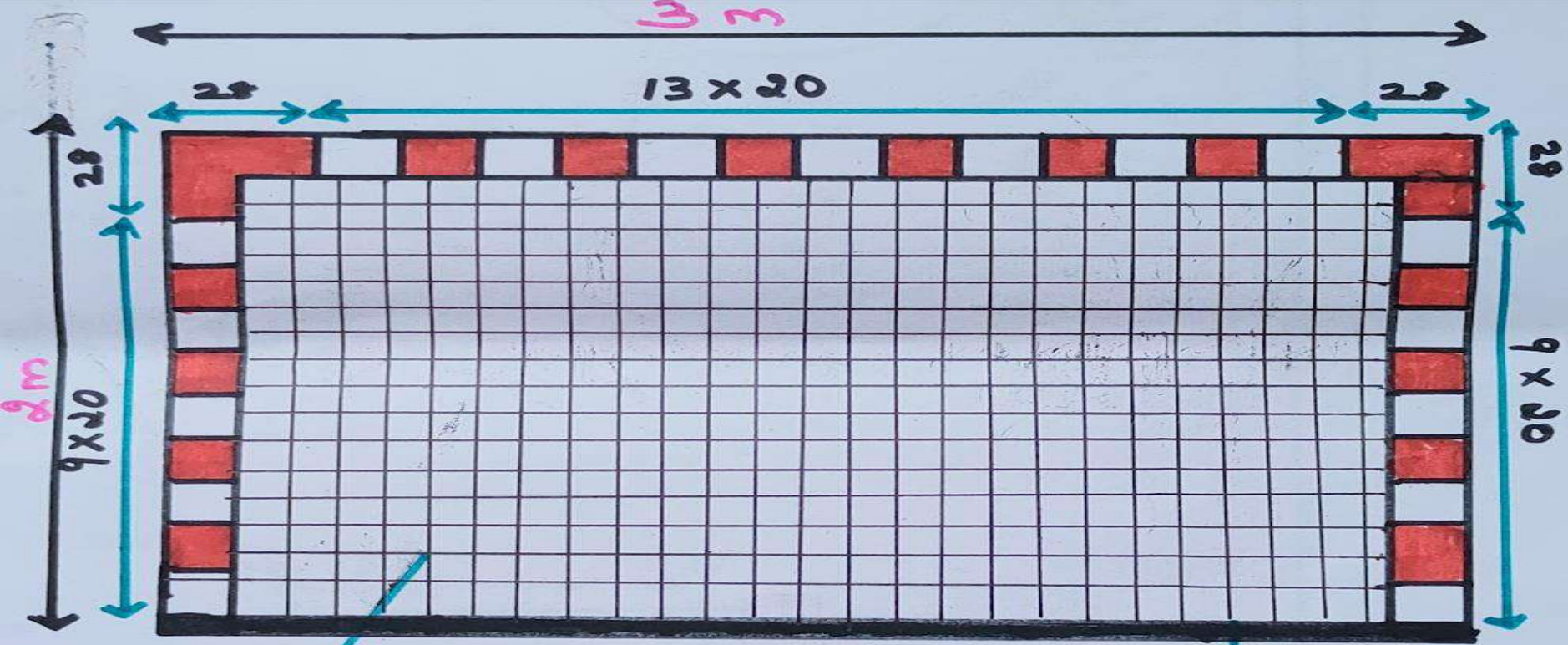
- 13x20



● 9x20







BALL

MEASUREMENTS

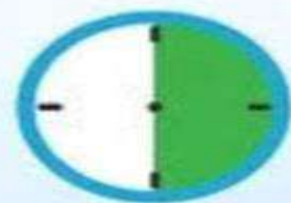


BALL

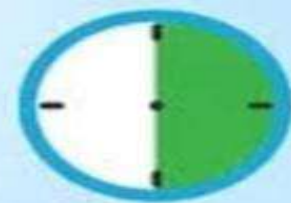


- The ball is made of leather or a synthetic material.
- It must be spherical.
- The surface must not be shiny or slippery.
- The ball varies in size and weight according to the gender and age of the players.

