

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. I (Part-B 2)

Topic No: B II (1)

Topic Name: Gymnastics

Lecture No.: 52

Lecture Title
Gymnastics – 1

Glossary

1. **Strenuous:** Requiring or using great effort or exertion.
2. **Enthusiastically:** Having or showing intense and eager enjoyment, interest, or approval.
3. **Acrobatic:** Performing, involving, or adept at spectacular gymnastic feats.
4. **Drag:** Pull (someone or something) along forcefully, roughly, or with difficulty.
5. **Implemented:** Put (a decision, plan, agreement, etc.) into effect.