



Government of Karnataka

Physical Education

Textbook

9th
Standard

(Revised)

Karnataka Textbook Society (R.)

100 Ft. Ring Road, Banashankari
3rd Stage, Bengaluru - 560085.

PREFACE

“If education were identical with information, the libraries would be the greatest sages in the world and encyclopedias would be the rishis. We need life building, man making and character forming education Our country needs men with nerves of steel, muscles of iron and gigantic will which nothing can resist, which can penetrate into the mysteries and secrets of the universe and will accomplish their purpose in any fashion even if it meant going down to the depths of the ocean, meeting death face to face.” – Swamy Vivekananda

Swamy Vivekananda's concept of education could be realized only when the system of education provides opportunities for the learner to train his/her body on healthy lines, acquire useful knowledge and competence to translate this knowledge into producing useful goods and services and a strong spirit with the power of Dhi.

The first aspect of education is taken care of physical education, health education and yoga. All the three form part of the curriculum recently revised, based on the principles of NCF 2005 and KCF 2007. Physical education has been a part of the curriculum from class I to X. It is made formal from class VI.

Accordingly textbook committees have been formed with representation from universities, colleges and schools. The syllabus for each class includes physical exercises, sports, games and yoga. The textbooks provide practical suggestions to the learners about various physical activities, sports and games. “Learning by doing” has been the guiding principle in each of the activities provided.

It is for the first time that Physical Education has been made an examination subject and CCE is extended to this subject. Procedures of evaluation both summative and formative have been evolved. Teachers are going to be trained in these aspects.

The Textbook Society expresses grateful thanks to the Chairpersons, Members, Scrutinizers, Artists and the members of the State Editorial Board for helping the Textbook Society in producing these books. The Society also thanks the printers for bringing out the books in a very attractive form.

Date: 1.3.2013

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CHAIRPERSON'S NOTE

Though it was accepted a century ago that physical education is integral part of education, it was implemented in Karnataka in 2009 only. In this context this curriculum and syllabus were revised in 2012 on the basis of NCF 2005 and KCF 2007, and present textbook is prepared on these lines. Though the short comings of previous syllabus and textbooks are addressed in this edition of textbook, this is not final. There is a need to translate the aims and objectives of physical education in the schools of the state. This is the responsibility of all physical education teachers.

Physical education is mainly associated with psychomotor domain and the objectives are realized through activities on the play field. Therefore the practical part is included in first part of the textbook and the theory related to practical activities is explained in part two. Practical part is divided into 4 divisions namely group games, athletics, yoga and rhythmic activities. Theoretical part is categorized as group games, athletics, yoga, health education and national integration.

In every lesson, basic minimum topics are discussed in detail and activities and project work are also suggested to understand the additional information. The children have not only to master the various skills explained in practical lessons, but they should apply these in practice while playing mentioned in theory lessons.

I express my gratitude to all the members of the committee who worked hard in preparation of this textbook. I thank personally and on behalf of committee, the Director, KTBS, Chief coordinator and officers for their cooperation in bringing out this textbook. I also thank all those who helped directly or indirectly in preparation of this book.

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About the Review of Textbooks

Honourable Chief Minister Sri Siddaramaiah who is also the Finance Minister of Karnataka, in his response to the public opinion about the New Textbooks from standard one to ten, announced, in his 2014-15 budget speech of constituting an expert-committee, to look into the matter. He also spoke of the basic expectations there in, which the Textbook experts should follow: “The Textbooks should aim at inculcating social equality, moral values, development of personality, scientific temper, critical acumen, secularism and the sense of national commitment”, he said.

Later, for the production of the Textbooks from class one to tenth, the Department of Education constituted twenty seven committees and passed an order on 24-11-2014. The committees so constituted were subject and class-wise and were in accordance with the standards prescribed. Teachers who are experts in matters of subjects and syllabi were in the committees.

There were already many complaints, and analyses about the Textbooks. So, a freehand was given in the order dated 24-11-2014 to the responsible committees to examine and review text and even to prepare new text and review if necessary. Afterwards, a new order was passed on 19-9-2015 which also give freedom even to re-write the Textbooks if necessary. In the same order, it was said that the completely reviewed Textbooks could be put to force from 2017-18 instead of 2016-17.

Many self inspired individuals and institutions, listing out the wrong information and mistakes there in the text, had send them to the Education Minister and to the ‘Textbook Society’. They were rectified. Before rectification we had exchanged ideas by arranging debates. Discussions had taken place with Primary and Secondary Education ‘Teacher Associations’. Questionnaires were administered among teachers to pool up opinions. Separate meeting were held with teachers, subject inspectors and DIET Principals. Analytical opinions had been collected. To the subject experts of science, social science, mathematics and languages, textbooks were sent in advance and later meeting were held for discussions. Women associations

and science related organisation were also invited for discussions. Thus, on the basis of all inputs received from various sources, the textbooks have been reviewed where ever necessary.

Another very important thing has to be shared here. We constituted three expert committees. They were constituted to make suggestions after making a critical study of the text of science, mathematics and social science subjects of central schools (N.C.E.R.T), along with state textbooks. Thus, the state text books have been enriched basing on the critical analysis and suggestions made by the experts. The state textbooks have been guarded not to go lower in standards than the textbooks of central school. Besides, these textbooks have been examined along side with the textbooks of Andhra, Kerala, Tamil Nadu and Maharashtra states.

Another clarification has to be given here. Whatever we have done in the committees is only review, it is not the total preparation of the textbooks. Therefore, the structure of already prepared textbooks have in no way been affected or distorted. They have only been reviewed in the background of gender equality, regional representation, national integrity, equality and social harmony. While doing so, the curriculum frames of both central and state have not been transgressed. Besides, the aspirations of the constitution are incorporated carefully. Further, the reviews of the committees were once given to higher expert committees for examination and their opinions have been effected into the textbooks.

Finally, we express our grateful thanks to those who strived in all those 27 committees with complete dedication and also to those who served in higher committees. At the same time, we thank all the supervising officers of the 'Textbook Society' who sincerely worked hard in forming the committees and managed to see the task reach it's logical completion. We thank all the members of the staff who co-operated in this venture. Our thanks are also due to the subject experts and to the associations who gave valuable suggestions.

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PRACTICAL

TEAM GAMES

Lesson - 1

VOLLEYBALL

You learn the following skills in this game.

- Tennis serve
- Setting the ball (upperhand pass)
- Straight smash
- Receiving the ball and rolling

Volleyball is an international game. This game has its own importance in our country. It is followed in the rural areas as well as in the cities. This game can be played in a court which requires a small area. The students develop their physical fitness by playing this game.

I. TENNIS SERVICE

This is a type of service which is very powerful. Since the movement of the hand hitting the ball is similar to the service in tennis, this skill is called 'Tennis service.'

