

Class 7 - Physical Education and Well Being

Khel Yatra

Atya-patya

CBSE NOTES

Atya-patya - 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 importance of teamwork in enhancing performance during an Atya-patya match, considering both the runners and defenders' perspectives.

Hint: Consider different scenarios where teamwork might overcome individual limitations.

2. Analyze how understanding the game's rules and strategies can impact a team's scoring potential in Atya-patya.

Hint: Think about what might happen if a team disregards certain rules or strategies.



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

3. Critique the role of agility and speed in Atya-patya and how these physical attributes can be developed and improved over time.

Hint: Relate your analysis to real-life situations where agility has made a difference in athletic performance.

4. Discuss the safety measures necessary for a fair and enjoyable Atya-patya game, considering potential risks for both runners and defenders.

Hint: Think about how enforcing sportsmanship rules might affect players' behavior.



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

5. Explore the implications of changing roles (runners to defenders and vice versa) on team strategy in Atya-patya, and how this can affect scoring.

Hint: Consider how prior knowledge might inform tactics when switching roles.

6. Evaluate the significance of quick decision-making in Atya-patya and how it can determine the outcome of a match.

Hint: Think about real-life situations where rapid decision-making was critical.



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

7. Assess how cultural variations of Atya-patya, like Dariya Bandha, contribute to the game's evolution and understanding of agility-based sports.

Hint: Consider what these variations say about the communities that play them.

8. Investigate the role of physical fitness in mastering Atya-patya and how it can influence overall health and well-being.

Hint: Think about both short-term and long-term effects of participation in such games.



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

9. Propose strategies to teach Atya-patya to new players, emphasizing skill development and understanding of game mechanics.

Hint: Consider the learning curve and how to make it engaging for new players.

10. Analyze the psychological aspects of competition in Atya-patya and how they can shape player performance and enjoyment.

Hint: Reflect on how mental preparation can be as important as physical preparation.



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Check your answers with the solutions below.

1. Evaluate the importance of teamwork in enhancing performance during an Atya-patya match, considering both the runners and defenders' perspectives.

Solution: Discuss how team dynamics influence success and the strategies that can be employed to foster better cooperation. Include specific examples of team roles and communication.

2. Analyze how understanding the game's rules and strategies can impact a team's scoring potential in Atya-patya.

Solution: Reflect on the various strategies employed by successful teams and the rationale behind them. Compare successful and unsuccessful approaches.

3. Critique the role of agility and speed in Atya-patya and how these physical attributes can be developed and improved over time.

Solution: Analyze different training methods that can enhance these attributes and the impact of consistent practice. Provide examples of physical exercises that target agility.

4. Discuss the safety measures necessary for a fair and enjoyable Atya-patya game, considering potential risks for both runners and defenders.

Solution: Evaluate common injuries associated with the game and suggest preventive strategies. Discuss the importance of sportsmanship in maintaining a safe environment.



Check your answers with the solutions below.

5. Explore the implications of changing roles (runners to defenders and vice versa) on team strategy in Atya-patya, and how this can affect scoring.

Solution: Detail how a team's approach may shift based on the role they play. Provide examples of successful transitions and their outcomes.

6. Evaluate the significance of quick decision-making in Atya-patya and how it can determine the outcome of a match.

Solution: Examine scenarios where quick thinking resulted in victories or failures. Discuss what factors contribute to better decision-making under pressure.

7. Assess how cultural variations of Atya-patya, like Dariya Bandha, contribute to the game's evolution and understanding of agility-based sports.

Solution: Analyze the differences and similarities between the variants and how they reflect the cultural contexts of their respective regions.

8. Investigate the role of physical fitness in mastering Atya-patya and how it can influence overall health and well-being.

Solution: Delve into the benefits of regular physical activity as experienced in playing Atya-patya. Support your points with research on fitness and health.



Check your answers with the solutions below.

9. Propose strategies to teach Atya-patya to new players, emphasizing skill development and understanding of game mechanics.

Solution: Outline a structured teaching plan that incorporates drills, rules, and safety. Include methods for measuring progress.

10. Analyze the psychological aspects of competition in Atya-patya and how they can shape player performance and enjoyment.

Solution: Discuss factors such as motivation, anxiety, and camaraderie, and how they can impact gameplay. Provide examples of psychological strategies to enhance performance.



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