

PHYSICAL EDUCATION

8TH STANDARD PRACTICAL E-LEARNING PROGRAM

SL. NO.	CHAPTER	CLICK ON THE BOXES		
01	VOLLEYBALL	<u>UNDER HAND PASS</u>	<u>UPPER HAND PASS</u>	<u>UUNDER HAND SERVICE</u>
02	HOCKEY	<u>HOLDING THE STICK</u>	<u>STRAIGHT PUSH</u>	<u>STRAIGHT STOP</u>
		<u>INDIAN DRIBBLIN G</u>	<u>REVERSE PUSH</u>	<u>PARALLEL PASS</u>
03	HAND BALL	<u>BASIC STANCE</u>	<u>CATCHING THE BALL</u>	<u>SHOOTING</u>
		<u>GOLKEEPE R STANCE</u>	<u>STOPPPIN G THE HTGH</u>	<u>DEFENSIV E PLAYER</u>
		<u>PASSING</u>	<u>PASSING WITH DRIBBLIN</u>	<u>BALL STOPPING</u>

04	BASKETBALL	STANCE	DRIBBLING	RECEIVING THE BALL
		PIVOTING	HOLDING THE BALL	CHEST PASS
		STEP STOP	SHOOTING	
05	BADMINTON	FOOTWORK OF PLAYERS	HOLDING THE RACKET	
		FORE HAND SERVICE	FORE HAND RECEIPT /	
06	MIDDLE AND LONG DISTANCE RACES	ARM AND LEG MOVEMENT	SEMIROUCH START AND BODY	
		FINISH STRATEGIES	STRATEGIES FOR RACE	
07	HIGH JUMP	STRADDLE TECHNIQUE	TAKE OFF	PARALLEL STRADDLE
		DIVE STRADDLE	LANDING	

08	GHATI LAZIUM	<u>ATH THOK</u>	<u>TAL SE KADAM</u>	<u>PEECHE PAV</u>
		<u>AGEY PAV</u>	<u>PAVITHRA</u>	<u>KUDAN PAVITHRA</u>
		<u>FORE HAND SERVICE</u>		
09	DRILL AND MARCHING	<u>LINE DIVISION</u>	<u>THEEN LINE ME TEJ CHAL</u>	<u>TEJ CHAL ME THAM</u>
10	YOGASANA	<u>PARSHWA KONASANA</u>	<u>PARIVRAT A THRIKONA S</u>	<u>ARDHA CHAKRASANA AAA</u>
		<u>USHTRASANA A</u>	<u>ARDHA MATSYEND RASANASA A</u>	<u>GOMUKHASANA NA</u>
		<u>PASHCHI MOTHANA ASANA</u>	<u>ARDHABADDH A PACHIMOTHANA NASANA</u>	<u>MATSYASANA A</u>
		<u>SARVANG ASANA</u>	<u>RAJAKAPOT ASANA</u>	<u>DHANURASANA NA</u>

11	PRANAYAMA	<u>ANULOMA</u> <u>VILOMA</u>	<u>CHANDRANUL</u> <u>OMA VILOMA</u>	<u>SURYNULOM</u> <u>A VILOME</u>
12		<u>DYANA</u>		
13	NATIONAL INTEGRATION SONG	<u>PUNYA BHARATHA</u>		



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