

PHYSICAL EDUCATION

9TH STANDARD PRACTICAL E-LEARNING PROGRAM

SL. NO.	CHAPTER	CLICK ON THE BOXES		
01	VOLLEY BALL	<u>TENNIS SERVE</u>	<u>STRIGHT SMASH</u>	
		<u>SETTING THE BALL</u>	<u>RECEIVING THE BALL & ROLLING</u>	
02	HOCKEY	<u>STRIGHT HIT</u>	<u>SCOOP</u>	<u>AERIAL STOP</u>
		<u>PASSING (DIAGONA</u>	<u>GOALKEEPERS STANCE</u>	
03	HAND BALL	<u>BASIC</u>	<u>CATCHING THE BALL</u>	<u>SHOOTING</u>
		<u>DODGIN G</u>	<u>GOALKEEPING</u>	

04	BASKETBALL	<u>DRIBBLING</u>	<u>OVERHEAD PASS</u>	<u>SHOOTING</u>
		<u>JUMP SHOT</u>	<u>LAYUP SHOT</u>	
05	BADMINTON	<u>PLACING</u>	<u>BACKHAND SERVICE</u>	
		<u>BACKHAND RECEIVE/RETURN</u>	<u>OVERHEAD FOREHAND RETURN</u>	
06	TRIPLE JUMP	<u>MARKING THE CHECK MARK</u>	<u>APPROACH RUN AND TAKE OFF</u>	<u>SECOND LEAP-STEP</u>
		<u>THIRD LEAP - JUMP</u>	<u>LANDING</u>	
07	JAVELIN THROW	<u>MARKING THE CHECK MARK</u>	<u>INITIAL RUN AND CARRYING THE JAVELIN</u>	
		<u>FIVE STEP RHYTHM</u>	<u>FOLLOW THROUGH</u>	

AVAILABLE

<http://kpeta.weebly.com/>

08	YOGASANA	<u>HASTHAP ADANGUS HTASANA</u>	<u>UTHANASAN A</u>	<u>URDVA HASTHOTHA NASANA</u>
		<u>UTHITHA EKAPADA BADHA</u>	<u>BADHA KO NASANA</u>	<u>GORAKSHA SANA</u>
		<u>KUKKUTAS ANA</u>	<u>KURMASANA</u>	<u>HALASANA</u>
		<u>EKA IKA PADA HALASANA</u>	<u>NAVASANA</u>	<u>CHAKRASANA</u>
09	PRANAYAMA	<u>CHANDRABHEDAN A PRANAYAMA</u>	<u>SURYABHEDA NA DDANAYAMA</u>	
		<u>NADI SHODHANA PRANAYAMA</u>	<u>UJJAYI PRANAYAM A</u>	
<p>AVAILABLE</p> <p>http://kpeta.weebly.com/</p>				

08	N.D.S. LAZIUM	<u>DAHINE</u> <u>BAAYE</u> ಡಾಹಿನ್ ಬಾಯೆ	<u>DAHINE</u> <u>BAAYE</u> ಡಾಹಿನ್ ಬಾಯೆ	<u>AAGE KI</u> <u>HARKAT</u>
		<u>JUKUNA</u> <u>HARKAT</u>	<u>AAGE KI</u> <u>JUKNAA</u> ಆಗೇ ಕಿ ಜುಕನಾ	<u>HARKAT</u> <u>BHARAT</u> ಹಾರ್ಕಾತ್ ಭಾರಾತ್
		<u>BHARATH</u> <u>MATHA KI</u> ಭಾರಾತ್ ಮಾತಾ ಕಿ	<u>CHAKKAR</u> <u>UR</u> ಚಾಕರ್ ಆರ್	
09	DRILL AND MARCHING	<u>QUICK</u> <u>MARCH IN</u> ಕ್ವಿಕ್ ಮಾರ್ಚ್ ಇನ್	<u>CHANGE</u> <u>STEP</u>	<u>LEFT TURN</u> <u>IN QUICK</u>
		<u>ABOUT TURN</u> <u>IN QUICK</u> ಅಬೌಟ್ ಟರ್ನ್ ಇನ್ ಕ್ವಿಕ್	<u>RIGHT</u> <u>SALUTE</u>	
13	NATIONAL INTEGRATION	<u>NITHYOTSAVA SONG</u>		



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