

**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.: 30**

### **Lecture Name: Kho-Kho – II**

#### **Summary**

Kho Kho is a game of chase and this lecture provide you knowledge about the game rules, tricks about the game, how game is to be played and implements in the game like Posts, Strings, Measuring tape (steel) ,Stop watches (two on each ground), 2 Rings having inner diameter of 9 cms & 10 cms. Respectively,Score-sheet, Performance Count, Time placard 1 to 8,Red & Yellow card