

Class 9 - Physical Education and Well Being

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Outdoor Sports

CBSE NOTES

Outdoor Sports - Mastery Worksheet

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

1. Compare and contrast the evolution of hockey and cricket in India, focusing on their origins, development, and impact on Indian sports culture, citing specific events such as the establishment of governing bodies.

Hint: Identify key dates and events for both sports, categorizing them into origins, milestones, and governing bodies.



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

2. Discuss the role and significance of artificial turf in modern hockey and how it contrasts with traditional grass fields, including an analysis of changes in strategies and techniques.

Hint: Consider how the playing surface affects game dynamics and player performance.



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

3. Examine the cultural implications of basketball's introduction to India by the YMCA in Kolkata, focusing on its growth and role in schools and colleges versus traditional Indian sports.

Hint: Think about how basketball's American roots influenced its acceptance in Indian culture.



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

4. Analyze the impact of the IPL on Indian cricket, considering economic and social factors, and compare this to the historical evolution of professional hockey in India.

Hint: Look at both sports' marketing strategies and their impacts on youth engagement and sponsorship growth.



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

5. Investigate the significance of archery in Indian historical context, linking its portrayal in epics like the Ramayana and Mahabharata to its modern-day practice at the Olympics.

Hint: Consider how historical significance influences current participation levels.



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

6. Critically evaluate the development of softball from its inception to its current status in India, citing key milestones and comparing its growth to that of women's cricket in the country.

Hint: List key years and landmark events when discussing growth patterns.



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

7. Explore the physiological demands of tennis and analyze how these impact training regimens compared to those of other outdoor sports like cricket and basketball.

Hint: Identify specific skills required for each sport and correlate them with physiological training methods.



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

8. Assess the implications of globalization on outdoor sports in India, with examples from hockey, cricket, and basketball to highlight how international standards influence local practices.

Hint: Think about how international success affects local sports culture.



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

9. Investigate the historical significance and contemporary relevance of the Ranji Trophy, considering its impact on cricket development in India and comparing it to the Hockey India League.

Hint: Identify how the structure of each league influences player opportunities.



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

10. Propose a comprehensive strategy for improving women's participation in outdoor sports in India, focusing on initiatives needed in sports like basketball and hockey with a comparative look at current challenges.

Hint: Consider societal perceptions of women in sports when formulating strategies.



Check your answers with the solutions below.

1. Compare and contrast the evolution of hockey and cricket in India, focusing on their origins, development, and impact on Indian sports culture, citing specific events such as the establishment of governing bodies.

Solution: Both hockey and cricket began during the British colonial rule, with hockey's first club in Kolkata (1885) compared to cricket's introduction in 1902. Hockey's Olympic successes (1928-1956) and cricket's evolution to ODIs (1971) reflect their cultural importance. The Indian Hockey Federation was established in 1924, while the ICC was formed later. Discussing the public reception and growth of both sports highlights their roles in national identity. Use tables to summarize key milestones.

2. Discuss the role and significance of artificial turf in modern hockey and how it contrasts with traditional grass fields, including an analysis of changes in strategies and techniques.

Solution: Artificial turf, introduced in 1976, allows for faster play and more aggressive strategies, altering techniques in passing and dribbling. Grass fields, while slower, promote different skill sets. Compare how player conditioning and strategies have evolved since the shift, using diagrams to illustrate field conditions and player movements.

3. Examine the cultural implications of basketball's introduction to India by the YMCA in Kolkata, focusing on its growth and role in schools and colleges versus traditional Indian sports.

Solution: Basketball's introduction helped diversify sports in India, gaining popularity due to its accessibility. Contrast this with traditional sports, discussing societal influences. Highlight the establishment of national federations and tournaments to show formal growth.



Check your answers with the solutions below.

4. Analyze the impact of the IPL on Indian cricket, considering economic and social factors, and compare this to the historical evolution of professional hockey in India.

Solution: While IPL has bolstered cricket financially and socially, bringing glamour, hockey's professional league struggles to match this success despite its historic legacy. Analyze media coverage, fan engagement, and sponsorship, comparing statistical growth.

5. Investigate the significance of archery in Indian historical context, linking its portrayal in epics like the Ramayana and Mahabharata to its modern-day practice at the Olympics.

Solution: Archery's portrayal as a valorous skill in ancient texts emphasizes its cultural significance. In modern competitions, trace its development and the establishment of bodies like the World Archery Federation to discuss its evolution into a competitive sport.

6. Critically evaluate the development of softball from its inception to its current status in India, citing key milestones and comparing its growth to that of women's cricket in the country.

Solution: Softball's transition from a local game in 1887 to a recognized sport showcases the evolution influenced by societal changes. Compare this to women's cricket, noting historical landmarks like the Women's World Series and how they shaped perceptions of women's sports.

7. Explore the physiological demands of tennis and analyze how these impact training regimens compared to those of other outdoor sports like cricket and basketball.

Solution: Tennis demands endurance, agility, and strategic stamina; outline training methods focusing on agility drills, strength training, and endurance exercises. Compare these needs with those of cricket batsmen and basketball players, using diagrams to illustrate training regimens.



Check your answers with the solutions below.

8. Assess the implications of globalization on outdoor sports in India, with examples from hockey, cricket, and basketball to highlight how international standards influence local practices.

Solution: Global exposure through events promotes training alignments with international standards. Discuss how Indian teams adapt strategies that reflect global best practices, comparing the training of hockey players with cricket and basketball athletes. Use charts to summarize changes.

9. Investigate the historical significance and contemporary relevance of the Ranji Trophy, considering its impact on cricket development in India and comparing it to the Hockey India League.

Solution: The Ranji Trophy symbolizes domestic cricket strength, helping discover talent. Contrast its historical significance with the Hockey India League, focusing on how both tournaments shape young athletes' aspirations and skill development.

10. Propose a comprehensive strategy for improving women's participation in outdoor sports in India, focusing on initiatives needed in sports like basketball and hockey with a comparative look at current challenges.

Solution: Strategies could include community programs, school partnerships, and professional leagues fostering grassroots participation. Compare enrollment and retention rates in basketball and hockey to formulate a comprehensive plan addressing barriers.



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