

Class 9 - Physical Education and Well Being

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History and Culture of Physical Education in India

CBSE NOTES

History and Culture of Physical Education in India - Mastery 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 significance of physical education in ancient Indian education systems, citing examples from the Vedic period to the medieval period. How did these practices shape modern attitudes towards physical education?

Hint: Consider comparing ancient practices to contemporary frameworks and their mutual influences.



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

2. Explain how ancient texts, such as the Charaka-saṁhitā and Suśhruta-saṁhitā, illustrate the relationship between physical health and exercise. Provide specific references to their content.

Hint: Identify key quotes or concepts that exemplify these relationships.



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

3. Analyze the influence of the British colonial education system on physical education in India, especially regarding the introduction of modern sports.

Hint: Consider how this influence created both opportunities and challenges for cultural identity in sports.



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

4. Compare the philosophies behind martial training in ancient India and modern sports. What are the key differences and similarities in their purposes?

Hint: Map out key aspects (goals, training methods, cultural significance) in a table for clarity.



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

5. Evaluate the role of government initiatives, such as the Kothari Commission and the National Curriculum Framework, in shaping physical education in contemporary India.

Hint: Identify the timeline of these initiatives and their immediate effects on educational policies.



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

6. Describe how traditional games and sports can be integrated with modern educational practices to promote physical education in schools. Provide specific examples.

Hint: Consider existing school programs that have successfully merged these practices.



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

7. What cognitive, social, and physical skills are developed through traditional Indian martial arts, and how do these correlate with modern sports training?

Hint: Make connections between traditional practices and skills required in specific modern sports.



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

8. Reflect on how the Upanishads' philosophical teachings about the body and mind illustrate the ancient Indian belief in the interconnectedness of physical fitness and intellectual development.

Hint: Cite specific verses that encapsulate this philosophy.



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

9. Using the example of the Great Bath of Mohenjo-Daro, discuss the cultural importance of cleanliness and physical activity in ancient Indian society.

Hint: Explore how such structures influenced community behavior and physical discipline.



Check your answers with the solutions below.

1. Discuss the significance of physical education in ancient Indian education systems, citing examples from the Vedic period to the medieval period. How did these practices shape modern attitudes towards physical education?

Solution: Physical education in ancient India was integral to holistic development, combining physical, mental, and spiritual training. For example, the gurukula system emphasized martial arts, yoga, and games, which prepared students for both physical endurance and intellectual pursuits. In medieval times, texts like Malla-Purāṇa elaborated on wrestling and physical contests, underscoring societal values on strength and discipline. This evolution led to a recognition of physical education's role in overall well-being in modern curricula.

2. Explain how ancient texts, such as the Charaka-saṁhitā and Suśruta-saṁhitā, illustrate the relationship between physical health and exercise. Provide specific references to their content.

Solution: The Charaka-saṁhitā emphasizes 'vyāyāma' for physical health, noting the balance of activity and rest. The Suśruta-saṁhitā promotes moderate exercise tailored to individual capacities, highlighting the link between health, fitness, and longevity. Both texts advocate exercise not merely as physical exertion but as integral to maintaining overall health.

3. Analyze the influence of the British colonial education system on physical education in India, especially regarding the introduction of modern sports.

Solution: The British colonial education system initially sidelined traditional Indian physical activities, promoting Western sports like cricket and football instead. This shift reflected colonial ideologies but also led to the institutionalization of sports, which later encouraged a blend of Western and Indian practices, fostering a more inclusive physical education environment. The 1882 Hunter Commission recommended incorporating native games, reconciling traditional and modern concepts.



Check your answers with the solutions below.

4. Compare the philosophies behind martial training in ancient India and modern sports. What are the key differences and similarities in their purposes?

Solution: Martial training in ancient India, evident from texts like the Yajurveda, focused on developing strength for survival and community defense, integrating physical prowess with spiritual goals. In contrast, modern sports emphasize competition, skill, and recreation, reflecting individual achievement and entertainment. However, both share a common grounding in discipline and teamwork, pivotal for personal and communal development.

5. Evaluate the role of government initiatives, such as the Kothari Commission and the National Curriculum Framework, in shaping physical education in contemporary India.

Solution: The Kothari Commission (1964) advocated for physical education as essential to holistic human development, influencing policy-making to integrate physical education into the curriculum. The NCF (2005, 2023) further emphasizes physical activity for health and skill development, linking education with life skills. These initiatives reflect a shift towards recognizing physical education's role in broader educational contexts.

6. Describe how traditional games and sports can be integrated with modern educational practices to promote physical education in schools. Provide specific examples.

Solution: Integrating traditional games, such as Kabaddi or Kho-Kho, with modern sports can enhance student engagement and cultural appreciation. Schools can organize events that combine both, encouraging teamwork and resilience. For instance, a sports day featuring relay races alongside traditional dance or wrestling can create a rich, diverse physical education experience.



Check your answers with the solutions below.

7. What cognitive, social, and physical skills are developed through traditional Indian martial arts, and how do these correlate with modern sports training?

Solution: Traditional Indian martial arts foster cognitive skills like strategy and focus, social skills through teamwork, and physical skills such as balance and coordination. These correlate with modern sports training, where strategy (gameplay) and teamwork are critical, and physical training enhances motor skills and fitness. Recognizing these parallels can enrich training methodologies.

8. Reflect on how the Upanishads' philosophical teachings about the body and mind illustrate the ancient Indian belief in the interconnectedness of physical fitness and intellectual development.

Solution: The Upanishads metaphorically illustrate the body as a chariot and the mind as the reins, emphasizing control over physical and mental faculties. This signifies the traditional Indian belief that physical fitness directly influences intellectual and spiritual pursuits, advocating for a balanced approach to education that encompasses the body and mind.

9. Using the example of the Great Bath of Mohenjo-Daro, discuss the cultural importance of cleanliness and physical activity in ancient Indian society.

Solution: The Great Bath of Mohenjo-Daro symbolizes the link between physical activity, social order, and hygiene in ancient Indian civilization. It reflects an emphasis on cleanliness, suggesting that physical well-being was pivotal to communal life and ritual practice. This cultural perspective underlines how physical activities were intertwined with health and societal values.



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