CATEGORY	SIZES	BALL WEIGHT (With Resine)	CIRCUMFEREN CE (With Resine)	BALL WEIGHT (Without Resine).	CIRCUMFEREN CE (Without Resine)
Men/ male youth Over 15 years	3	425-475grams	58-60 cm	400-425grams	55.5 - 57.5 cm
Women /youth women over14 years/Male youth (12-16)years	2	325-375grams	54-56 cm	300-325grams	51.5 - 53.5 cm
Male youth (8-12)years/ female (8-14)	1	290-330grams	50-52 cm	290-315grams	49 -51 cm



1st half



2nd half

DURATION OF MATCH:

MALE AND FEMALE

TIME

Age 16 years and above

Two halves (30-10-30)

Youth(12-16 years)

Two halves (25-10-25)

Youth(8-12years)

Two halves (20-10-20)

TIE BREAK:

- 1st Extre Time =(5-1-5)
- 2nd Extre Time =(5-1-5)

AGAIN TIE:

5 players from each team Free
Throw.



THANKYOU

EUROSPORT

INTRODUCTION
TO THE ART OF
JUDO

JUDO
SERIES

10M

10M

JUDO
SERIES

POINTS EXPLAINED

COMPETITIONS AREA

14m x 14m and shall be covered by Tatamis or similarly acceptable material The competition area shall be divided into two (2) zones.

The inner area shall be called the contest area and shall always be of a minimum of 8m x 8m or a maximum of 10m x 10m.

When using two (2) or more adjoining competition areas, the common or shared safety area shall be 4 metres

A free zone, a minimum of 50cm must be maintained around the entire competition area.

JUDO UNIFORM

The contestants shall wear a Judogi complying with the following conditions: On the day of the competition, the fighters must be in conformity with JUDO GI REGULATION up to this date.

On the day of the competition, the fighters must be in conformity with the GUIDANCE OF JUDO GI CONTROL DURING IJF COMPETITIONS

All information must be in the JUDO GI REGULATION and GUIDANCE OF JUDO GI CONTROL DURING IJF COMPETITIONS.



