Practical Work

Games, asanas and activities mentioned below are few examples that the teachers can use to develop physical abilities in students. Practical evaluation of students can be done considering the facilities available in the respective Junior College.

Health Related Physical Fitness Factors	Skill Related Physical Fitness Factors
1) Cardiovascular Endurance 2) Muscle Strength 3) Muscle Endurance 4) Flexibility 5) Body Composition	1) Speed 2) Power 3) Agility 4) Coordination 5) Balance 6) Reaction Time

Team and Individual Games	
1. Indian Games	eg. Kabaddi, Kho-Kho, Mallakhamb, etc.
2. Gymnastics events	eg. Horizontal Bar, Balance Beam, Floor Exercise, etc.
3. Ball Games	eg. Hockey, Football, Basketball, Throwball, Handball, Volleyball, etc.
4. Racquet Games	eg. Table Tennis, Badminton, Lawn Tennis, Piquel Bal, etc.
5. Combat games	eg. Judo, Karate, Wrestling, Taekwondo, etc.

Athletics – Events		
Running Events	Jumping Events	Throwing Events
Short Distance races 100, 200, 400 meters Middle Distance races 800, 1500 meters Long Distance races 3000, 5000, 10000 meters Relay – 4x100, 4x400 meters	Long Jump High Jump Pole Vault Triple Jump	Shot Put Discus Throw Javelin Throw Hammer Throw

Asanas
1. Standing Position – eg. Tadasan, Vrukshasan 2. Sitting Position – eg. Bhadrasan, Vajrasan 3. Prone Position (Sleeping on Stomach) – eg. Bhujangasan, Shalabhasan 4. Supine Position (Sleeping on Back) – eg. Halasan, Shavasan

Pranayam
Pranayam – eg. Anulom Vilom Pranayam, Sheetali Pranayam, Ujjai Pranayam, etc. (It is always necessary to do conditioning exercises and loosening after demonstration of yoga or any activities related to it).

Various Activities
Various Activities eg. Walking, Cycling, Swimming, Aerobics, Zumba Dance, Lezim, Traditional Games, Recreational Games, etc.