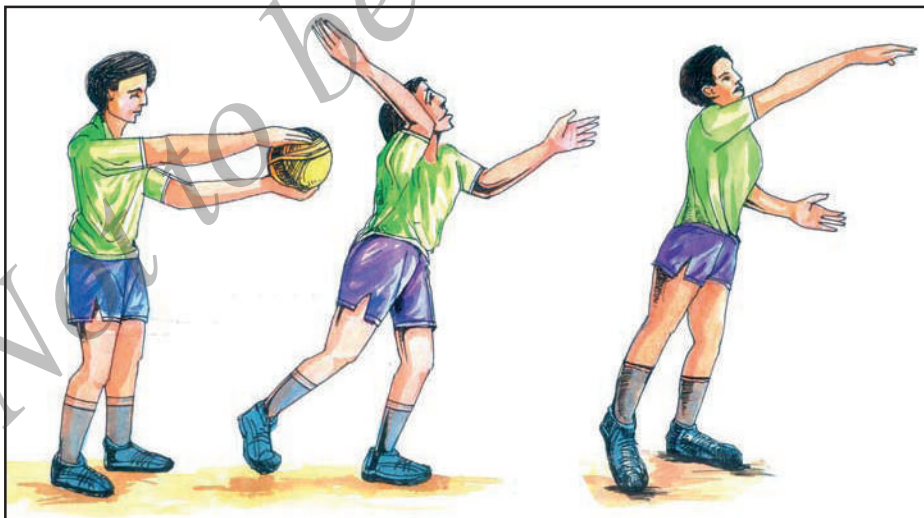


Figure 1.1 Tennis service

1. Stance : The server places the ball on the palm of his left hand which is outstretched in front of his body. The player should stand behind the end line without touching the line and with his left leg forward. The right hand should be positioned above so as to hit the ball. (The above position is for the right handed players. The left handed players make the opposite movements).

2. Execution :

(a) Toss and serving action : The ball should be tossed about 1 to 1.5 feet in front of the forehead. The height of the toss depends on the personal capacity of the player. To make this service more effective, the player arches his upper body backwards with his knees bending a little. The right hand is raised to the shoulder level with the elbow slightly bent. As the ball drops down, the right hand should be withdrawn backwards and with a quick action, swung forward over the shoulder to hit the ball. The left hand is moved normally on the left to maintain balance and coordination. (The left handed players should move the opposite leg and hand).

3. Contact : The ball should be contacted at the back and centre, with the open palm. The bottom of the palm first contacts the ball and then the fingers contact the top of the ball to rotate it forward as it is hit.

4. Follow Through : The movement of the serving hand decides the direction in which the ball travels. As the service is executed the non serving hand moves downward. As the ball is contacted, the body weight is transferred to the front leg and the rear leg moves forward. Immediately the player enters the court and takes part in the further proceedings of the game.

II. SETTING THE BALL (OVERHEAD PASS)

Setting the ball is a very important skill in volleyball. The success of the team depends on the intelligence and ability of the player setting the ball. This skill involves the eye hand coordination and requires a combination of timing and tactics to increase its effectiveness.

1) Stance

- Place one leg ahead in the direction of setting the ball.
- Keep the back straight with the hips and knees bent.
- The head should be lifted up and the eyes focussed on the ball.
- The shoulders should be parallel and in the direction of setting the ball.
- The hands should be above the level of the eyes, arms should be parallel to the ground and about 45° to the shoulders.
- The thumb and the fingers should be formed in the shape of a cup; the ball should be contacted about 10 cm. in front of the forehead and pushed forward and upward.

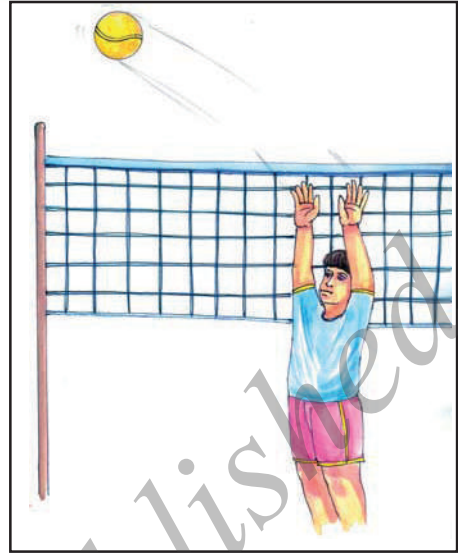


Figure 1.2 Setting the ball

2) Execution

- The following movements should be done while setting the ball. The legs, hips and hands should move in the direction of setting the ball.
- While setting the ball, the force should be generated from the wrist, palms, shoulder, trunk, knees and ankles together.

3) Contact : As the body moves towards the ball, the hands should move upward from the level of the eyes. The ball should be contacted with the thumb and fingers without making a double contact sound, without the ball resting on the fingers and without contacting the ball with the palms.

4) Follow through : After playing the ball decisively toward the target, the arms should be extended and hands should move toward the direction of the pass.

Instructions : After the students are well versed with the front pass, the other variations such as the back pass, the short pass, jump pass, one hand jump pass can be practised. The short, medium, high and wave pass can be learnt according to the situations.

III. STRAIGHT SMASH

The straight smash skill is an exciting smashing skill which is very powerful, attacking and effective and that which is desired by every player.

1) The Approach : The attacker observes the movement of the ball and moves towards it. The attacker should take a minimum of three steps prior to the take off. The player should approach perpendicular to the centre line, the first step should be a small one, the second a little longer and the third still more longer. This movement will help him to jump high into the air easily.

2) The Take off : As the attacker takes his third step (The right handed player should place the right leg and the left handed player the left leg), the rear leg should join the front leg and be ready for the jump. At this moment the arms are swung downward and backward and the knees are bent, ready for the take off.

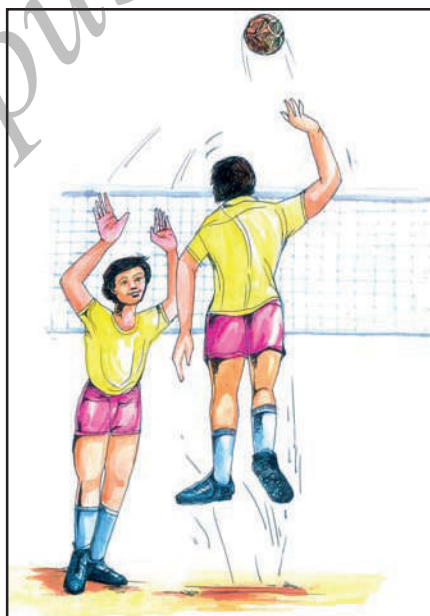


Figure 1.3 Straight smash

3) The Jump : The jump involves the coordination of all the body parts. The explosive action for the jump is generated by the powerful

upward swing of the arms upto the level of the shoulders and the extension of the hips, knees and ankles from a flexed position.

