

273

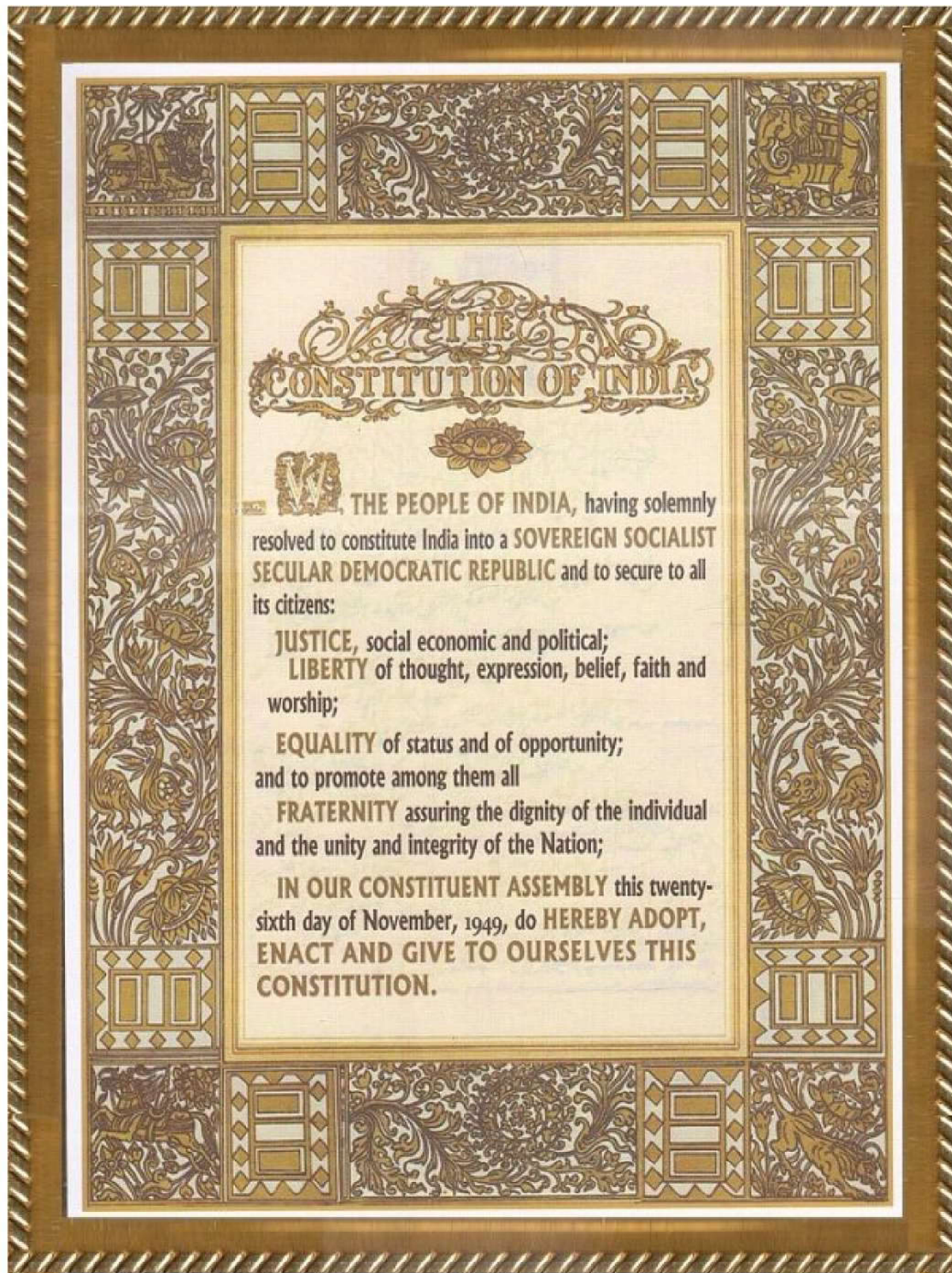
Secondary Course

PHYSICAL EDUCATION PRACTICAL MANUAL



NATIONAL INSTITUTE OF OPEN SCHOOLING

Preamble of the Constitution of India



273

Secondary Course

PHYSICAL EDUCATION PRACTICAL MANUAL



NATIONAL INSTITUTE OF OPEN SCHOOLING

An autonomous institution under the Ministry of Education (MoE),
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A Word With You

Dear Learner,

This course is designed to provide comprehensive knowledge and understanding of physical education, tailored specifically for Agniveers currently serving for the nation and various other students opting for secondary school education through open school system offered by NIOS with interest in physical activities, fitness, sports and yoga. The curriculum aims to equip learners with the necessary theoretical knowledge and practical application of physical education, health, sports and yoga for wellbeing and holistic life.