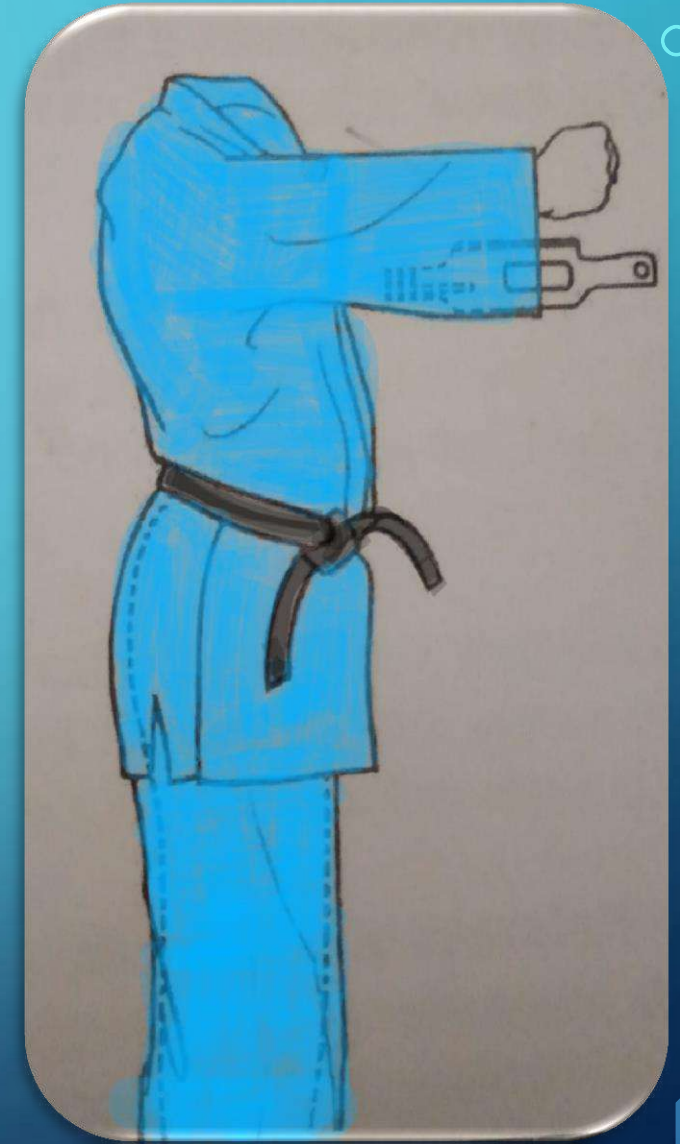
JUDO UNIFORM



MODIFICATION OF JUDO GI REGULATION

1. THE SLEEVE

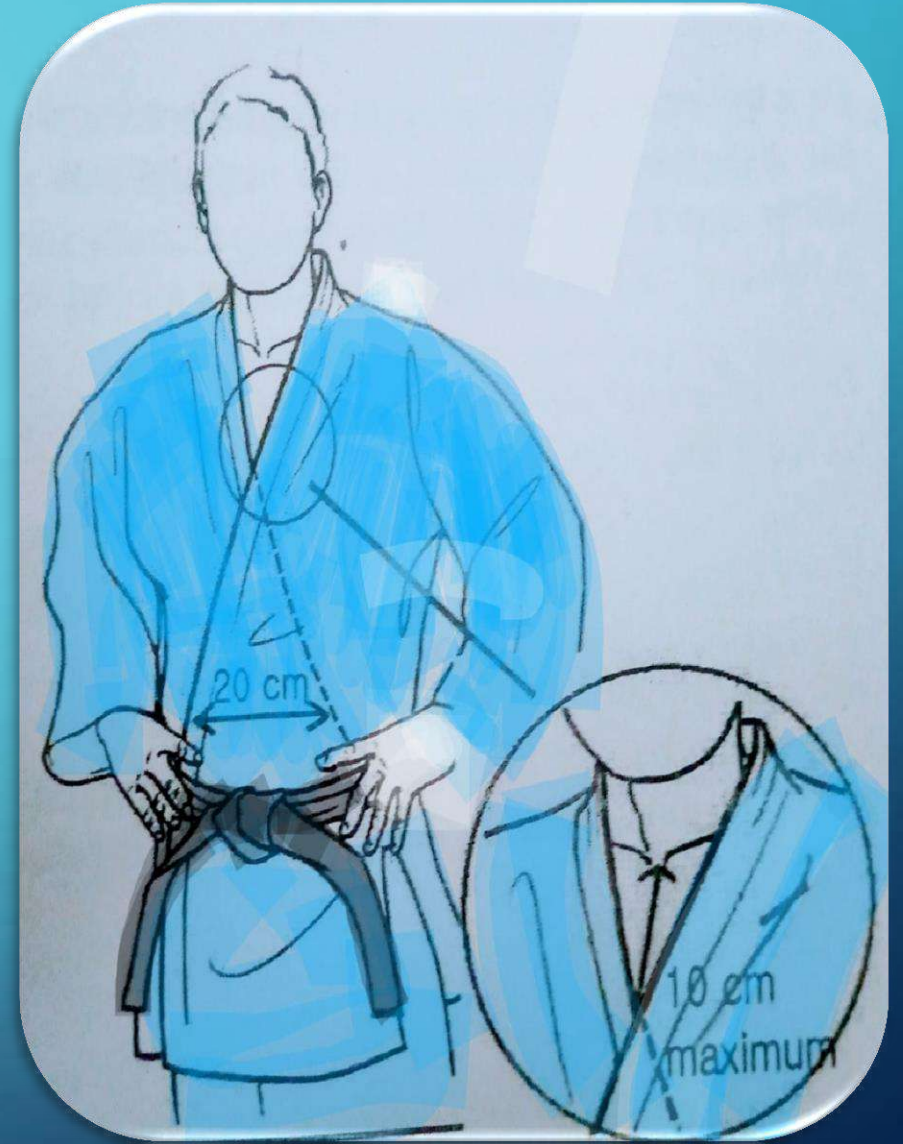
Judog sleeves must cover up the full arm including wrist in the control position of the Judogi jacket (open arms).



THE JACKET

The distance between the 2 lapels of the jacket horizontally. Needs to be of a minimum of 20 cm.

The distance between the sternum top and the lapel crossing point of the jacket vertically must be less than 10cm.