4) The Hitting action : The ball should be contacted at the highest point of take off and with the open palm should be hit downward and forward. The ball should be contacted slightly in front of the shoulders. The hitting hand should contact powerfully on top of the ball. The palm should be completely open. The attacker should arch his trunk backwards in the shape of a bow just before hitting the ball, so as to generate maximum force on the ball.

5) Ball Contact : The ball should be contacted with the palm initially followed by the fingers. Both these actions are completed with the help of the wrist.

6) Follow through and Landing : After hitting the ball, the hitting hand should independently come down. As you land the toes should contact the ground followed by bending of the knees. This prevents the knees from taking the full force of the body weight. By landing in a skilful manner injuries to the knee and ankle joints can be prevented.

IV. RECEIVING THE BALL AND ROLLING

1) Initial position :

- The player stands with his feet in a parallel position and knees slightly bent. The upper body should be bent forward slightly.
- The bodyweight should be distributed equally on both feet. As the player observes the movement of the ball, he should come onto his toes.

2) Contact phase :

- When the ball drops in front extend the power leg in the front as much as possible, when the ball drops to the right place the right leg to the right and as the ball drops to the left place the left leg to the left as much as possible.

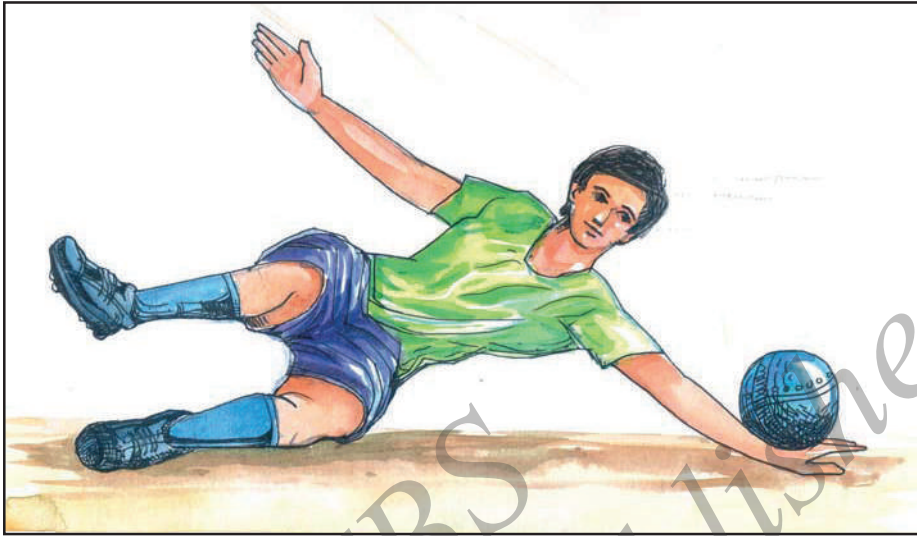


Figure 1.4 Receiving the ball and Rolling

- The player should always be in an alert position and keep his hands close to the legs as he moves in the direction of the ball. The hand on the non playing side should be held normally beside the body to maintain balance.
- When the ball drops in front, the body weight should be more on the front leg, and when the ball drops to either side, the body weight is concentrated on the leg on the side in which the ball is approaching.
- The player should move quickly to bring his body below the level of the ball and play the ball with the wrist (underarm) or with the back of the wrist (the palm is facing the ground).
- The ball should be contacted underneath it and should be hit upwards.
- In order to avoid injury and to maintain balance, and according to the situation, the player may dive in the direction of the approaching ball (front, left or right).

