

Class 6 - Physical Education and Well Being

Khel Yatra

Fake Kho

CBSE NOTES

Fake Kho - Challenge 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. Evaluate the role of hand and verbal signals in enhancing team coordination in Kho-Kho. How might variations in these signals affect gameplay?

Hint: Consider how miscommunication could alter the trajectory of a game.

2. Discuss the significance of practicing the chain formation in slow motion. How does this approach contribute to mastering Kho-Kho?

Hint: Think about how this might translate to improved performance in real matches.



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

3. Compare and contrast the roles of different players in a Kho-Kho chain. How does each position contribute to the effectiveness of the chain?

Hint: Reflect on how a weakness in one position could affect the overall strategy.

4. Analyze how reaction time can influence the outcome of a Kho-Kho match. What strategies can players employ to improve their reaction times?

Hint: Consider both physical and psychological factors that might play a role.



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

5. Evaluate the impact of physical fitness on performance in Kho-Kho, especially with regard to warm-up exercises. How do these exercises prepare players for the game?

Hint: Think about specific warm-up exercises and their targeted areas of the body.

6. Critically assess the importance of teamwork in the context of Kho-Kho. What lessons about collaboration can be drawn from this sport?

Hint: Reflect how personal goals must align with team goals for success.



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

7. Explore the concept of the 'central line' in Kho-Kho. Why is it pivotal in the defensive strategy of the game?

Hint: Consider scenarios where teams successfully or unsuccessfully controlled the central line.

8. Investigate the psychological aspects of competition in Kho-Kho. How do mental states such as confidence and anxiety affect performance?

Hint: Think about how players can prepare mentally before a match.



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

9. How can a sitting relay race serve as a lead-up activity for Kho-Kho? What skills does it help develop that are crucial for the game?

Hint: Reflect on both physical movements and teamwork elements in this exercise.

10. Synthesize the learning objectives of Khel Yatra in relation to Kho-Kho. How do these objectives prepare students for broader physical education goals?

Hint: Consider the long-term benefits of these foundational concepts beyond Kho-Kho.



Check your answers with the solutions below.

1. Evaluate the role of hand and verbal signals in enhancing team coordination in Kho-Kho. How might variations in these signals affect gameplay?

Solution: Discuss the importance of clear communication and how various signaling techniques can lead to different outcomes in gameplay. Provide examples and consider counterarguments.

2. Discuss the significance of practicing the chain formation in slow motion. How does this approach contribute to mastering Kho-Kho?

Solution: Analyze the benefits of slow practice on skill acquisition, drawing on principles of motor learning. Provide examples of specific skills improved through this method.

3. Compare and contrast the roles of different players in a Kho-Kho chain. How does each position contribute to the effectiveness of the chain?

Solution: Evaluate the responsibilities of various positions and how their synergy impacts the team's defensive strength. Use examples from game scenarios.

4. Analyze how reaction time can influence the outcome of a Kho-Kho match. What strategies can players employ to improve their reaction times?

Solution: Explore the connection between reaction time and gameplay success, evaluating potential training methods and their effectiveness.



Check your answers with the solutions below.

5. Evaluate the impact of physical fitness on performance in Kho-Kho, especially with regard to warm-up exercises. How do these exercises prepare players for the game?

Solution: Discuss the physiological benefits of warm-up routines and their relationship to injury prevention and performance enhancement in Kho-Kho.

6. Critically assess the importance of teamwork in the context of Kho-Kho. What lessons about collaboration can be drawn from this sport?

Solution: Analyze how teamwork dynamics influence gameplay, providing examples of successful and unsuccessful team strategies.

7. Explore the concept of the 'central line' in Kho-Kho. Why is it pivotal in the defensive strategy of the game?

Solution: Evaluate the strategic importance of the central line and how controlling it affects the outcomes of play, with supporting examples.

8. Investigate the psychological aspects of competition in Kho-Kho. How do mental states such as confidence and anxiety affect performance?

Solution: Discuss the dichotomy of positive and negative mental states and their tangible effects on in-game performance. Provide examples from sports psychology.



Check your answers with the solutions below.

9. How can a sitting relay race serve as a lead-up activity for Kho-Kho? What skills does it help develop that are crucial for the game?

Solution: Analyze the physical and strategic skills fostered by this activity, linking them to specific aspects of Kho-Kho performance.

10. Synthesize the learning objectives of Khel Yatra in relation to Kho-Kho. How do these objectives prepare students for broader physical education goals?

Solution: Evaluate how the skills and concepts learned in Khel Yatra can apply to other sports and physical activities, promoting a holistic approach to physical education.



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