

## Semester I Practicum

### MPCC-104 ADVENTURE ACTIVITIES/ MASS DEMONSTRATION ACTIVITIES- LEZIM, DUMB-BELL, UMBRELLA, TIPRI, WANDS, HOOPS/ MALKHAMBH

**ADVENTURE ACTIVITIES:** Trekking, Wall climbing, River crossing, Mountaineering, etc

**MASS DEMONSTRATION ACTIVITIES-** lezim, dumb-bell, umbrella, tipri, wands, hoops, free arms drill, folk dances, etc. (*Students are expected to learn and organize mass drill in school situation*)

- Apparatus/ Light apparatus Grip
- Attention with apparatus/ Light apparatus
- Stand – at – ease with apparatus/ light apparatus
- Exercise with verbal command, drum, whistle and music – Two count, Four count, Eight count and Sixteen count.
- Standing Exercise ○
- Jumping Exercise ○
- Moving Exercise
- Combination of above all

**MALKHAMB:** Table of Exercises on Malkhamb should be prepared internally for teaching .

### General out-line of the contents of teaching of theory of Games and Sports

Introduction of the game/sport and historical development with special reference to India, Orientation of the students to the play area and equipment used in the game/sport, Important tournaments held at National and International levels, Distinguished sports awards and personalities related to the Game/sport. Warming-up- General free hand exercises, specific work out using equipment. Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.