Practical work

1	**Physical Fitness** • Training Methods : Circuit Training, Weight Training, Plyometric Training, Fartlek Training, Obstacle course, Aerobics / Zumba, ABC Drills, etc. **Suggestions :** While practicing these training methods, one should know the number of sets, order of rotations, relaxation between two sets, intensity, variety, complexity and integration of the two exercises accordingly.
2	**Athletic Events (compulsory)** • Running - 100m / 200m / 400m any one; 800m / 1500m any one • Throwing and jumping events - Practice any one throw and one jump. In addition to this practice other field events (optional).
3	**Various games and sports events** • In order to gain proficiency in any of the two games played in the previous standard, the game should be practiced using advanced techniques. The practice should include warm up exercise, sportsmanship and tactics. Relaxation after doing practice.
4	**Yog** • In addition to the 'Asanas' provided in the textbook, at least five 'Asanas' should be practiced in sitting position, standing position, supine and prone position. • Pranayama : Practice Anulom vilom Pranayama. • The Kapalbhati postures given in textbook should be practiced.
5	**Activities (At least one of the given activities should be completed in each session.)** • Bicycle trip • Keeping records of physical activity with the help of a fitness app. (At least seven days) • Exhibition of sports equipment (in picture format, replica or actual sports equipment, etc.) • List the various exercise equipment. Try new exercises using different equipments. • Conducting a sports quiz. • Visit a sports complex and record the sports facilities available there. • Conduct inter class competitions of any one sport at school on the basis of the Premier League. (e.g. player auctions, team owners, team managers, coaches, etc.) • Set and achieve a goal of performing mass level 'Suryanamaskar'
IMPORTANT NOTE :	**The practice of any sports skill, physical activity, or field play etc. should be done only under the guidance of experts.**