

# PHYSICAL EDUCATION

## 10<sup>TH</sup> STANDARD PRACTICAL E-LEARNING PROGRAM

SL. NO.	CHAPTER	<b>CLICK ON THE BOXES</b>	
01	VOLLEY BALL	<a href="#"><u>FLOATING SERVE</u></a>	<a href="#"><u>BODY TURN AND SMASH</u></a>
		<a href="#"><u>BLOCK AND ITS VARIATIONS (SINGLE BLOCK AND DOUBLE BLOCK)</u></a>	
02	HOCKEY	<a href="#"><u>LONG CORNER</u></a>	<a href="#"><u>PENALTY CORNER</u></a>
		<a href="#"><u>PENALTY STROKE</u></a>	<a href="#"><u>GOALKEEPING</u></a>
03	HAND BALL	<a href="#"><u>POSITIONAL PLAY</u></a>	<a href="#"><u>REVERSE PASS</u></a>
		<a href="#"><u>SHOT</u></a>	<a href="#"><u>PIVOT DODGE AND DEFENDING THE GOAL ON THE CORNERS</u></a>

04	BASKETBALL	<u>BOUNCE PASS</u>	<u>JUMP STOP</u>
		<u>JUMP SHOT</u>	<u>ATTACK AND DEFENSIVE TACTICS</u>
05	BADMINTON	<u>FOREHAND SMASHING</u>	<u>BAKHAND SMASH</u>
		<u>RALLY</u>	<u>TACTICS</u>
06	HURDLES RACE	<u>START TECHNIQUE</u>	<u>APPROACHING THE FIRST HURDLE</u>
		<u>TAKE OFF</u>	<u>HURDLE CLEARANCE RACES ,</u>
		<u>MOVEMENT OF THE TRAILING LEG AND LANDING</u>	<u>RUNNING BETWEEN THE HURDLES</u>

<b>07</b>	<b>WALKING</b>	<u>MOVEMENT OF HANDS</u>	<u>LEGS AND FEET</u>
		<u>TECHNIQUE OF WALK</u>	
<b>08</b>	<b>DISCUS THROW</b>	<u>HOLDING THE DISCUS AND STANDING THROW</u>	<u>HOLDING THE DISCUS AND TURNING</u>
		<u>INITIAL SWINGING AND TURNING WITHOUT THE DISCUS</u>	<u>INITIAL SWINGING AND TURNING WITH THE DISCUS</u>
		<u>RELEASE AND MAINTAINING BALANCE</u>	
<p><b>AVAILABLE</b>  <a href="http://kpeta.weebly.com">http// kpeta.weebly.com</a></p>			

09	YOGASANA	ARDH CHAKRASA NA	GARUDASAN A	PRASARITHA PADOTTHAN ASANA
		ANGUSHT HASANA	VAJRASANA	BAKASANA
		SUPTA VIRASANA	PARYANKASA NA	BHUJANGASAN A
		PARI POORNA NAVASANA	SIMHASANA	MAYURASANA
10	N.D.S. LAZIUM	AAGE KI MOR CHAL	CHAUMUKHI MOR CHAL	
11	AEROBICS	LOW IMPACT MARCH ON THE SPOT	MARCH FORWARD	STEPS TO THE SIDE
		DOUBLE STEPS	T SHAPE STEPS	V STEPS
		STEP TOUCH IN THE FRONT AND BACK	GRAPE VINE WITH PIVOT	MsAMBO

		<u>MAMBO WITH PIVOT ON LEFT FOOT</u>	<u>CHA CHA CHA</u>
		<u>KNEE RAISE AND HAND RAISE</u>	
<b>12</b>	<b>DRILL AND MARCHING</b>	<u>OPEN ORDER MARCH</u>	<u>CLOSE ORDER MARCH</u>
		<u>RIGHT TURN LEFT TURN</u>	<u>LEFT TURN</u>
		<u>GIVE THE LETTER TO THE OFFICER AND RECEIVE PRIZE</u>	<u>SALUTE TO THE GUEST</u>
<b>13</b>	<b>SELF DEFENCE TECHNIQUES</b>	<u>UPWARD PUNCH</u>	<u>MIDDLE PUNCH</u>
		<u>LOWER PUNCH</u>	<u>HACKING WITH PALM</u>
		<u>OPEN PALM PUSH</u>	<u>PRICKING FROM FINGER</u>

13	SELF DEFENCE TECHNIQUES	<u>ELBOW PROCEDURE-1</u>	<u>ELBOW PROCEDURE-2</u>
		<u>ELBOW PROCEDURE-3</u>	<u>SNAP KICK</u>
		<u>FRONT KICK</u>	<u>SIDE KICK</u>
		<u>BACK KICK</u>	<u>KNEE KICK</u>
		<u>BLOCKS</u>	<u>DEFENCE FROM ATTACKERS GRIP</u>
		<u>USING AVAILABLE MATERIALS</u>	<u>USING NOTE BOOK FOR SELF DEFENCE</u>
		<u>USING BAG FOR SELF DEFENCE</u>	

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**NATIONAL  
INTEGRATION**

**VANDE MATARAM SONG**



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