

Date

PRACTICAL RECORD

Serial No.

STAND - I SPORTS/GAMESRunningIntroduction

Running is an activity we do often in our life. When we need to get somewhere fast, we use our legs to move quickly and propel our body forwards at the highest speed we can attain. Running, as one of the primary components of the track-and-field events, uses this physical action in a strategic manner to win a race. The sprinters do not simply move quickly from one place to another. They pose themselves at the straight line, wait for the signal of ON YOUR MARKS-SET-GO keep to their assigned backs and with the adjustments of their speed, try to touch the finish line before their competitors do.

Rules of Running

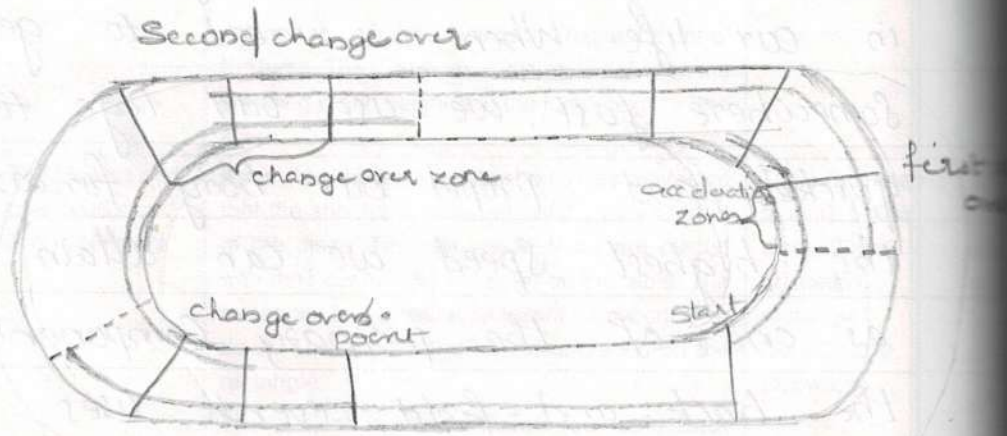
- > Runners may use spiked shoes for enhancing their performance

PRACTICAL RECORD

Stand 4 Sports/ Games

Running

Introduction



400m track for relay race

Remarks

Suyana
Signature

Date _____

> All runners must finish the race. Failure to do so will result in loss of points.

> For distance shorter than 800m, the sprinter crouch before the finish line at the command of 'SET' with their hands touching the ground. For 800m distance runs and longer, the sprinter start in the standing position. Their hands cannot touch the ground.

SPACE - TASK - EQUIPMENT

Use STEP to modify running activities so that all the students are included. Try these modifications or devise your own.

Space

> Increase or decrease the distance over which the students are going to run. Keep the finish line in the same position and change the position of the start.

Date

PRACTICAL RECORD

Serial No.

> Students with visual impairments can be helped by a sighted runner guiding them.

> For wheelchair users, the designated lane might be enlarged to give them enough space.

Task

> Let the students explore different ways of moving.

> Let students use standing starts instead of crouching starts. For wheelchair users, suggest rolling starts.

> Use visual signals like coloured flags to start a race for students with hearing impairments.

Purpose of the activity

To take part in activities that make the students go further, higher or faster.

Date

PRACTICAL RECORD

Serial No.

Outcome of the Activity

- > Commitment to training
- > Willingness to Concentrate and practice for improvement.
- > Ability to set and meet personal targets