WEIGHT CATEGORIES

SENIOR

WOMEN	MEN
48	56
52	60
57	73
63	90
70	100
+78	+100

WEIGHT CATEGORIE

JUNIOR BOYS

UNDER -14	UNDER - 17	UNDER - 19	UNDER - 21
18 & ABOVE TO BELOW 25	32 & ABOVE TO BELOW 40	32 & ABOVE TO BELOW 40	16 & ABOVE TO BELOW 23
25 & ABOVE TO BELOW 30	40 & ABOVE TO BELOW 45	40 & ABOVE TO BELOW 45	23 & ABOVE TO BELOW 27
30 & ABOVE TO BELOW 35	45 & ABOVE TO BELOW 50	45 & ABOVE TO BELOW 50	27 & ABOVE TO BELOW 32
35 & ABOVE TO BELOW 40	50 & ABOVE TO BELOW 55	50 & ABOVE TO BELOW 55	32 & ABOVE TO BELOW 36
40 & ABOVE TO BELOW 45	55 & ABOVE TO BELOW 60	55 & ABOVE TO BELOW 60	36 & ABOVE TO BELOW 40
45 & ABOVE TO BELOW 50	60 & ABOVE TO BELOW 65	60 & ABOVE TO BELOW 65	40 & ABOVE TO BELOW 44
50 & ABOVE TO BELOW 60	65 & ABOVE TO BELOW 71	65 & ABOVE TO BELOW 71	44 & ABOVE TO BELOW 50
-----	71 & ABOVE TO BELOW 80	71 & ABOVE TO BELOW 80	-----

JUNIOR GIRLS

UNDER -19	UNDER - 14	UNDER - 17	UNDER- 19
18 & ABOVE TO BELOW 40	16 & ABOVE TO BELOW 23	28 & ABOVE TO BELOW 36	28 & ABOVE TO BELOW 36
40 & ABOVE TO BELOW 45	23 & ABOVE TO BELOW 27	36 & ABOVE TO BELOW 40	36 & ABOVE TO BELOW 40
45 & ABOVE TO BELOW 50	27 & ABOVE TO BELOW 32	40 & ABOVE TO BELOW 44	40 & ABOVE TO BELOW 44
50 & ABOVE TO BELOW 55	32 & ABOVE TO BELOW 36	44 & ABOVE TO BELOW 48	44 & ABOVE TO BELOW 48
55 & ABOVE TO BELOW 60	36 & ABOVE TO BELOW 40	48 & ABOVE TO BELOW 52	48 & ABOVE TO BELOW 52
60 & ABOVE TO BELOW 65	40 & ABOVE TO BELOW 44	52 & ABOVE TO BELOW 56	52 & ABOVE TO BELOW 56
65 & ABOVE TO BELOW 71	44 & ABOVE TO BELOW 54	56 & ABOVE TO BELOW 61	56 & ABOVE TO BELOW 61
71 & ABOVE TO BELOW 80	-----	61 & ABOVE TO BELOW 71	61 & ABOVE TO BELOW 71

TIME DURATION



DURATION OF THE CONTEST

SENIOR Men/ Team:

5 Minutes real contest time

SENIOR WOMEN/ Team:

4 Minutes real contest time

JUNIOR Under 21 men and women/ Team:

4 Minutes real contest time

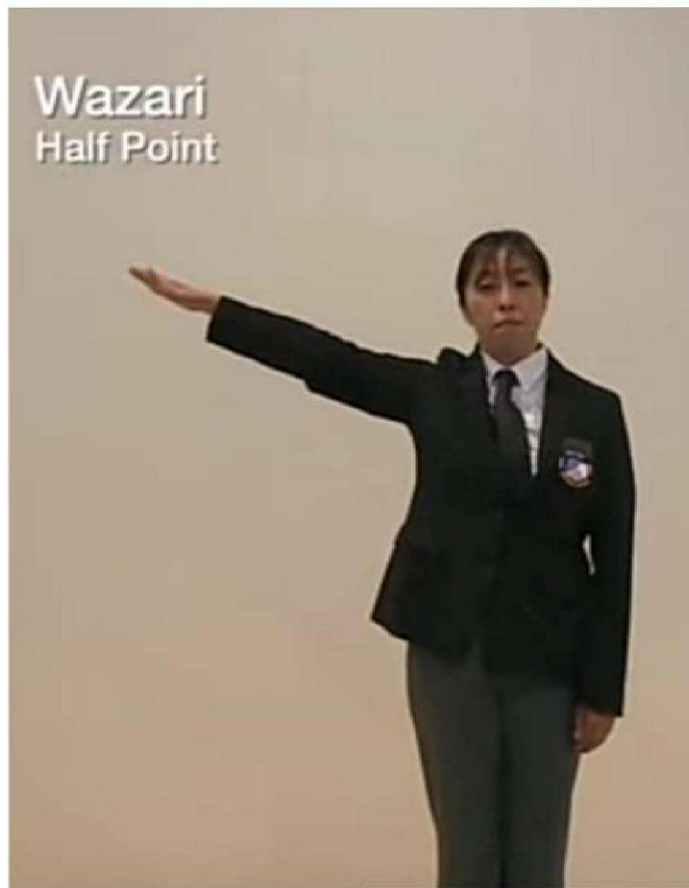
CADET Under 18 men and women/ Team:

