



INDIVIDUAL-DUAL AND TEAM SPORTS



HISTORY OF THE VARIOUS SPORTS

Table Tennis was invented in England in the early days of the 20th century and was originally called Ping-Pong, a trade name. The name table tennis was adopted in 1921–22 when the old Ping-Pong Association formed in 1902 was revived.

Volleyball was invented in 1895 by William G. Morgan, physical director of the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts. It was designed as an indoor sport for businessmen who found the new game of basketball too vigorous.

Basketball was invented in 1891 by Dr. James Naismith, a Canadian of Scottish descent at Springfield College Massachusetts. When the game was first played, peach baskets were nailed up at each end of the gymnasium as "goals", hence the origin of the name "basketball".

The roots of Badminton can be traced to ancient Greece, China, and India, and it is closely related to the old children's game battledore and shuttlecock. Badminton is derived directly from Poona, which was played by British army officers stationed in India in the 1860s.

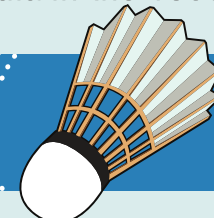
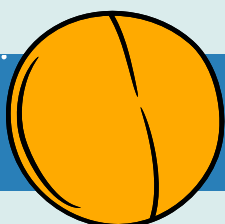
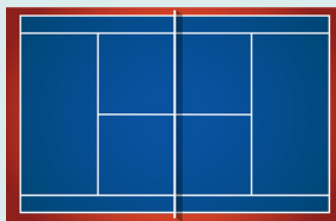
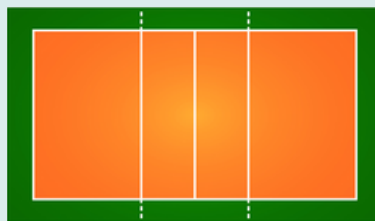


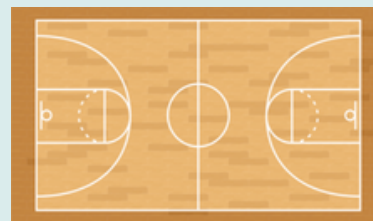
TABLE TENNIS



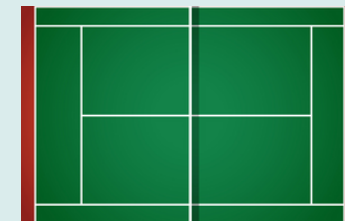
VOLLEYBALL



BASKETBALL



BADMINTON



BASIC SKILLS

DRIVE

- The primary offensive strokes in table tennis.

PUSH

- Used to change the pace of exchange or to return certain very low and close shots such as backspin serve.



BLOCK

- Allows a player to use the opponent's force against him/her and is done immediately after the bounce so that maximum control and speed are retained.

SMASH OR KILL

- The put-away stroke of table tennis.

FLOOR DEFENSE

- Used to receive the opponent's attack.

FOREARM PASS

- Used to receive the ball from your opponents, as in service, or as a technique to accurately control the ball in a way that eliminates lifting or carrying the ball.

SETTING

- Used to receive a teammate's pass so that the play may continue by passing the ball overhead to an attacker.

KILL OR ATTACK

- Used to put the ball into the opponent's court to earn a point or side out.



BLOCK

- Used to stop the ball from crossing the net as a result of an opponent's attack.

SERVE

- The action is done with an arm swing that sends the ball over the net into the opponent's court.

SHOOTING

- To score points in basketball, you need to shoot the ball into the hoop.

RUNNING

- When you have the ball, running will help you to avoid defenders and get to the basket quicker.

PASSING

- Basketball is a team sport that involves finding a teammate who is open for a shot.

JUMPING

- Jumping is involved in offense during the jump ball in the beginning, while taking shots, and sometimes while trying to catch a pass.



SERVE

- Serving is starting a point.

CLEAR

- These are the most common and important of all badminton strokes that can be played overhead or underarm.

DROP SHOT

- The delicate badminton shots that can win you points outright if executed well with deception.

SMASH

- It is the most potent of all badminton shots.

DRIVE

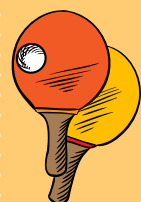
- An attacking shot that is usually played from the sides of the court when the shuttle has fallen too low for it to be returned with a smash.

NET PLAY

- Requires more finesse than power.



TYPES OF EQUIPMENT NEEDED



- Ball
- Racket or Paddle
- Table Tennis Table
- Net and Post



- Net
- Ball
- Other Types of Equipment



- Ball
- Basketball Court
- Basket or Hoop
- Uniform



- Shuttlecock
- Badminton Racket
- Badminton Shoes
- Badminton Attire

THE SPORTS' BENEFITS



Healthier Heart



Improved Mood



Reduced Body Fat



Sleep Better



Teamwork



Reduced Stress and Anxiety



Diverse Social Connections



Reduced Risk of Diabetes



Lower Blood Pressure



Improved Appearance