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Designing of formal activity exercises by physical education trainees through group assignment: A modern teaching method

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Abstract

Formal activities are the backbone of Health and Physical Education. They have number of benefits for children, youth and adult. Formal activities performed in groups are important for unity and co operation. In the 19th century, British soldiers stationed in India picked up on the club swinging exercises performed by Pehlwan wrestlers and brought the practice back to England. Soldiers and even women and children took up the exercise with gusto activities engaging the arms, legs, torso, neck, back – basically every muscle group in your body. Wooden wands of about 60" in length were popular exercise implements during the Victorian era, particularly in the U.S. and in Canada, being used to perform various flexibility and strengthening routines. The dumbbell, a type of free weight, is a piece of equipment used in weight training. It can be used individually or in pairs, with one in each hand. With a view to explore the creative ability of the B.P.Ed. students the investigator premeditated to conduct the study entitled Designing Of Formal Activity Exercises By B.P.Ed Students Through Group Assignment. It was found that the students designed number of new unconventional formal activity exercises with the help of group assignment.

Keywords: formal activity, group assignment

Introduction

Formal activities are the backbone of Health and Physical Education. They have number of benefits for children, youth and adult. Formal activities performed in groups are important for unity and co operation. The common formal activities are marching, calisthenics, dumbbell, Indian club, wand etc. All the activities have a rich historical background. Callisthenic exercises intend to increase body strength and flexibility using only one's body weight with movements such as bending, jumping, swinging, twisting, kicking, and many other various. With a view to explore the creative ability of the B.P.Ed. students the investigator premeditated to conduct the study entitled Designing Of Formal Activity Exercises By B.P.Ed Students Through Group Assignment. It was found that the students designed number of new unconventional formal activity exercises with the help of group assignment.

Background

Group assignment is a modern concept in the process of teaching learning. Group activity encourages students for learning by doing. Group assignment also develops creative and innovative ideas of the pupils. The author is of the view that sometimes the children feel bore doing same formal exercises year after year and they have no role to develop some new ones. Considering these facts the investigator articulated the given study.

Purpose and significance of the study

Purposes

- i. To make the students realise their creative idea.
- ii. A strive towards designing of new exercise for the formal activities.

Significance of the study

- i. The study will focus on innovative aptitude of the pupils.
- ii. The study may have some application on attainment of better fitness through formal activities

Methodology

Subjects: The author randomly selected all the students of B.P.Ed. as the subjects of study. There were four groups with 25 students each.

Design of study: The author selected four formal activities calisthenics, wand, dumbbell, and Indian club. The author divided the subjects into 4 groups and made the subjects aware about the common exercises. Then they were given a time of 2 weeks to design new 5 exercise movements for each formal activity. The exercises were recorded with the help of camera in still and movie form.

Result

The author likes to present one exercise for each activity in this part of his presentation.

Exercise No-3



Wand

Conclusion and Recommendations

From the study the author likes to conclude that the students have huge innovative and creative idea which should be encouraged. Such type of group assignment can also help them to remove their boredom and make learning more long lasting.

The author also like to recommend that such types of studies can be conducted with more number of activities and also can be enlarged with bio mechanical analysis. The students may also be used with group tasks in designing game tactics, strategy, set piece movements in certain ball games etc.

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Calisthenics



Dumbbell



Indian Club