

KHATRA ADIBASI MAHAVIDYALAYA

B.A Program in Physical Education

Semester - IV

Skill Enhancement Course (SEC-2)

Course Code: UG/PEDG/404/SEC-2

Course Title: Ball Game and Racket Game

ASSIGNMENT FOR PHYSICAL EDUCATION STUDENTS:

VOLLEY BALL

1. Service: Under arm service, Side arm service, Tennis service, Floating service.
2. Pass: Under Arm Pass, Over Head Pass.
3. Spiking and Blocking.
4. Game practice with application of rules and regulations.

Badminton

1. Racket parts, Racket grips, Shuttle grip.
2. Service: Short service, Long service, Long high service.
3. Shots: Overhead shot, Defensive clear shot, Attacking clear shot, Drop shot, Net shot, Smash.
4. Game practice with application of rules and regulations.