

Class 9 - Physical Education and Well Being

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Outdoor Sports

CBSE NOTES

Outdoor Sports - Practice 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. Define hockey and explain its historical significance in India. How has it evolved since its inception?

Hint: Look for key historical events that shaped the development of hockey in India.

2. What are the basic skills required to play basketball? Discuss their importance in the game.

Hint: Refer back to the description of basketball skills noted in your textbook.



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

3. Describe the rules and structure of a cricket match. How does scoring occur during the game?

Hint: Think about how the innings are structured and the types of runs that can be scored.

4. What is archery, and how has it been significant in Indian culture and history?

Hint: Reflect on how archery has been integral to both historic narratives and competitive sports.



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

5. Trace the evolution of tennis from its origins to the present day. What factors contributed to its growth?

Hint: Look at the timeline of events highlighted in your material for context.

6. Explain the role and importance of major softball tournaments. How have they shaped the sport's visibility?

Hint: Consider the historical context behind how softball tournaments originated and their evolution.



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

7. What mental and physical benefits does participating in outdoor sports provide? Discuss specific examples.

Hint: Reflect on the benefits discussed in your textbook about health and well-being.

8. Discuss the significance of teamwork in outdoor sports. How does it affect game performance?

Hint: Think about examples from team sports covered in your workbook.



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

**9. How does technology influence outdoor sports today?
Provide examples of technological advancements.**

Hint: Consider the examples in your textbook regarding technology's impact on different sports.



Check your answers with the solutions below.

1. Define hockey and explain its historical significance in India. How has it evolved since its inception?

Solution: Hockey is a team game played on grass or artificial surfaces, where two teams compete to score goals by hitting a ball into the opponent's net with a curved stick. The sport originated in the early 19th century, gaining popularity when the first club was founded in Kolkata in 1885 and the Hockey Association was established in 1886. India has a rich hockey history, having dominated the Olympics from 1928 to 1956, winning six consecutive gold medals. The introduction of artificial turf in 1976 brought tactical changes. Today, hockey continues to evolve with new rules and technologies, heavily contributing to India's sports identity. An example of its ongoing relevance is the establishment of the International Hockey Federation in 1924. Overall, hockey's journey reflects social and cultural shifts in Indian sports.

2. What are the basic skills required to play basketball? Discuss their importance in the game.

Solution: The fundamental skills in basketball include dribbling, shooting, passing, and rebounding. Dribbling allows players to move with the ball while maintaining control. Proper shooting techniques enable players to score points, while accurate passing ensures the team maintains possession and creates scoring opportunities. Rebounding is crucial for gaining possession after missed shots. Each skill requires practice to enhance performance during games. For example, good dribbling helps evade defenders, while effective shooting techniques can determine a match outcome. Together, these skills are vital for team dynamics and winning.

3. Describe the rules and structure of a cricket match. How does scoring occur during the game?

Solution: A cricket match consists of two teams, with an innings for each team to bat and bowl. A standard match format includes several overs where a bowler delivers six balls to the batting team. Runs are scored when the batter hits the ball and runs to the opposite end of the pitch. When the batting team loses ten wickets, their innings ends. The objective is to score more runs than the opposing team. Scoring can occur through boundaries, where hitting the ball over the boundary earns four (if the ball touches the ground) or six runs (if it crosses the boundary in the air). Understanding these basics enhances gameplay strategy.



Check your answers with the solutions below.

4. What is archery, and how has it been significant in Indian culture and history?

Solution: Archery is a precision sport involving shooting arrows at targets using a bow. It has ancient roots in Indian culture, often symbolizing bravery and skill, as seen in epic tales like the Ramayana. Historically, archery was essential for hunting and warfare, which has modern applications in the sport. The sport became part of the Olympic Games in 1900 and regained popularity in 1972. India has excelled in recent years with many prominent archers on the world stage. The World Archery Federation oversees international competitions today. Archery's significance in India is evident in its revival through dedicated training camps and events.

5. Trace the evolution of tennis from its origins to the present day. What factors contributed to its growth?

Solution: Tennis began in the late 19th century, evolving from a game known as lawn tennis, played outdoors. The first recorded rules were established in 1873 by Major Walter Clopton Wingfield. As professional tournaments emerged, significant events like the Wimbledon tournament in 1877 solidified its global presence. The introduction of new surfaces (grass, clay, hard) allowed diverse playing styles. Over time, legends like Roger Federer and Serena Williams helped popularize the sport, leading to increased viewership and sponsorships. Modern tennis showcases a mix of physical skill and strategy, driving its global growth.

6. Explain the role and importance of major softball tournaments. How have they shaped the sport's visibility?

Solution: Major softball tournaments, such as the Women's College World Series and ISF World Championship, significantly impact the sport's visibility and growth. These events bring together top teams globally, promoting competitiveness and enhancing player skills. The Olympic inclusion of softball from 1996 to 2008 and again in 2020 underscored its importance on a larger stage, inspiring younger players. Sponsorships and media coverage during these tournaments boost interest and participation at grassroots levels. Additionally, the National Pro Fastpitch league showcases the highest levels of play in the U.S., encouraging female athletes' involvement.



Check your answers with the solutions below.

7. What mental and physical benefits does participating in outdoor sports provide? Discuss specific examples.

Solution: Participating in outdoor sports offers myriad benefits including improved physical fitness, coordination, and mental well-being. Regular engagement in sports such as basketball promotes cardiovascular health, muscle strength, and agility. Mental benefits include stress reduction, enhanced mood, and greater self-esteem. For example, playing cricket fosters teamwork and communication skills, while tennis enhances focus and concentration. Additionally, outdoor environments promote vitamin D exposure and connection with nature, enhancing overall well-being. Engaging in these activities contributes to a healthy lifestyle and positive social interactions.

8. Discuss the significance of teamwork in outdoor sports. How does it affect game performance?

Solution: Teamwork is essential in outdoor sports, as it involves collaboration towards a unified goal. In games like hockey and basketball, effective communication, understanding roles, and mutual support are crucial for success. Teams that operate cohesively can respond quickly to dynamic game situations, leading to improved performance. For instance, in basketball, players must anticipate each other's movements for successful passing and scoring. Element of trust builds resilience when facing challenges during competitions. Strong teamwork also fosters a positive environment, motivating members and enhancing enjoyment and participation.

9. How does technology influence outdoor sports today? Provide examples of technological advancements.

Solution: Technology plays a pivotal role in evolving outdoor sports through improved gear, training methods, and performance analysis. For instance, cricket now utilizes data analytics to enhance strategies, with ball-tracking systems determining delivery patterns. In tennis, high-speed cameras provide instant feedback on player technique, helping refine skills. Wearable devices track performance metrics like heart rate and movement. Additionally, advancements such as artificial turf in hockey have changed gameplay strategy. These technologies contribute to maximizing athletic potential and engaging fans with innovative broadcasting methods.



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