

Sports

SPORTS ACTIVITIES TO CREATE BASE TO SPOT THE YOUNG TALENT FOR SPECIFIC SPORT DISCIPLINE

AIM: General Physical Fitness:- General Endurance, Strength, Speed, Flexibility and Co-ordinative abilities.

General Endurance:

Walking, Jogging, Long Strides, Running (Different Distances), Recreational Games – Football, Handball, Volleyball, Basketball, Tug of War, Skipping Rope etc.

General Strength:

Exercises with own body weight and with equipments:

- Push ups Maximum, 30 seconds
- Chin ups Maximum 30 seconds
- Sit ups Maximum 30 seconds
- Broad Jump
- Throws with Medicine Ball and Shot Puts with different weight.

General Speed:

Re-action exercises (Recreation games), 30 Mtr sprints.

Flexibility:

With Free exercises & with hold and Stretch Method.

Co-ordinative Abilities:

With Free exercises, Ladder and with minor games.

- Activities should be designed on the basis of principal of growth and development.
- Record of abilities may be maintained for monitoring.
- Competition should be organized among the students.
- Play ground/equipments and Sports Equipment Stock Register should be maintained.

Safety precaution must be considered during all the sports activities.