

Course Name - Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (C)

Paper No. - B

Lecture No. – 23

Lecture Title
Balance Beam – 1

Glossary

- **Precision** - Marked by or adapted for accuracy and exactness.

Arabesque - A posture in which one leg is extended backwards at right angles, the torso bent forwards, and the arms outstretched, one forwards and one backwards

Hamper - A basket with a carrying handle and a hinged lid, used for food, cutlery, and plates on a picnic

Mounts - Climb up (stairs, a hill, or other rising surface).

Squatting - Crouch or sit with one's knees bent and one's heels close to or touching one's buttocks or the back of one's thighs.