

**Course Name: Bachelor of Physical Education**  
**Year - IInd (Part-1)**  
**Paper Name - Methods of Physical Education**  
**Topic Name - Methods of Teaching**  
**Topic No. - Section – A (2)**  
**Paper No. - IIIrd**  
**Lecture No. - 4**

### **Lecture Title**

### **Command Method of Physical Education - Part II**

### **Glossary**

- 1.Essence:** The intrinsic nature or indispensable quality of something, especially something abstract, which determines its character.
- 2. Accomplishment:** Something that has been achieved successfully.
- 3. Paramount:** More important than anything else; supreme
- 4. Emulating:** Match or surpass (a person or achievement), typically by imitation.
- 5. Presumptions :** An idea that is taken to be true on the basis of probability.