

**Course Name : Bachelor of Physical Education**

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

**Paper Name : Method of Physical Education**

**Paper No. IIIrd**

**Lecture No. 9**

**Topic no. : Section -C**

**Lecture Title: The Practice Style Method**

### **Summary**

The defining characteristic of the Practice style is individual and private practice of a memory/reproduction task with private feedback. In every field, the Practice method or style is a predominant behavior—people individually practice tasks and receive feedback. This landmark teaching–learning behavior can emphasize any of the attributes along the Developmental Channels. How important this particular style is for imparting physical education training for the students.