

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (3)

Topic Name: Kho Kho

Lecture No.: 29

Lecture Name: Kho-Kho – I

Glossary

- 1. Scuffle skills** - To move quickly and with short steps
- 2. Quick reflexes** - A person's ability to respond to new or changing stimuli
- 3. Agile movement** - Quick in movement
- 4. Demarcate** - To distinguish
- 5. Defenders** - To make or keep safe from attack, or harm