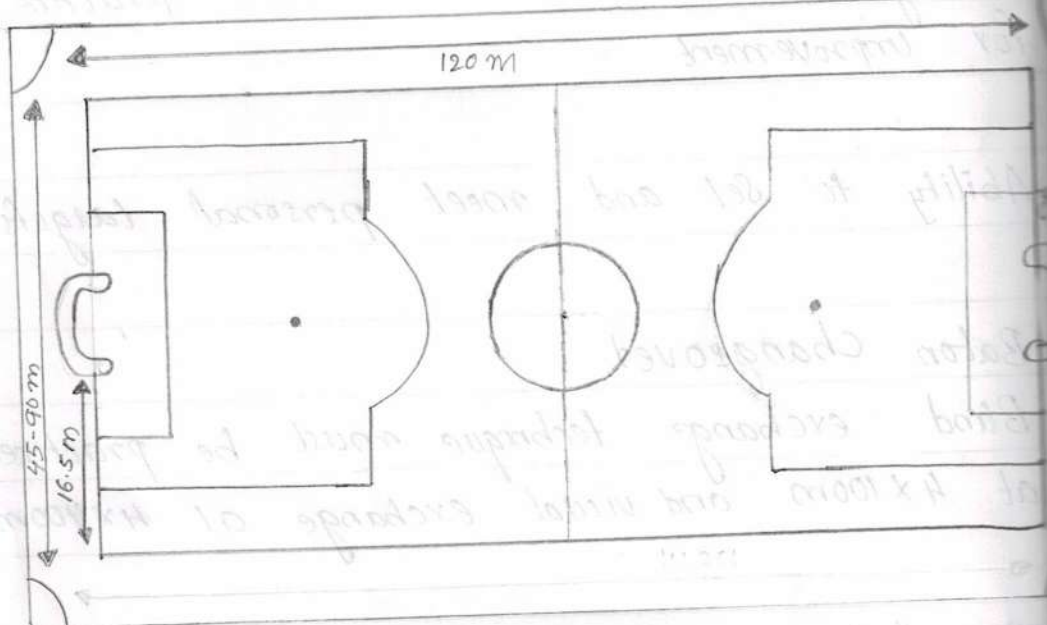
Baton Changeover

- > Blind exchange technique must be practiced at 4x100m and visual exchange at 4x400m
- > The baton must be exchanged when both runners are running at their maximum speed
- > Use the downsweep method of passing the baton, passing it from right hand to left hand
- > The outgoing runner holds the hand high and flat to receive the baton

Sanya
15/12/2019

Outcome of the Activity
Commitment to Learning

Willingness to Confront and Practice



the loton must be exchanged when both
concern are occurring at their maximum speed

Use the downswing method of joining the
loton, passing it from right hand to left
hand

the joining must be the first right
and flat to secure the loton

Remarks

Signature

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PRACTICAL RECORD

Serial No.

Team Game

Introduction

Football, also known as soccer, is perhaps the world's most thrilling sport. It is an invasion game played between two teams of 11 players each: the goalkeeper and 10 field players. The game is held in a rectangular field having 2 sides. In the middle of each end line, there is a goal post for scoring goals, which the goalkeeper defends. The field players move the ball using their feet, head or torso to attack, defend, or pass the ball to another player. It is the task of the field players to score goals by sending the ball inside of the goalpost while the goalkeeper ensures the incoming ball is intercepted.

Rules of football

- > Field players cannot handle the ball with their hands during play.

Date

PRACTICAL RECORD

Serial No.

> The duration of the game is 90 minutes with a 15 minutes break between the 2 halves.

> The word of the referee is the law in football

SPACE - TASK - EQUIPMENT

Use STEP to modify football activities so that all the students are included.

Space

> Increase or decrease the space between the sender and the receiver. If the players are close to each other, they get more reaction time. If they are farther apart they pass more accurately

Increase the playing space so the students can move more.

Decrease the size of the space so the students can develop their passing skills.

Date

PRACTICAL RECORD

Serial No.

TASK

Games Playing

- > There should be one or more unmarked players on each side, who can be free and ready for a pass
- > Students with similar abilities can play in their own zones
- > keep some tackle-free zones

Purpose of the Activity

To play with others using both individual and team skills and strategies and to invade the opposition's space to score more points

Outcomes of the Activity

The outcome of participating in these activities will be :

- > Team spirit
- > Cooperation
- > Communication
- > focus on winning

31/12/19

Date

PRACTICAL RECORD

Serial No.

PROJECT 2

Dignity of Labour

PROJECT FOCUS: Empathy and Compassion

Target point

It is important that students learn to respect all jobs from an early age. Instead of looking down upon people who engage in physical labour to earn money, we should learn to value their dignity. Through this very hard work, they make our lives comfortable

Project process

- > Students should be divided into groups of 10 members or so
- > Groups will begin with brainstorming sessions among themselves
- > Teacher students can share stories, personal or otherwise, highlighting the theme