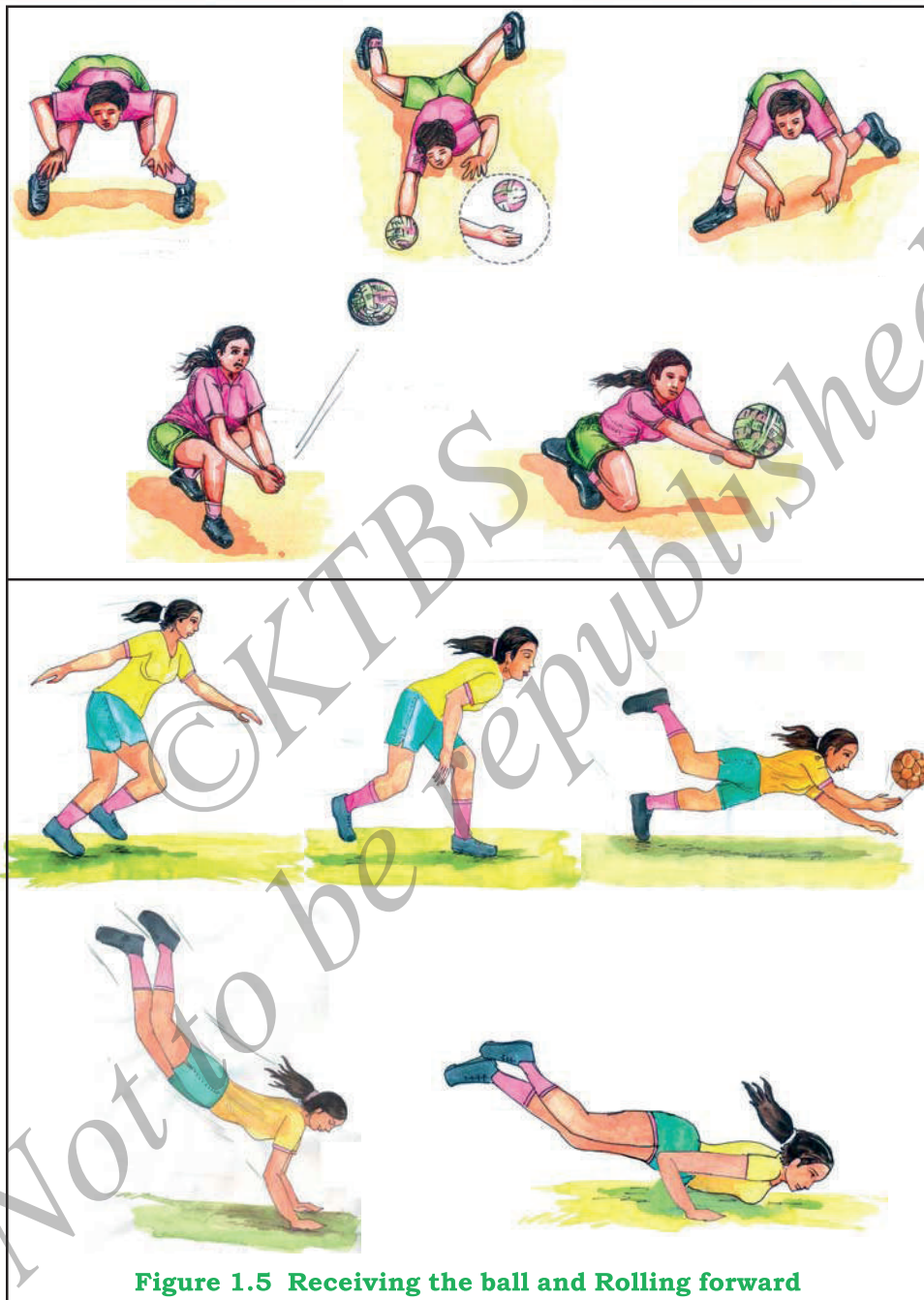


Figure 1.5 Receiving the ball and Rolling forward

Project : With the help of your teacher, prepare lead-up activity to practise the skills of the game.

Lesson -2

HOCKEY

You learn the following skills in this game.

- Straight Hit
- Scoop
- Aerial stop
- Passing – Diagonal pass
- The Goalkeeper's stance

Hockey is our national game. Currently it is a very famous and popular game at the international level. It has got its own importance in India. By learning and practising the skills of this game, the students can develop their physical fitness.

I. STRAIGHT HIT

- 1. Grip** : Hands together 2-3 inches below the top of the stick.
- 2. Placement of the ball** : Keep the ball in front of the left foot toe at a distance of 9" to 12" inches.
- 3. Body Position** : Left leg forward, right leg diagonally behind, body weight on the left leg, knees slightly bent, left shoulder pointing towards the target, forehead over the ball.
- 4. Execution** : Swing the stick back with the wrists bent, the stick head moving up to the shoulder level and with a forward movement of the stick - strike the middle of the ball with the middle of the blade.



Figure 2.1 Straight hit

- 5. Follow through :** After the contact of the ball the wing of the stick should be continued in the line of the ball movement. The weight is transferred to the front foot as the ball is contacted.

II. SCOOP

- 1. Grip :** Two handed open grip. (Left hand at the top of the stick, right hand at the middle or little above the middle of the stick.)
- 2. Ball placement :** Keep the ball towards the right foot thumb in the line at the distance of 9" to 12".
- 3. Body position :** Left foot forward, left foot toe slightly turning towards right side, right foot behind instep of the right foot, face towards the left heel, body weight on the right foot, left shoulder raised, right shoulder down, body squarely towards the target
- 4. Execution :** Flat side of the stick blade should be under and behind the ball, body weight shifted from right foot to left foot with rotation of the trunk, body should be behind and under the ball with crouch position, raise the ball upward and forward
- 5. Follow through :** Move the stick in the direction of the scoop. Transfer the weight to the front (left) leg.

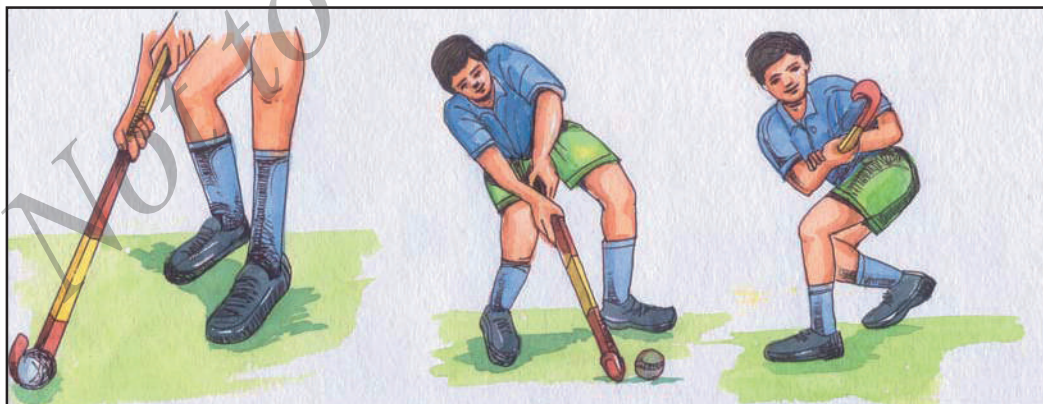


Figure 2.2 Scoop

III. AERIAL STOP

1. **Grip :** Two handed open grip. Left hand at the top and the right hand at the middle of the stick. The stick must be held up so that the stick head is approximately between the waist and the knees depending on the height of the ball.
2. **Body position :** The body must be in line with the ball with the feet comfortably apart to maintain balance. The eyes must be focussed on the incoming aerial ball.
3. **Execution :** Move in line with the ball so that you can stop the ball at or below the waist level. At the moment of stopping hold the stick firmly but loose enough to absorb the impact of the ball and let it drop at the feet. In case the ball is above the anticipated height, without lifting the stick above the shoulder height, hold it horizontally to stop the ball.
4. **Follow through :** After control the ball bring down the stick which is in lefthand.



Figure 2.3 Aerial stop

IV. PASSING – Diagonal pass

Dodging or beating an opponent by transferring the ball to a teammate is called passing. Diagonal passing is one method of passing the ball.

In this pass from a parallel position player 'B' runs to be diagonally ahead and to the left of 'A' and receives the ball pushed by 'A' on the reverse side of the stick. Player 'A' after pushing the ball runs ahead so he is diagonally in front of 'B' and receives it from 'B' on the forehand side. Maintain a horizontal distance of about 10 to 15 mts. This type of pass is useful while running ahead into open spaces thus increasing the speed of attack and beating the opponents.



Figure 2.4 Zig-Zag pass

V. THE GOALKEEPER'S STANCE

The knees should be slightly bent and the back crouched with the head forward, chin above the knees and the knees above the

toes. The feet are close so that there is no gap for the ball to pass through. The hands should be held to the side slightly away from the body and the elbows bent. The palms should be facing forwards. The stick is held in the right hand.



Figure 2.5 Goalkeeper

Project : With the help of your teacher, prepare lead-up activity to practise the skills of the game.

Lesson -3

HANDBALL

You learn the following skills in this game.

- Passing
- Catching the ball
- Shooting
- Dodging
- Goalkeeping

Handball is an international game. It is a game played in a small area and with less equipment. The students will develop their physical abilities by playing this game.

I. PASSING (WRIST PASS) :

- 1. Ball holding and stance :** The ball should be held in the right hand near the waist.
- 2. Execution :** Lift the elbow and turn the palm to the right. The body weight should be on the right foot. Push the wrist forcefully and pass the ball to the right.
- 3. Follow through :** The right arm should be fully extended in the direction of the pass.

