

DDMS P.OBUL REDDY PUBLIC SCHOOL

TERM – I (2019-20)

CLASSES – IX & X

THROWBALL

*Sports is Friendship, Sports is Health, Sports is education,
Sports is Life and Sports brings the World Together.*

*Through the Sports Club, we teach the students how to play
Throw ball and Develop Physical Fitness, goal setting, agility,
hand and Body co-ordination, discipline, how to deal with
triumph and defeat & build team spirit in them.*

S.Naaendram

*Throwball is a non-contact ball sport played across a net between two teams of
Nine players on a rectangular court. It was first played in India as a women's
sport in Chennai during the 1940s. Throw ball rules were first drafted in 1955
and India's first national level championship was played in 1980.*



June and July: The students were taught how to do serve, how to catch the ball with net practice and to serve without crossing the service line to improve their hand and body co-ordination and team co-ordination was also taught.

August and September:

- The students were taught to play without assistance of body and legs.
- They learnt their skills enthusiastically and performed well.
- They were also taught to play without pushing and juggling the ball also releasing it within 3 seconds.