The subject offered is inspired from the National Education Policy (NEP) 2020 which emphasizes on the importance of sports, health, fitness and yoga as integral components of education. NEP 2020 aims to create a holistic and well-rounded education system that includes physical education as a core subject. This policy recognizes that physical fitness and sports are crucial for the overall development of students, promoting not only physical health but also mental and emotional well-being. By integrating physical education as a subject, NIOS seeks to foster as an educational institution which is inline with the new education policy and seek to contribute towards the vision and mission of Viksit Bharat 2047.

This present subject focus on developing a strong foundation for future career aspirants in physical education, sports, exercise and fitness at later stage of their education. It will provide students with the knowledge and understanding necessary to pursue various career paths through professional courses in the field of physical education, health, sports and yoga in future. By completing this course, students will be aware about the concepts of physical education, health education, sports education and yoga which can contribute to the growing field of physical education and promote a healthier, more active society.

We hope this course will inspire and motivate you to promote physical education, fitness, exercise, sports and yoga among the society. Let's embark on this journey towards a healthier and more active lifestyle!

NIOS Team

How to use the Study Material

Congratulation! You have accepted the challenge to be a self-learner. NIOS is with you at every step and has developed material in Physical Education with the help of a team of experts, keeping you in mind. A format supporting independent learning has been followed. If you follow the instructions given, then you will be able to get the best out of this material. The relevant icons used in the material will guide you. These icons have been explained below for your convenience.

Title: will give a clear indication of the contents within. Do read it.



Introduction: This will introduce you to the lesson linking it to the previous one.

Objectives: These are statements that explain what you are expected to learn from the lesson. The objectives will also help you to check what you have learnt after you have gone through the lesson. Do read them.



Content: Total content has been divided into sections and subsections. Section leads you from one content element to another and subsections help in comprehension of the concepts in the content elements.

Notes: Each page carries empty space in the side margins, for you to write important points or make notes.



Intext Questions: Very short answer self check questions are asked after every section, the answers to which are given at the end of the lesson. These will help you to check your progress. Do solve them. Successful completion will allow you to decide whether to proceed further or go back and learn again.



What You Have Learnt: This is the summary of the main points of the lesson. It will help in recapitulation and revision. You are welcome to add your own points to it also.



Terminal Exercises: These are long and short questions that provide an opportunity to practice for a clear understanding of the whole topic.



Do You Know: This box provides additional information. The text in boxes is important and must be given attention. It is not meant for evaluation, but only to improve your general knowledge.



Answers : These will help you to know how correctly you have answered the questions.



Activities: Certain activities have been suggested for better understanding of the concept.

Content

1 Skill of Athletics Events	
i) Sprint	1
ii) Middle Distance	2
iii) Long Distance	4
iv) Jumping - Long Jump	5
v) High Jump	7
vi) Triple Jump	8
vii) Throwing Events (Discus)	9
viii) Throwing Events (Javelin)	11
ix) Throwing Events (Shot Put)	13
2 Skills of any one Team/Individual Sports	
i) Table Tennis	15
ii) Kabaddi	17
iii) Handball	21
iv) Cricket	23
v) Kho-Kho	25
3 Combative Sports	
i) Boxing, Karate, Taekwondo	27
ii) Judo	31
4 Yog Practical-I	33
• Sukshma Vyayama - Leg Joints	
i) Toe Bending	34
ii) Ankle Bending	35
iii) Knee Bending	36
• Sukshma Vyayama -Hand and Neck Joints	38

i) Elbow Bending	39
ii) Shoulder Rotations	40
iii) Neck Bending	41
iv) Neck Twisting	42
v) Neck Rotation	43
• Surya Namaskar	45
• Asana	
i) Seated- Siddhasana	50
ii) Standing- Triyak Tadasana	53
iii) Spinal Twisting - (a) Kati Chakrasana	56
(b) Vakrasana	59
iv) Forwarding bending - (a) Shashankasana,	62
(b) Padhastasana (Hand to Foot Posture)	65
v) Inverted Asana - Viparit Karni	67
vi) Balancing Asana - Vrikshasana	70
5 Yog Practical-II	73
• Shatkarma	74
i) Jihvamool Dhauti	74
ii) Trataka	77
iii) Kapal-bhati	80
• Yogic Breathing	82
• Pranayama-	85
i) Nadishodhan Pranayama	85
• Mudra -	87
i) Nasikagra Mudra	87
• Bandha -	89
i) Moolbandh	89
• Meditation -	
i) Breathing Awareness	92