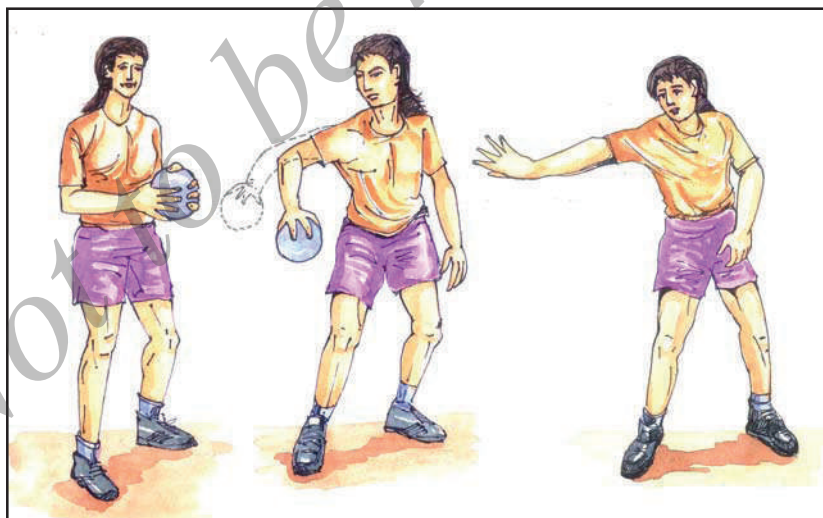


Figure 3.1 Wrist pass

II. CATCHING THE BALL (BELOW THE KNEES)

1. **Stance :** The knees and the trunk should be bent according to the height of the approaching ball. The hands should be extended forwards and downwards towards the ball. The fingers also should be extended forwards.
2. **Execution :** As the ball is gathered with the help of the fingers, the body should be raised.
3. **Follow through :** The player should keep his body erect and withdraw the ball towards the chest.

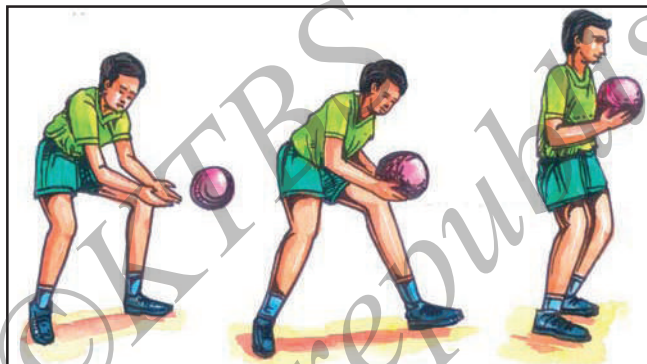


Figure 3.2 Receiving the ball below the knee

III. SHOOTING

A. Jump Shot

This is a shooting skill which is normally used by players with strong shoulders.

1. **Stance :** As the player runs and takes possession of the ball, the left leg is in contact with the ground.
2. **Execution :** Holding the ball firmly a long stride is taken with the right leg followed by another step with the left. The takeoff is taken from the left leg and the right hand is brought up above the head, The body is pushed forward in the air and the ball is released towards the goal.
3. **Follow through :** After releasing the ball, the player lands on the right leg or both the feet together.

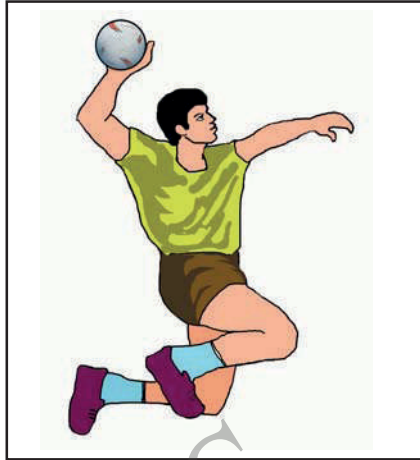


Figure 3.3 Jump shot

B. Dive Shot :

- 1. Stance :** The player should stand with his back to the goal. Hands should be extended forward.
- 2. Execution :** As the ball is received, the trunk should be bent forward. The left leg should be placed in front of the opponents left leg in a diagonal position. Turning to the left and facing the goal, the chest should be pushed forward. Immediately, taking off and diving forward, the ball should be released towards the goal with the right hand.
- 3. Follow through :** After releasing the ball, the player should land on his palms and feet simultaneously and roll on either side.

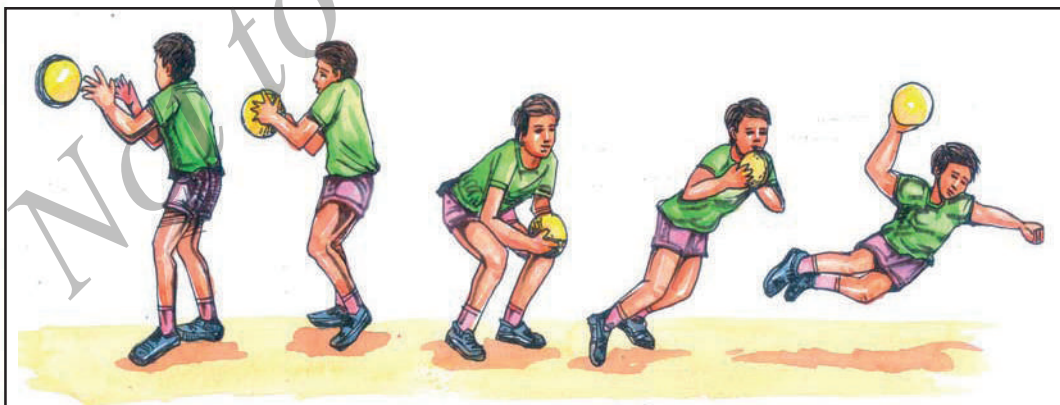


Figure 3.4 Dive Shot

IV. DODGE : Right and Left

A. Right Dodge :

1. **Stance** : The player should receive the ball on his right foot when he is about 2 feet away from the defender.
2. **Execution** : As soon as he receives the ball step forward with the left foot in front of the right shoulder of the defender. At the same time hold the ball with both hands and move to the left. When the defender sways to the left, immediately move the left foot to the outside of the left foot of the defender. Simultaneously move the ball to the right side and taking a decisive step with the left foot jump into the air and shoot or pass with the right hand.
3. **Follow through** : After making the shot or pass, land on both feet, change direction and move forward to receive the ball.

