

Class 9 - Physical Education and Well Being

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Outdoor Sports

CBSE NOTES

Outdoor Sports - 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. Analyze the role of historical events in shaping the current strategies and techniques used in field hockey.

Hint: Consider how the evolution of material and rules may alter strategies.

2. Critically evaluate the impact of the Indian Premier League (IPL) on the evolution of cricket in India versus traditional formats.

Hint: Reflect on both positive influences and potential drawbacks to traditional cricketing values.



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

3. Discuss the ethical considerations surrounding competitive archery as a sport versus its traditional roots in warfare and hunting.

Hint: Think about how societal values have shifted over time regarding competition and historical practices.

4. Evaluate the influence of cultural factors on the popularity and adaptation of basketball in India.

Hint: Look at case studies of schools or youth organizations that actively promote basketball.



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

5. Assess the challenges faced by Indian athletes in achieving success on the global stage in softball, particularly in major tournaments.

Hint: Consider comparing these factors with other sports like cricket or hockey.

6. Synthesize information on how tennis training methods have evolved over the last two decades, specifically in India.

Hint: Reflect on the blend of traditional techniques with modern analytics and technology.



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

7. Examine the implications of integrating technology in sports training settings, particularly in cricket and archery.

Hint: Think about the impact of technology on both athletes' performance and spectator experience.

8. Debate the role of gender in sports, focusing on how women's participation in hockey has evolved in India.

Hint: Consider changes in media representation and funding decisions over the years.



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

9. Contrast the training regimens of high-performing teams in basketball versus cricket, and their overall effectiveness.

Hint: Look for specific training programs or methodologies employed by top teams.

10. Propose solutions for increasing youth engagement in outdoor sports, focusing on archery, basketball, and hockey in urban settings.

Hint: Think about partnerships with schools, community centers, or local sports clubs.



Check your answers with the solutions below.

1. Analyze the role of historical events in shaping the current strategies and techniques used in field hockey.

Solution: Discuss how milestones, such as the introduction of artificial turf, influenced gameplay and tactics in field hockey, incorporating examples from notable matches.

2. Critically evaluate the impact of the Indian Premier League (IPL) on the evolution of cricket in India versus traditional formats.

Solution: Examine changes in player revenues, audience engagement, and youth involvement in cricket, using specific data from IPL seasons and traditional test matches.

3. Discuss the ethical considerations surrounding competitive archery as a sport versus its traditional roots in warfare and hunting.

Solution: Explore the societal views on archery today as a sport and its historical context, providing examples of cultural significance and moral implications.

4. Evaluate the influence of cultural factors on the popularity and adaptation of basketball in India.

Solution: Analyze how social and cultural aspects have integrated basketball into the community, addressing both its challenges and successes.

5. Assess the challenges faced by Indian athletes in achieving success on the global stage in softball, particularly in major tournaments.

Solution: Identify barriers such as funding, support, and training facilities, and discuss how overcoming these challenges is vital for progress.



Check your answers with the solutions below.

6. Synthesize information on how tennis training methods have evolved over the last two decades, specifically in India.

Solution: Discuss the influence of international coaching techniques on local practices, providing examples of successful Indian players who benefited from these changes.

7. Examine the implications of integrating technology in sports training settings, particularly in cricket and archery.

Solution: Analyze the pros and cons of digital tools such as performance analysis software and VR training environments.

8. Debate the role of gender in sports, focusing on how women's participation in hockey has evolved in India.

Solution: Explore societal perceptions, successes, and obstacles faced by female athletes, using case examples from pivotal tournaments.

9. Contrast the training regimens of high-performing teams in basketball versus cricket, and their overall effectiveness.

Solution: Evaluate how team dynamics and individual skills are prioritized differently and what impact this has on athlete development.

10. Propose solutions for increasing youth engagement in outdoor sports, focusing on archery, basketball, and hockey in urban settings.

Solution: Identify innovative programs or initiatives that successfully draw youth interest, analyzing their long-term effects on community health.



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