4 Minutes real contest time

OSAEKOMI TIME

a) Ippon: Total of 20 seconds.
(100 points)

b) Waza-ari: 15 seconds or
more but less than 20 seconds
(10 points)



EUROSPORT



ARI



CHOKING



SPORTS EXPLAINED

EQUIPMENT

1. Scoreboard

2. Timing clock

3. Flag (timekeeper)

4. Time signal

Yellow, time out

Green Osaekom duration

5. White and blue judogis

6. Manual score board

W_ARI

YUKO

SHIDO



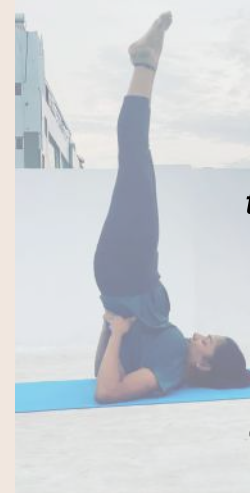
THANK
YOU



Yoga Practice for Day to Day Life During Pandemic



GAMPALA ABHIGNA REDDY
M.P.Ed II YEAR
202001104



Nearly 10 per cent of people diagnosed with Covid-19 experience prolonged symptoms, including troubled breathing, blood clots, headaches, nausea, muscle pain, and fatigue that lasts for weeks, months, and possibly years after testing positive

“Yoga is helping these long-haul patients in easing stress and pain, maintaining mobility, and breathing easier. Even the World Health Organization has urged people to take up yoga during the pandemic”.

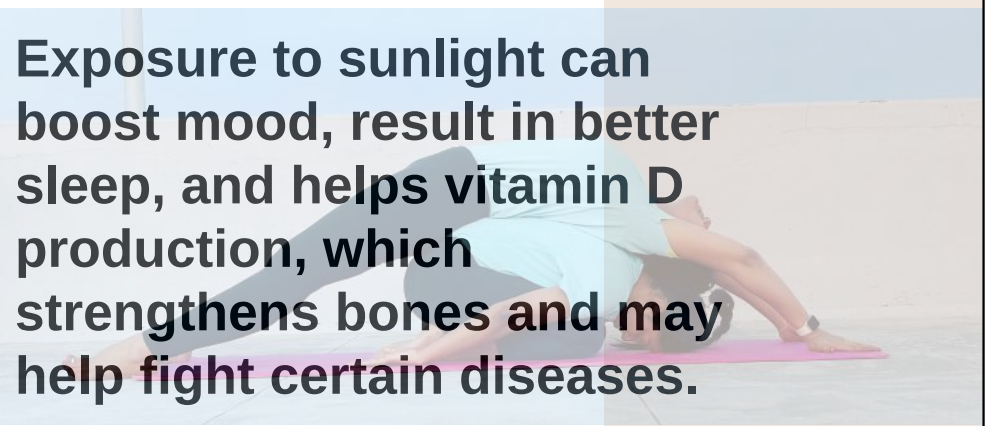
YOGA 2021 THEME



YOGA FOR WELL BEING

SUNBATHING

Exposure to sunlight can boost mood, result in better sleep, and helps vitamin D production, which strengthens bones and may help fight certain diseases.



KRIYA

1. Jala neti can remove mucus and pollutants from the nasal passage and sinuses, allowing air to flow without obstruction. This helps relieve allergies, colds and sinusitis.
2. It claims to prevent and manage diseases of the respiratory tract such as asthma, pneumonia, bronchitis and pulmonary tuberculosis.

