

Class 9 - Physical Education and Well Being

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Sports and Inclusivity

# CBSE NOTES

## Sports and Inclusivity - 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 'Sports for All' and elaborate on its significance in promoting social inclusion.

**Hint:** Consider its impact on social identity and personal growth.

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## 2. How does gender inclusiveness manifest in sports and why is it important?

**Hint:** Reflect on initiatives like 'This Girl Can' and their effects.

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

### 3. Discuss the concept of ethnosport and its implications for cultural inclusion in sports.

**Hint:** How does the inclusion of traditional games support community identity?

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### 4. Identify the key challenges to inclusivity in sports and propose measures to overcome them.

**Hint:** Focus on community initiatives and policy changes.

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

## 5. Explain the role of adapted sports in promoting inclusivity for people with disabilities.

**Hint:** Reference the Paralympic Games as a significant model.

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## 6. What measures can be taken to ensure accessibility in sports for economically disadvantaged groups?

**Hint:** Think about the importance of grassroots movements in this context.

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

## 7. Analyze the importance of grassroots sports programs in fostering inclusivity.

**Hint:** Consider how local tournaments can engage various demographics.

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## 8. How does physical education contribute to the overall well-being of individuals?

**Hint:** Reflect on long-term benefits for both individuals and society.

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

## 9. Evaluate how sports can act as a bridge for cross-cultural dialogue and conflict resolution.

**Hint:** Think about local or international events that foster unity.

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## 10. Discuss the significance of inclusive training for coaches and officials in sports.

**Hint:** Consider the impact of a well-trained coach on diverse teams.

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Check your answers with the solutions below.

### 1. Define 'Sports for All' and elaborate on its significance in promoting social inclusion.

**Solution:** Answer in 12-15 sentences, defining 'Sports for All' and detailing its crucial role in fostering equality through sports across different communities.

### 2. How does gender inclusiveness manifest in sports and why is it important?

**Solution:** Discuss gender inclusiveness in sports by providing definitions and examples of initiatives aimed at promoting equal opportunities in sports for both genders.

### 3. Discuss the concept of ethnosport and its implications for cultural inclusion in sports.

**Solution:** Explain what ethnosport is and provide examples like Kabaddi or Kho-kho, detailing their significance in preserving cultural heritage through sports.

### 4. Identify the key challenges to inclusivity in sports and propose measures to overcome them.

**Solution:** List and elaborate on challenges such as socio-economic barriers and gender discrimination, suggesting practical solutions for each.

### 5. Explain the role of adapted sports in promoting inclusivity for people with disabilities.

**Solution:** Define adaptive sports and discuss various examples, elucidating their role in ensuring equitable participation for individuals with disabilities.



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Check your answers with the solutions below.

### 6. What measures can be taken to ensure accessibility in sports for economically disadvantaged groups?

**Solution:** Discuss strategies like affordable access to equipment and facilities, providing scholarships, and community programs to support low-income athletes.

### 7. Analyze the importance of grassroots sports programs in fostering inclusivity.

**Solution:** Detail the role of community-level sports initiatives in promoting participation and inclusivity, supported by real-life examples.

### 8. How does physical education contribute to the overall well-being of individuals?

**Solution:** Discuss the physical, mental, and social benefits of regular physical education and its impacts on health, happiness, and community bonds.

### 9. Evaluate how sports can act as a bridge for cross-cultural dialogue and conflict resolution.

**Solution:** Discuss the role of sports in promoting understanding and peace among diverse cultural groups, providing specific examples.

### 10. Discuss the significance of inclusive training for coaches and officials in sports.

**Solution:** Explain how training programs for coaches can promote fairness and inclusion in sports, using examples to illustrate their effectiveness.





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