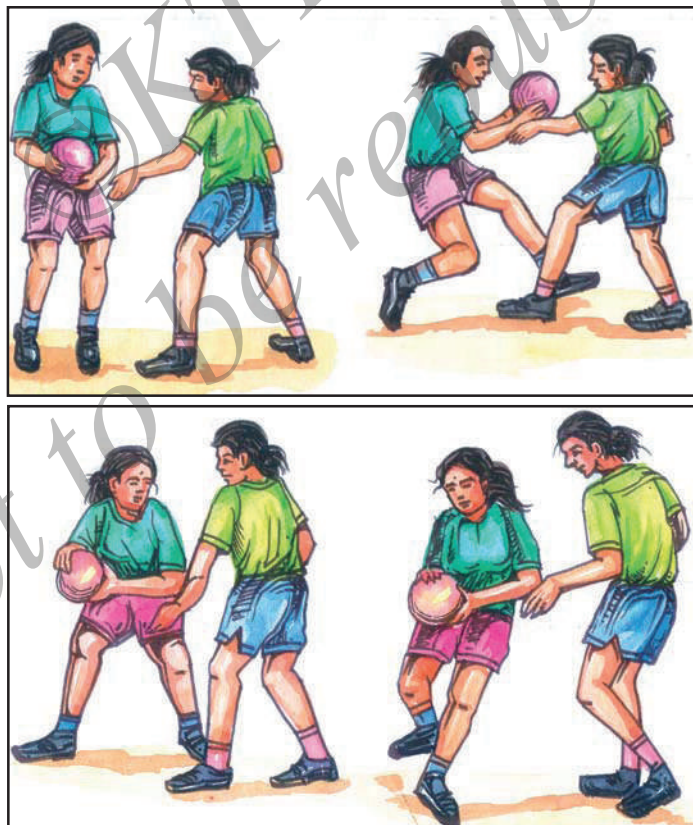


Figure 3.5 Right dodge

B. Left Dodge :

1. **Stance :** The player should receive the ball when he is about 2 feet away from the defender.
2. **Execution :** As soon as he receives the ball step forward with the right foot on the outside of the left foot of the opponent. Hold the ball in both the hands and move it to the right. Keep the left leg in front of the defender's right leg and shift the ball to the left into the left hand, on the left side of the body. Take a step forward with the right leg, simultaneously taking the ball with the right hand; make a short pass by jumping into the air.
3. **Follow through :** After making the shot or pass, land on feet, change direction and move forward to receive the ball.

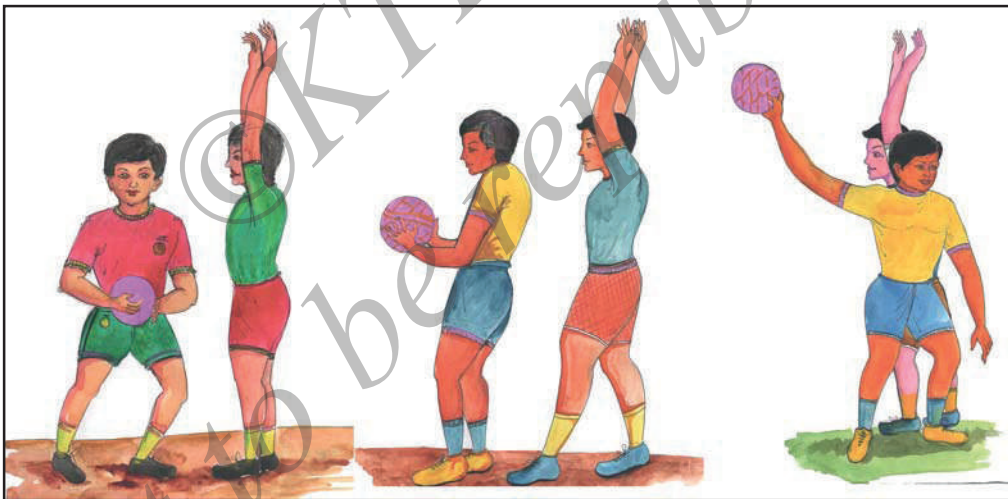


Figure 3.6 Left dodge

V. GOALKEEPING

Stopping the ball above the waist :

1. Step forward toward the direction of the ball.
2. To block the ball coming above the waist level, raise the hands to the height of the approaching ball.

3. Take possession of the ball after blocking it.

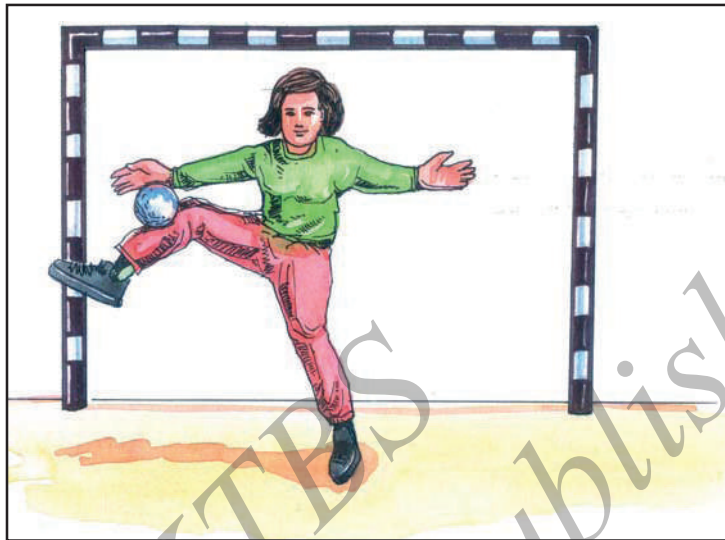


Figure 3.7 Blocking a ball at waist level

Project : With the help of your teacher, prepare lead-up activity to practise the skills of the game.

Lesson -4

BASKETBALL

The following skills will be learn in this game

- Dribbling
- Overhead pass
- Shooting
- Jump shot
- Layup shot

Basketball is an international game. This game can be played indoors as well as outdoors. This game is popular in India.

By learning the skills of the game a student can develop his physical capacity, speed and endurance. This game is played in a court which requires a small area.

I. DRIBBLING

Right handed players should stand in a diagonal position with the left foot forward. The knees should be bent slightly and the player should be looking up. The ball should be pressed downward towards the ground with the extension of the right elbow. As the ball comes up, it should be contacted with the base of the fingers of the right hand and once again pressed downward. The ball should be allowed to bounce to the level just above the knees and the sight should always be ahead.

When moving ahead, the ball is bounced close to the body and the left hand is slightly held up in front of the ball to shield it from the opponents. The ball is bounced upto the knee level when the opponents are close. When the opponents are far away, the ball is bounced upto the waist level. While moving forward, the ball should be bounced ahead in the direction of movement and not on the spot.



