

Program	BS Physical Education	Course Code	PE-202	Credit Hours	02
Course Title	Games III: Squash, Table Tennis, Volleyball, Handball & Cricket (Practical)				
Course Introduction					
<p>This course introduces students to the fundamental skills, strategies, and coaching principles of Squash, Table Tennis, Volleyball, Handball, and Cricket. Emphasis is placed on practical application through skill development, gameplay simulations, and coaching techniques specific to each sport.</p>					
Learning Outcomes					
<p>On the completion of the course, the students will:</p> <ul style="list-style-type: none"> • Explain the rules, history, and basic techniques of Squash, Table Tennis, Volleyball, Handball, and Cricket. • Apply fundamental skills in each sport, including strokes, passing, shooting, defending, and footwork. • Analyze tactical strategies and game plans in Squash, Table Tennis, Volleyball, Handball, and Cricket. • Develop coaching skills specific to each sport, including player development and team management. • Utilize technology for performance analysis and feedback in Squash, Table Tennis, Volleyball, Handball, and Cricket. • Through practical sessions and simulations, evaluate and assess individual and team performance in each sport. • Demonstrate teamwork, leadership, and communication skills in sport-specific settings. 					
Course Content					Assignments/Readings
Week 1	<p>Introduction to Squash</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of squash. • Group discussion on the evolution of squash. • Practical demonstration of basic squash skills: grip, stance, and footwork. 				<p>From Books and Class Lectures</p>
Week 2	<p>Basic Strokes and Serves</p> <ul style="list-style-type: none"> • Practical session on forehand and backhand grip and strokes. • Drills focusing on accuracy and control. • Partner practice to simulate match conditions. 				<p>From Books and Class Lectures</p>

Week 3	Court Movement and Strategies <ul style="list-style-type: none"> • Practical session on movement drills and positioning. • Drills focusing on shot selection and strategy. • Simulated match play with peer assessment. 	From Books and Class Lectures
Week 4	Introduction to Table Tennis <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of table tennis. • Group discussion on the evolution of table tennis. • Practical demonstration of basic table tennis skills: grip, stance, and footwork. 	From Books and Class Lectures
Week 5	Basic Strokes and Serves in Tennis <ul style="list-style-type: none"> • Practical session on forehand and backhand grip and strokes. • Drills focusing on accuracy and control. Partner practice to simulate match conditions.	From Books and Class Lectures
Week 6	Spin and Rally Techniques in Tennis <ul style="list-style-type: none"> • Practical session on topspin, backspin, and sidespin. • Drills focusing on rallying and consistency. • Simulated match play with peer assessment. 	From Books and Class Lectures
Week 7	Introduction to Volleyball <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of volleyball. • Group discussion on the evolution of volleyball. • Practical demonstration of basic volleyball skills: passing, setting, and serving. 	From Books and Class Lectures
Week 8	Passing and Setting Techniques <ul style="list-style-type: none"> • Practical session on forearm pass (bump) and overhead pass (set). • Drills focusing on precision and control. • Partner and group drills to simulate game situations. 	From Books and Class Lectures
Week 9	Serving and Spiking <ul style="list-style-type: none"> • Practical session on underhand serve, overhand serve, and jump serve. • Drills focusing on spiking techniques and approach. • Partner serving and spiking practice. 	From Books and Class Lectures
Week 10	Team Play and Strategies <ul style="list-style-type: none"> • Simulated match play with peer assessment. 	From Books and Class Lectures

	<ul style="list-style-type: none"> • Group discussion on offensive and defensive strategies. • Practical session on team rotations and formations. 	
Week 11	<p>Introduction to Handball</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of handball. • Group discussion on the evolution of handball. • Practical demonstration of basic handball skills: passing, shooting, and dribbling. 	From Books and Class Lectures
Week 12	<p>Passing and Shooting Techniques</p> <ul style="list-style-type: none"> • Practical session on chest pass, bounce pass, overhead pass. • Drills focusing on shooting techniques and accuracy. • Partner and group drills to simulate game situations. 	From Books and Class Lectures
Week 13	<p>Defensive and Offensive Strategies</p> <ul style="list-style-type: none"> • Lecture on defensive formations and offensive plays. • Practical session on defensive techniques: blocking, marking. • Drills focus on offensive plays and positioning. 	From Books and Class Lectures
Week 14	<p>Introduction to Cricket</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and objectives of cricket. • Group discussion on the evolution of cricket. • Practical demonstration of basic cricket skills: batting, bowling, and fielding. 	From Books and Class Lectures
Week 15	<p>Batting Techniques</p> <ul style="list-style-type: none"> • Practical session on grip, stance, and shot selection. • Drills focus on cover drive, pull shot, and sweep shot. • Partner batting practice to simulate match conditions. <p>Bowling Techniques</p> <ul style="list-style-type: none"> • Practical session on grip, run-up, and delivery stride. • Drills focus on different types of deliveries: fast, swing, and spin. • Partner bowling practice to enhance consistency. 	From Books and Class Lectures
Week 16	<p>Fielding and Wicketkeeping</p> <ul style="list-style-type: none"> • Practical session on catching, throwing, and ground fielding techniques. • Drills focus on wicketkeeping skills, such as stance, catching, and stumping. • Partner and group drills to simulate game situations. 	From Books and Class Lectures

	<p>Review and Final Assessment</p> <ul style="list-style-type: none"> • Review of key concepts • Final exam preparation 	
Textbooks and Reading Material		
<p>Textbooks</p> <ul style="list-style-type: none"> • Elliott, M. (2021). Squash: Steps to Success. Human Kinetics. • FIFA (2021). Official Handball Rules. Fédération Internationale de Handball (FIH). • Scates, A. (2019). Winning Volleyball. Human Kinetics. • USA Table Tennis (2020). Table Tennis Coaching Manual. USA Table Tennis. • Wisden (2021). Cricket: The Complete Guide. Wisden Cricketers' Almanack. 		

