

AMS ROBUL REDDY PUBLIC SCHOOL

SPORTS CLUB - CLASSES IX & X

SEPTEMBER - 2016

BASKET BALL

AIM : THE SPORTS CLUB , we teach the students how to play basketball and develop physical fitness, goal setting, agility hand and body co-ordination, discipline ,how to deal with triumph and defeat & team spirit in them

As a faculty of Sports Club I taught the students of Classes IX & X
The techniques of playing Basket Ball.

The skill of basketball gives following benefits :

- **Earning enhances cardio vascular system, better respiration techniques**
- **Burn calories (an hour of basketball can burn 630–750 calories)**
- **Build endurance.**
- **Improve balance and coordination.**
- **Develop concentration and self-discipline.**
- **Build up muscle.**

➤ *During the months of June and July students learnt the art of dribbling and passing as a part of the game through which they acquired motor control and hand and body coordination skills*



During the months of August and September students were taught the art of running by dribbling ,passing the ball etc.

which enhances their apart from learning these skills it develop team spirit discipline and social skills:



DRIBBLING: Dribbling is the act of bouncing the ball continuously with one hand by moving forward.

Passing: a pass is the method of moving the ball between the players most passes are accompanied by step forward to increase power and are followed through with the hands ensuring the accuracy.



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