

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 - Practice Worksheet

Strengthen your foundation with key concepts and basic applications.



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Practice Questions

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

1. Explain the significance of physical education in ancient Indian gurukulas and its impact on holistic development.

Hint: Consider how daily routines in gurukulas integrated physical training with academic learning.

2. Discuss the evolution of physical education through different historical periods in India as outlined in the chapter.

Hint: Look at the timeline presented in the chapter for major events.



Practice Questions

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

3. What role did ancient texts like the Vedas and Upanishads play in shaping physical education in India?

Hint: Refer to examples of specific verses from these texts provided in the chapter.

4. Analyze how the colonial educational reforms impacted physical education practices in India.

Hint: Consider specific reforms and their outcomes mentioned in the chapter.



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

5. Describe how traditional Indian games have been integrated into contemporary physical education.

Hint: Refer to examples given in the context of current educational frameworks.

6. Evaluate the importance of martial arts in the context of physical education in India's history.

Hint: Consider references to texts that emphasize martial training.



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

7. How did the practice of yoga contribute to the overall physical education philosophy in ancient India?

Hint: Refer to specific yoga practices mentioned in ancient texts.

8. Identify and discuss the role of major commissions and frameworks in shaping modern physical education in India post-independence.

Hint: Look for specific recommendations from each commission in the chapter.



Practice Questions

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

9. Reflect on the communal aspect of physical activities in early Indian societies and how it influenced social structure.

Hint: Consider how daily activities promoted these communal values.

10. Illustrate the connection between physical discipline and spiritual practices in ancient India through examples.

Hint: Refer to specific spiritual practices mentioned in the chapter.



Check your answers with the solutions below.

1. Explain the significance of physical education in ancient Indian gurukulas and its impact on holistic development.

Solution: Physical education in ancient gurukulas was vital for nurturing both the mind and body. Activities like archery, wrestling, and yoga contributed to physical prowess while instilling values like discipline and teamwork. These practices ensured that students were well-prepared for both academic and life challenges, emphasizing the importance of physical and mental balance.

2. Discuss the evolution of physical education through different historical periods in India as outlined in the chapter.

Solution: The chapter traces the evolution from the Vedic period, where chariot races and wrestling were prevalent, to the influence of texts like the Charaka-saṁhitā, emphasizing exercise benefits. Key developments, such as the establishment of educational commissions, highlight the shift toward formal physical training in schools, showing a clear historical progression.

3. What role did ancient texts like the Vedas and Upaniṣhads play in shaping physical education in India?

Solution: Ancient texts contributed significantly by embedding physical training within spiritual practices. The Vedas detailed various physical activities that were essential for warriors, while the Upaniṣhads illustrated the importance of strength and control for higher learning, thus linking physical health to spiritual well-being.

4. Analyze how the colonial educational reforms impacted physical education practices in India.

Solution: Colonial reforms led to a structured framework for physical education, as seen in the Hunter Commission's recommendations and Wood's Despatch. These reforms aimed to instill discipline and fitness among students, making physical activities an essential part of the curriculum and reflecting changing attitudes toward education.



Check your answers with the solutions below.

5. Describe how traditional Indian games have been integrated into contemporary physical education.

Solution: Traditional Indian games, such as kabaddi and kho-kho, are now being incorporated into school curricula to promote cultural heritage and fitness. These games not only enhance physical skills but also teach teamwork and social values, bridging historical practices with modern educational needs.

6. Evaluate the importance of martial arts in the context of physical education in India's history.

Solution: Martial arts have played a crucial role in developing physical strength, discipline, and self-defense skills throughout Indian history. They were integral to training warriors and are now recognized for their benefits in physical education, promoting fitness, mental focus, and cultural identity.

7. How did the practice of yoga contribute to the overall physical education philosophy in ancient India?

Solution: Yoga, as a holistic practice, merged physical exercise with mental and spiritual development. It encouraged body awareness, discipline, and relaxation, making it a key component of physical education that supported a well-rounded educational philosophy in ancient India.

8. Identify and discuss the role of major commissions and frameworks in shaping modern physical education in India post-independence.

Solution: Post-independence, commissions like the Kothari Commission and NCF emphasized physical education's role beyond just athletics, linking it to health and social values, thus integrating it into the broader educational framework. This shift is pivotal in ensuring that physical education is recognized as fundamental to overall development.



Check your answers with the solutions below.

9. Reflect on the communal aspect of physical activities in early Indian societies and how it influenced social structure.

Solution: Physical activities were vital in early Indian communities, fostering cooperation, teamwork, and social interaction. Engaging in games and physical work reinforced community bonds, essential for survival and cultural continuity, thereby shaping social structures.

10. Illustrate the connection between physical discipline and spiritual practices in ancient India through examples.

Solution: Physical discipline was often linked with spiritual practices, as rituals required precise movements and controlled breathing, similar to physical training. Examples from the Upanishads depict the body as a vehicle for achieving higher spiritual goals, thus intertwining physical and spiritual disciplines.



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