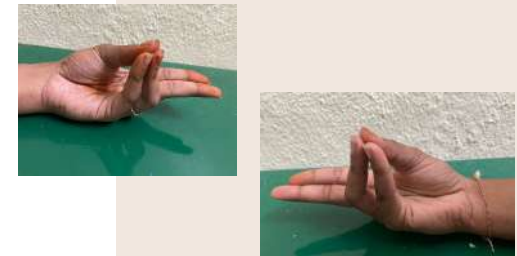


PRANA MUDRA

*Each Finger Represents Nature's Element
in Mudra*



Improves immunity power
Reduces the Block in Blood
vessels



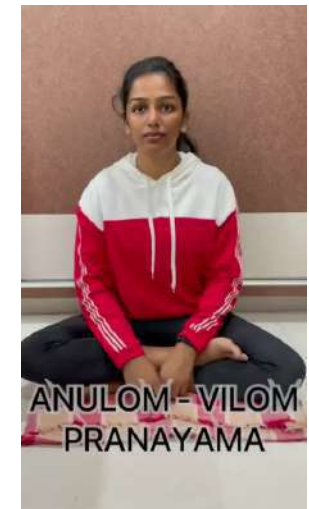
MEDITATION

- Gaining a new perspective on stressful situations.
- Building skills to manage your stress.
- Increasing self-awareness.
- Focusing on the present.
- Reducing negative emotions.
- Increasing imagination and creativity.
- Increasing patience and tolerance.



Anulom-Vilom Pranayama

- Anulom vilom is a specific type of controlled breathing (pranayama) in the practice of yoga.
- It involves holding one nostril closed while inhaling, then holding the other nostril closed while exhaling. The process is then reversed and repeated.



ASANAS



GOMUKHASANA



VRIKSHASANA

ASANAS



BHUJANGASANA



DHANURASANA

ASANAS



VIRABHADRASANA



CAT AND COW POSE



***“EVERYONE
CAN
BREATHE,
THEREFOR,
EVERYONE
CAN DO
YOGA “***

"A Little Progress Each Day
Adds Up To Big Result."

THANK YOU



PARALYMPIC



G.HILDA
M.P.Ed IYEAR
202101005



WHAT ARE PARALYMPIC GAMES ?

The Paralympic games is an International multi sport event, where disabled people can compete against each other.



Paralympics

Originally termed Paralympics because it meant paraplegic.

Now para stands for parallel to the olympic games



How did it Start ?



The Paralympics developed after Sir Ludwig Guttmann organized a sports competition for British World War II veterans with spinal cord injuries in England in 1948. A follow-up competition took place in 1952, with athletes from the Netherlands joining the British competitors.



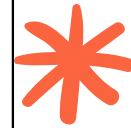
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1988 - 1994

1994 - 2004

2004 - 2019



2019 - now

Three colours represents National flags around the world.

Motto

"Spirit in Motion"
(moving forward and never giving up)

"United by Emotion"
was the new motto introduced in 2020 Summer Paralympics.



...

1960 First organised games for disabled athletes (25 sep Rome)



1994 First Termed Paralympics



2001 Olympic paralympic committee signed an agreement



*
Summer Paralympic started in
1960
Winter Paralympic started in
1976
*

VALUES

- COURAGE
- DETERMINATION
- INSPIRATION
- EQUALITY

DISABILITY GROUPS

- AMPUTEE
- CEREBRAL PALSY
- VISUALLY IMPAIRED
- INTELLECTUAL DISABILITY
- SPINAL INJURIES
- LES AUTRES

- The International Paralympics Committee is an international non-profit organisation and the global governing body for the Paralympic Movement.
- The IPC organized the Paralympics Games and functions as the International federation for nine sports.



Sports Includes

Summer Paralympics

Archery, Cycling,
Judo, Rowing, Sailing,
Shooting, Swimming,
TableTennis, VolleyBall,
Wheelchair Basketball,
Wheelchair Fencing,
Wheelchair Rugby,
wheelchair Tennis..etc

Winter Paralympics

- Alpine skiing,
- ice sledge hockey,
- cross-country skiing,
- wheelchair curling,
- para-snowboarding.

