

Class 9 - Physical Education and Well Being

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Age is Just a Number

CBSE NOTES

Age is Just a Number - Challenge Worksheet

Strengthen your foundation with key concepts and basic applications.



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Solve the following questions. Write your answers in the space provided.

1. Discuss the relationship between physical activity and mental well-being in older adults, referencing Fauja Singh's life.

Hint: Consider both emotional motivations and psychological benefits as you formulate your answer.

2. Critically evaluate the statement 'Age is just a number' in the context of participation in endurance sports.

Hint: Think about statistics related to age and sports participation and how they could influence your viewpoint.



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Solve the following questions. Write your answers in the space provided.

3. How can a supportive environment influence the exercise habits of older adults? Provide real-life examples.

Hint: Reflect on how social connections can serve as motivators for older adults engaging in physical activities.

4. Analyze the role of regular exercise in preventing the development of chronic diseases in older adults.

Hint: Include examples from the chapter or external studies to substantiate your claims.



Solve the following questions. Write your answers in the space provided.

5. Discuss the potential barriers older adults might face in maintaining a regular exercise routine, and propose solutions.

Hint: Consider societal perceptions of aging and how they might impact individual motivation.

6. Evaluate the implications of Fauja Singh's story on public perceptions of aging and fitness.

Hint: Explore wider cultural contexts or movements that support active aging and how they resonate with Singh's experience.



Solve the following questions. Write your answers in the space provided.

7. Assess the benefits of non-competitive physical activities for older adults versus competitive sports.

Hint: Consider how community engagement plays a role in non-competitive settings.

8. Propose a community program aimed at encouraging older adults to stay physically active, citing specific activities.

Hint: Think about inclusivity and safety in your program planning.



Solve the following questions. Write your answers in the space provided.

9. Reflect on how the concept of healthy aging can be integrated into school physical education curricula.

Hint: Consider age-appropriate ways to teach students about the importance of remaining active.

10. Explore the impact of personal tragedy on resilience and motivation in the context of Fauja Singh.

Hint: Think about how Singh's story might inspire others facing similar hardships.



Check your answers with the solutions below.

1. Discuss the relationship between physical activity and mental well-being in older adults, referencing Fauja Singh's life.

Solution: Analyze the impact of staying active on mental health, using examples from Fauja Singh's journey, alongside broader scientific findings.

2. Critically evaluate the statement 'Age is just a number' in the context of participation in endurance sports.

Solution: Explore various perspectives on age and physical ability, including derailing stereotypes and discussing counterexamples.

3. How can a supportive environment influence the exercise habits of older adults? Provide real-life examples.

Solution: Discuss elements such as community programs, accessibility, and social support, comparing different scenarios.

4. Analyze the role of regular exercise in preventing the development of chronic diseases in older adults.

Solution: Link specific benefits of exercise to known health conditions such as diabetes and heart disease, with thorough explanations.

5. Discuss the potential barriers older adults might face in maintaining a regular exercise routine, and propose solutions.

Solution: Review both physical and psychological challenges, and provide actionable strategies to overcome these barriers.



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Check your answers with the solutions below.

6. Evaluate the implications of Fauja Singh's story on public perceptions of aging and fitness.

Solution: Examine how his achievements might influence societal attitudes towards older athletes and exercise.

7. Assess the benefits of non-competitive physical activities for older adults versus competitive sports.

Solution: Compare and contrast both approaches, discussing their respective risks, benefits, and social impacts.

8. Propose a community program aimed at encouraging older adults to stay physically active, citing specific activities.

Solution: Outline the program's objectives, structure, and potential challenges, using evidence to support your design.

9. Reflect on how the concept of healthy aging can be integrated into school physical education curricula.

Solution: Discuss potential activities, education, and awareness campaigns that could foster an understanding of lifelong fitness.

10. Explore the impact of personal tragedy on resilience and motivation in the context of Fauja Singh.

Solution: Analyze how personal challenges can lead to transformative change, referring to relevant psychological concepts.



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