

**Course Name : Bachelor of Physical Education**

**Year : IInd (Part - I)**

**Paper Name : Method of Physical Education**

**Paper No. IIIrd**

**Lecture No. 10**

**Topic no. : Section - C**

**Lecture Title : The Practice Style Method -2**

**References**

The practice style ( by Barbare Diggs- Brown)

Practice exercise ( by Amenda Alexander & Rachel Gee)

**Links**

[www.goodreeds.com](http://www.goodreeds.com)

[www.simplemindfulness.com](http://www.simplemindfulness.com)