

DDMS P.OBUL REDDY PUBLIC SCHOOL

CLASSES – VI TO VIII

TERM – I (2019-20)

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 a 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.Nagendram

*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.*



*Throwball rules were first drafted in 1955 and India's first national level
championship was played in 1980.*

During the months of June - July, 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.



As with any high intensity sport, there are many cardiovascular benefits of Throw ball. They were also taught to play without pushing and juggling the ball also releasing it within 3 seconds. This boosts their aerobic capacity, energy levels and metabolism, which in turn helps kids concentrate more in school.