Figure 4.1
Dribbling

II. Overhead pass

1. Stance : The ball should be held in both hands over the head and the feet in a diagonal position. The elbows should be pointed

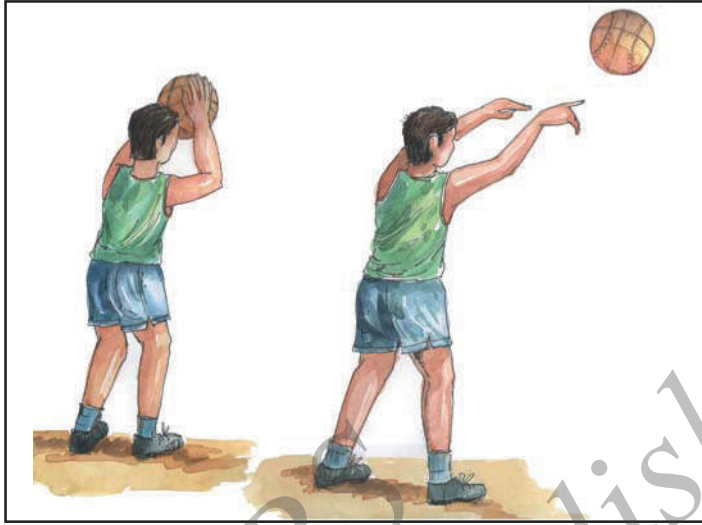


Figure 4.2 Overhead pass

towards the direction of throw and the sight should be on the target.

2. Execution : Shifting the bodyweight from the rear leg to the front leg, the passer should extend his elbows and wrist and release the ball from over the head in a manner convenient to his teammate.

3. Follow through : After passing the ball, the body weight should shift to the front leg and the fingers pointed to the target. In this manner the rear leg is brought front to maintain balance after the pass.

4. Receiving the ball : To get the ball by co-players, move little in the direction of ball, touch the ball by extending hands. When the ball comes in contact with hands, slow down the ball by drawing it towards the body by folding elbows. Take control over the ball and decide on next move.

III. Shooting - One hand set shot

1. Stance : Stand with the feet shoulder width apart and toes pointing forward. The knees should be bent slightly. The shoulders should be relaxed and ball is held in between the ears and the shoulder level. (as shown in the picture).

Right handed players should place the right hand behind and the left hand under the ball. Eyes should be focussed on the target. (as shown in the picture).

2. Execution : As the ball is released, legs, trunk, shoulders and wrist have to be extended in the same sequence. At the same time the wrist and the fingers of the right hand are flexed immediately on release. The ball should be released towards the ring. The ball thus released spins backwards as it travels in the air.

3. Follow through : The right hand is extended. The fingers of the right hand are pointed toward the target and the right palm is facing downwards. The shoulders should be touching the ears.

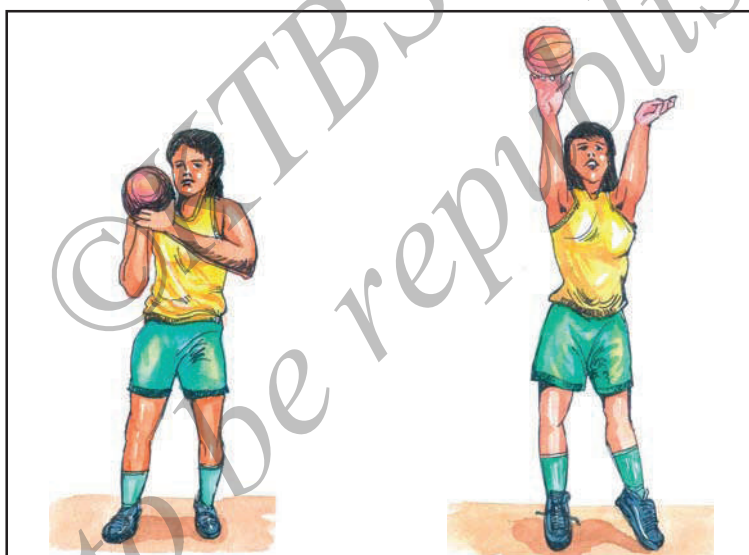


Figure 4.3 One hand set shot

IV. Stopping - Jump Stop

This is a technique of stopping with the ball. The player while dribbling or receiving the pass on the move holds the ball while in the air and comes to a stop with both his feet making contact on the ground simultaneously. In order to balance on his feet, he leans his body backwards on the heels and lowers his centre of gravity by bending his knees.

V. Lay up Shot

This is a skill done in a series of dribbling, step stop and shooting. The right handed players dribble and come towards the back board. At an appropriate distance from the board, while stepping on the right foot the ball is gathered in both hands (or in one hand by more skilled players). The dribbling is stopped at a distance from the board which depends on the height and speed of the dribblers. After holding the ball on the right leg another smaller step is taken on the left. On this step, the left leg is slightly bent and the step is a bit smaller in preparation of the jump. As the players takes off his left leg towards the basket the right leg is bent and lifted upwards. The body, left knee, ankle and right hand holding the ball are extended as the ball is released toward the target. The ball is released in the same wrist and finger action as in shooting. After the release, the player should land on both of his feet together.

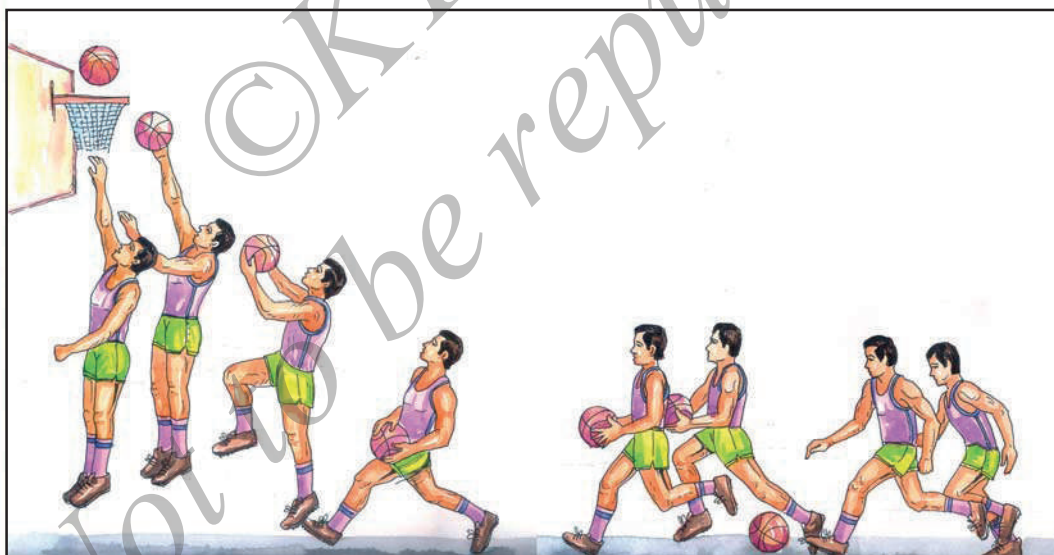


Figure 4.4 Lay up shot

Project : With the help of your teacher, prepare lead-up activity to practise the skills of the game.

