

Class 9 - Physical Education and Well Being

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Sports and Inclusivity

CBSE NOTES

Sports and Inclusivity - Revision Guide

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



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1. Define 'Sports for All'.

'Sports for All' is a principle ensuring access to sports for everyone, promoting equity.

2. UNESCO's Position on Sports.

UNESCO states physical education is a fundamental right, fostering inclusion and health.

3. Importance of Inclusivity.

Inclusivity in sports brings communities together, enhancing teamwork, self-esteem, and connection.

4. Khelo India Initiative.

This initiative promotes a sports culture in India, ensuring grassroots-level participation.

5. Ethnosport and Cultural Identity.

Ethnosport, like Kabaddi, enhances cultural identity, fostering diverse participation in sports.

6. Gender Inclusiveness in Sports.

Gender inclusiveness ensures equal opportunities in sports, encouraging women's participation.



7. Disability Inclusion in Sports.

The Paralympics highlight disability inclusion, celebrating abilities beyond physical challenges.

8. Socio-Economic Inclusion.

Access to affordable sports is crucial; it removes barriers for economically disadvantaged groups.

9. Challenges to Inclusiveness.

Barriers like socio-economic status and traditional restrictions hinder sports participation.

10. Measures to Promote Inclusiveness.

Develop accessible infrastructures and enforce equal opportunity policies to foster participation.

11. Registration for Sports Programs.

Open registration methods ensure everyone, regardless of background, can engage in sports.

12. Grassroots Sports Development.

Community-level programs provide inclusive environments, drawing in excluded demographics.



13. Positive Media Representation.

Promoting diverse athletes in media fosters respect and encourages broader participation in sports.

14. Age Inclusiveness in Sports.

Sports programs should engage all age groups using tailored equipment and non-competitive formats.

15. Promoting Equality through Sports.

Sports act as tools for equality, overcoming discrimination based on gender, disability, and caste.

16. Concept of Fair Play.

Fair play promotes respect and integrity, essential in developing inclusive sports environments.

17. Community Outreach Programs.

Programs involving community consultations help identify barriers to inclusiveness in sports.

18. Physical Activity Guidelines.

Adults should aim for 150 min/week of moderate or 75 min/week of vigorous physical activity.



19. Cultural Preservation through Sports.

Incorporating traditional games helps retain cultural heritage and promote inclusivity.

20. Coaching Training for Inclusivity.

Training coaches in inclusive practices enhances fair play and encourages diverse participation.

21. The Role of Sports in Society.

Sports nurture social cohesion and provide a platform for dialogue across cultures and communities.



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