India in Paralympics

- India's first medal in Paralympics came in 1972 Games, with **Murlikant Petkar** winning a gold medal in swimming.
- India's best finish yet has been in the 2020 Games, at 24th place with a medal haul of 19 medals (5 gold, 8 silver and 6 bronze).
- 1994 First termed Paralympics.
- 2001 Olympic Paralympic committee signed an agreement



IPC code: **IND**

NPC: Paralympic Committee of India

Website: www.paralympicindia.org.in

Medals	Gold	Silver	Bronze	Total
Ranked 55th	9	12	10	31

Summer appearances

1968 · 1972 · 1976-1980 · 1984 · 1988 · 1992 · 1996 · 2000 · 2004 · 2008 · 2012 · 2016 · 2020

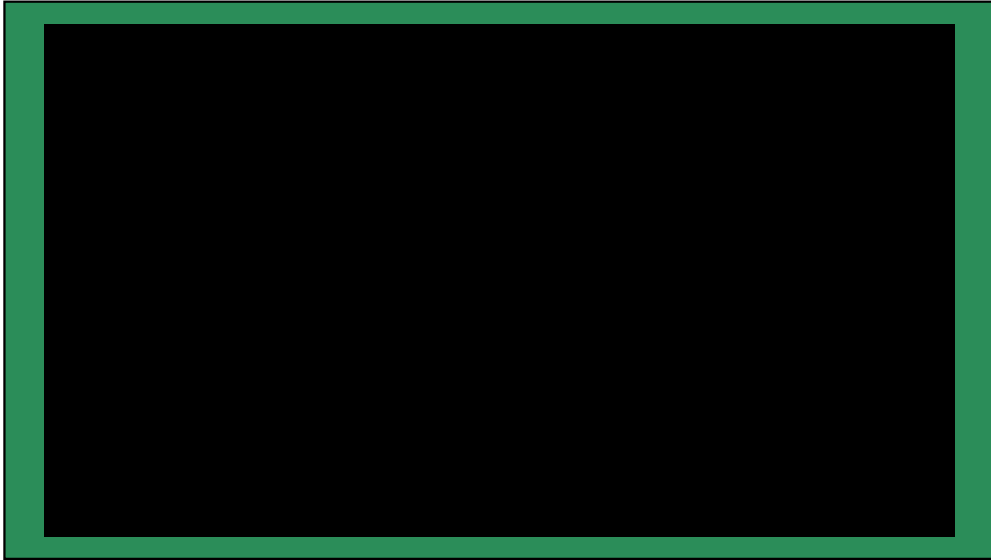
Countries	Athletes
Country	1 2 3 4
1 China	96 60 51 207
2 Great Britain	41 38 45 124
3 United States	37 36 31 104
4 RPC	36 33 49 118
5 Netherlands	25 17 17 59
6 Ukraine	24 47 27 98
7 Brazil at the Paralympics	22 20 30 72
8 Australia	21 29 30 80
9 Italy	14 29 26 69
24 India	5 8 6 19

Most Decorated Paralympian



Blind from birth, she competed in Paralympics swimming. She is the most successful athlete in the history of the Paralympics games, having won 55 medals and was inducted into the Paralympics hall of fame in 2012.

• *Trischa Zorn*
(*American Paralympics swimmer*)



*"A Little Progress Each Day
Adds
Up To Big Results."*

Thank you.

REGARDS
G HILDA

YMCA COLLEGE OF
PHYSICAL EDUCATION

COACHING LESSON PLAN
BASKETBALL

NAME : R. DIVYA BHARATHI

ROLL NO: 202101004

CLASS: I. M. P. Ed

DURATION: 45 Minutes.

TECHNIQUE: REBOUND

TASK

INTRODUCTORY PART:

Exchange of greetings
Introduction of task

To prepare body for upcoming task

To specifically prepare the body to tackle upcoming

MAIN PART:

INTERRUPTED PART

"REBOUND"

To learn the skill one by one

To learn the technique systematically.

To learn the technique systematically

UNINTERRUPTED PART:

Competition / game like situation based on the learnt technique

To get perfection in similar technique in game situation

CONCLUDING PART:

To bring body mechanism to normal.

To clarify doubt if any & dismissal the class

TASK

Assembly and Roll call: Students are asked to line up for attendance and coach should give brief Introduction about technique.