Lesson -5

BADMINTON

The following skills are learn in this event

- Placing
- Backhand service
- Backhand receive/return
- Overhead forehand return

Badminton is an international game. It is an indoor game. Badminton is very popular in India. By learning the skills of this game the students can improve their motor abilities like speed, coordination and agility.

I. Placing

This is a tactic used by a player to gain a point especially when playing an equally matched opponent, by using appropriate tactics to deceive him and hitting the shuttle to an empty place on the court. In order to 'place' the shuttle cock, the player observes the speed of the shuttle sent by the opponent, either plays at the same pace or changes the speed of the stroke, and depending on which handed player his opponent is, uses deception to drop the shuttle cock in the opponent's court. This is a very important play in order to earn points and win the game. This also makes the game exciting. Importantly placing should result in earning a point against the opponent.

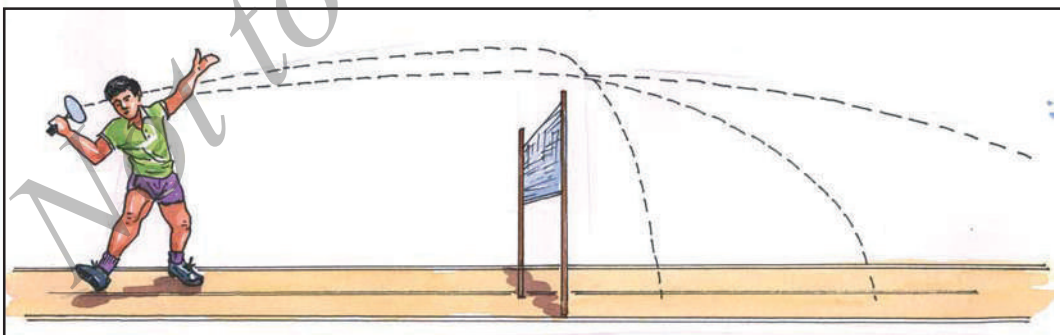


Figure 5.1 Placing

II. Backhand service

1. **Grip and Stance :** The right handed player should keep his left leg front, racket in the right hand, held across the body with the back of the hand facing the net. The shuttle cock is held in front of the racket head in the left hand.
2. **Execution :** Release the shuttle from the left hand and hit it with the back of the racket so that it just sails over the net.
3. **Follow through :** As soon as the shuttle is hit bring the left leg forward so that the legs are parallel, raise the racket head and get ready to receive the shuttle returned from the opponent's court.

III. Backhand receive/return

1. **Grip and Stance :** The right handed player holds the racket in front and middle of his body in his right hand, with the bodyweight distributed on both his feet.
2. **Execution :** Stepping forward with his right leg or backward with his left leg, he should bring the racket to the left of the body and should hit the shuttle which is coming to his left with the back of the racket.

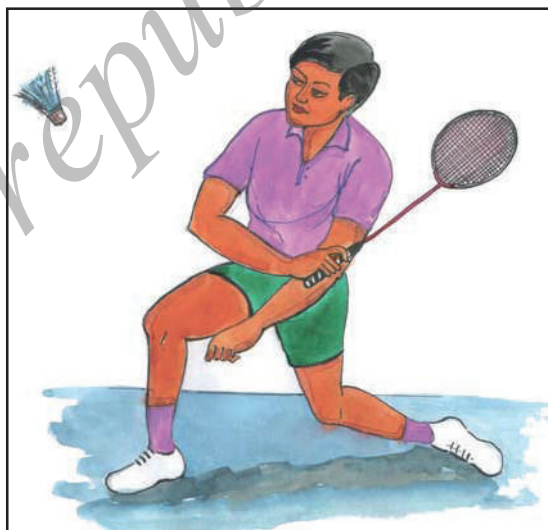


Figure 5.2 Backhand return

3. **Follow through :** As soon as the shuttle is hit get the feet together and parallel, and get ready to receive the shuttle returned from the opponent's court.

IV. Overhead forehand return

This is a skill to return the shuttle which is coming high and over the player's head, back to the opponent's court.

- 1. Grip and Stance :** The right handed player keeps his left leg forward, holds the racket in his right hand over his head. The body weight is on his right leg and gets ready to receive the shuttle.
- 2. Execution :** He observes the shuttle coming over his head, and when it comes within his reach (above and slightly behind his head) hits it powerfully so that it crosses over the net to the opponent's court. As he hits the shuttle the body weight is transferred to his left leg.
- 3. Follow through :** He gets the right leg parallel to the left leg, gets the racket down in front of his body and gets ready to receive the shuttle returned from the opponent's court.

Project : With the help of your teacher, prepare lead-up activity to practise the skills of the game.

ATHLETICS

Lesson -6

TRIPLE JUMP

The following skills are learn in this event

- Marking the check mark
- Approach run and take off
- The first leap – Hop
- The second leap – step
- The third leap – jump
- Landing

There are many events in athletics. Triple jump and Javelin throw are two of the important events. Triple jump will be learnt in this lesson and javelin throw will be learnt in the next lesson. Triple jump is a special field event. It consists of three kinds of leaps – the hop, step and jump. One should keep in mind that this is an event where the hop, step and jump should be done in the proper sequence.

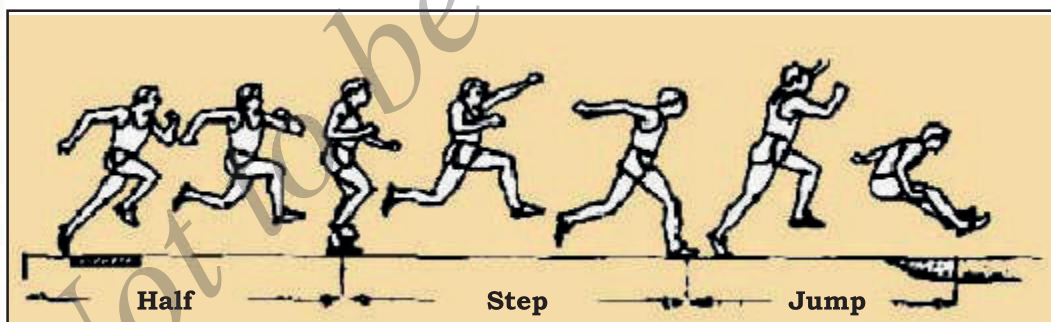


Figure 6.1 Method of jumping triple jump

1. Taking the check mark :

The athlete marks a specific spot (check mark) on the runway behind the board from where he starts his approach run.