

Class 9 - Physical Education and Well Being

Khel Praveen

Outdoor Sports

CBSE NOTES

Outdoor Sports - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Hockey's origin in India.

The first hockey club was formed in Kolkata in 1885; pivotal for India's hockey legacy.

2. Significance of the Hockey Association.

The Hockey Association founded in 1886 set the foundation for organized hockey in India.

3. India's Olympic Hockey success.

India dominated Olympics from 1928 to 1980, winning 8 gold medals in hockey.

4. International Hockey Federation (FIH).

Founded in 1924, FIH governs hockey globally, ensuring standardized rules and tournaments.

5. Introduction of artificial turf.

First used in 1976, artificial turf revolutionized hockey tactics and gameplay.

6. Basketball's founding year.

Invented in 1891 by Dr. James Naismith, basketball is now a globally popular sport.



7. Key skills in Basketball.

Fundamental skills include dribbling, passing, shooting, and receiving the ball effectively.

8. Basketball match duration.

A regulation match includes four quarters, with 10 minutes each and halftime breaks.

9. Cricket's basic game structure.

Cricket involves batting and bowling teams, switching roles after each inning.

10. ICC's role in cricket.

The International Cricket Council oversees global cricket, regulating formats and competitions.

11. Evolution of cricket formats.

With traditional Tests, ODI formats emerged in 1971, followed by T20 and IPL in the 21st century.

12. Archery's historical reverence.

Ancient India viewed archery as a sacred art, celebrated in epics like Ramayana and Mahabharata.



13. Archery in the Olympic Games.

Archery reappeared in 1972 Olympics after a lengthy hiatus, showcasing its modern competitive format.

14. Softball's inception year.

Originated in 1887, softball evolved from an indoor game to a global sport with structured rules.

15. Major Softball events.

Softball featured in Olympics from 1996-2008, promoting global competition through major leagues.

16. Tennis court dimensions.

A standard tennis court dimensions vary by surface type: hard, clay, or grass for official matches.

17. Grand Slam tournaments.

The four major tournaments: Australian Open, French Open, Wimbledon, and US Open, define tennis.

18. Shooting techniques in archery.

Modern competitive archery employs precision shooting, targeting specific distances and scores.



19. Dribbling in Basketball.

Dribbling is vital, allowing players to navigate the court and create shooting opportunities.

20. Running between wickets in cricket.

Scores are made by batters running to the opposite crease, emphasizing coordination and speed.



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