General Warming up: Subject should do stretching, Jogging, various types of running, hopping, bounding, etc.

Specific warming up: Running for various signals, Interpassing with 2 men, Shuttle Run.

Importance of the skill: A player takes a shot and misses and the ball can be "game changer".

Demonstration of the skill: The coach should demonstrate whole skill of "REBOUND".

Explanation of the Skill:

Preparation: Subject run near or under basket

Execution: Then one opponent shoot basket, Jump and get ready to collect the missed shoot.

Follow through: Ball collection and land with parallel stance and pass the ball to teammate.

DRILL 1 - Imitating the technique.

COUNT-1 - Parallel stance with squad and shuffling

COUNT-2 - Jump forward and Raise the arm above head.

DRILL 2 - Practice with Ball and on Backboard.

COUNT 1 Jump with Ball hitting the Backboard

COUNT 2 collect the Ball (Rebound) and hit the Backboard

COUNT 3 Next Person collects & continues.

DRILL 3 - Practice in group with single Ball

COUNT 1 1st person Jump & Hit the Ball at Backboard

COUNT 2 2nd person receive and hit again, likewise it continues.

Competition situation: Practising the skill in game situation. The coach will divide students into 2 groups.

1 team will play defensive rebound

1 team will play offensive rebound

Limbering down exercise: Warm down exercise & full stretching

Review and Dismissal: Reassembly, Clarification of doubts and dismissal.

METHOD

ORAL METHOD

CONTINUOUS INTERVAL METHOD.

CONTINUOUS METHOD

DEMONSTRATION METHOD.

PRESENTATION METHOD

CONTINUOUS METHOD

PART BY PART METHOD

REPEATITION METHOD.

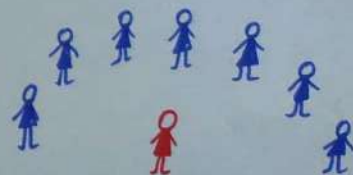
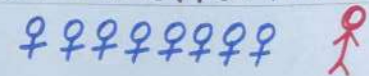
REPEATITION METHOD.

REPEATITION METHOD

INTERNAL METHOD

CO-OPERATION METHOD

ORGANISATION



2.4.10: Nature of Internee engagement during internship:

1. Students Handling assignments in the school



Students organized fitness test for school students during their internship



Student Teachers organized sports meet during their internship





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As a mentor





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Sample copy of timetable issued to the interneer

School Name: SPB mohamed sathick, orumbalavan, chennai.
 Teachers Name: SUBRAJEEV S
 Year: 2021-22

DAY	I	II	III	IV	V	VI	VII	VIII
Monday		IV-A	IX-A,B			XI-B	IX-A	X-B
Tuesday		XIII-A						
Wednesday			X-A				XII-A,B	
Thursday		XI-B		X-B		X-A		XII-A
Friday							X-A,B	

Subrajeev S.

[Signature]

School Name: YMCA SPORTS HIGHER SECONDARY SCHOOL, NANDANAM,
 Teachers Name: SEEMAN KULASE M
 Year: 2021-2022

DAY	I	II	III	IV	V	VI	VII	VIII
Monday						VII-		
Tuesday							VIII	
Wednesday			IV					
Thursday								VI
Friday			V					

Seeman Kulase M

[Signature]

School Name: A.M.M. Matriculation Higher Secondary school, kopalapur
 Teachers Name: MISS. A. Merlin Sunitha.
 Year: 2022

DAY	I	II	III	IV	V	VI	VII	VIII
Monday		11-C	3-B			10-C		
Tuesday	5-A		3-C	10A-A	12-C			
Wednesday		3-A	10A-B			5-B		
Thursday	5-C		11-B					
Friday		12-A		11-A		12-B		

A. Merlin Sunitha

[Signature]

School Name: Monford Maheswari School, Pandalur
 Teachers Name: N. Hanthick Raj
 Year: 2022

DAY	I	II	III	IV	V	VI	VII	VIII
Monday		# II		10		# VII		
Tuesday			I B	B B			10 C	8 C
Wednesday	5 A	5 B		5 C		5 D		
Thursday		I B	5 C	11 E			5 A	5 C
Friday			5 C	5 A	# 5 A		5 A	

N. Hanthick Raj

[Signature]