

Course Name: Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (B) II

Paper No. - B

Lecture No. – 20

Lecture Title

High Jump – 1

Glossary

Endeavour- Try hard to do or achieve something

Straddle- Sits or stands with one leg on either side of.

Mobility- The ability to move or be moved freely and easily

Strides- Walk with long, decisive steps in a specified direction

Impulses - Sudden strong and unreflective urge or desire to act.