

Class X - Health and Physical Education

**Individual Games and Sports I**

# CBSE NOTES

## **Individual Games and Sports I - Challenge Worksheet**

*Push your limits with complex, exam-level long-form questions.*



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# Challenge Questions

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## 1. Evaluate the role of pacing in middle and long-distance running events. How does it differ from sprinting strategies?

*Hint: Consider the energy systems used in different running events and how they influence pacing strategies.*

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**Solution:** Pacing in middle and long-distance running is crucial for energy conservation and endurance, allowing athletes to maintain a steady speed with a final spurt. Sprinting, however, requires maximum speed throughout. Examples include the 800m vs. 100m races. Counterpoints might argue that all running events require some form of pacing, but the strategies and importance vary significantly.

## 2. Discuss the significance of the Fosbury Flop technique in high jump. How has it revolutionized the event?

*Hint: Think about the biomechanics of the Fosbury Flop compared to older techniques.*

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**Solution:** The Fosbury Flop, introduced by Dick Fosbury, allows athletes to clear higher bars by arching the back and landing on the shoulders. This technique revolutionized high jump by improving clearance efficiency and safety. Before this, techniques like the scissors or straddle were used, which were less effective. The Flop's adoption led to record-breaking performances and is now the standard technique.

## 3. Analyze the rules and challenges of the baton exchange in relay races. What are the consequences of failing to adhere to these rules?

*Hint: Consider the importance of teamwork and precision in relay races.*

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**Solution:** The baton exchange in relay races must occur within a 20m zone, and failure results in disqualification. Challenges include timing and coordination between runners. Examples include the 4x100m relay, where precise exchanges are critical. Counterpoints might highlight that experienced teams can minimize errors through practice, but the rules ensure fairness and safety.

#### 4. Compare and contrast the techniques used in shot put and discus throw. How do these techniques optimize performance?

*Hint: Think about the physics principles involved in each throwing event.*

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**Solution:** Shot put involves a linear or rotational movement to generate momentum, focusing on power and precision. Discus throw requires a spinning technique to maximize centrifugal force. Both aim to optimize distance but use different biomechanics. Examples include the glide vs. spin techniques in shot put. Counterpoints might argue that both events rely heavily on strength, but technique is the differentiating factor.

#### 5. Examine the historical evolution of track and field events, focusing on the inclusion of women and disabled athletes. How has this impacted the sport?

*Hint: Consider the social and cultural factors influencing the inclusion of diverse athletes.*

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**Solution:** Track and field initially excluded women and disabled athletes, but their inclusion has diversified and enriched the sport. The 1928 Olympics introduced women's events, and the 1960 Paralympics included disabled athletes. This has led to greater representation and recognition. Counterpoints might argue that disparities still exist, but progress is evident.

#### 6. Describe the rules and strategies involved in the triple jump. Why is it called the 'hop, step, and jump'?

*Hint: Think about the coordination and balance required for each phase.*

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**Solution:** The triple jump consists of a hop, step, and jump sequence, each phase requiring precise technique to maximize distance. Rules mandate that athletes must land in the sandpit and avoid fouls. Strategies include maintaining speed and rhythm. The name reflects the three distinct phases. Counterpoints might highlight the difficulty of mastering all three phases, but practice can lead to success.

#### 7. Evaluate the importance of the starting blocks in sprint events. How do they enhance performance?

*Hint: Consider the biomechanics of a sprint start and how blocks facilitate it.*

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**Solution:** Starting blocks provide stability and allow sprinters to generate explosive power at the start. They are mandatory in events up to 400m. Examples include Usain Bolt's record-breaking starts. Counterpoints might argue that natural talent is more important, but blocks are a critical tool for optimizing performance.

## 8. Discuss the role of the International Association of Athletics Federations (IAAF) in standardizing track and field events. What are the benefits of such standardization?

*Hint: Think about the need for uniformity in international sports.*

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**Solution:** The IAAF sets global standards for track and field, ensuring consistency and fairness. Benefits include uniform rules, equipment specifications, and record recognition. Examples include the standardization of hurdle heights and track dimensions. Counterpoints might argue that local variations could exist, but standardization promotes global competition.

## 9. Analyze the impact of professionalization on track and field events since the 1990s. How has this changed the sport?

*Hint: Consider the economic and social aspects of professional sports.*

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**Solution:** Professionalization has increased competition levels, athlete earnings, and global interest. Events like the IAAF World Championships have gained prominence. Examples include sponsorship deals and media coverage. Counterpoints might highlight the pressure on athletes, but the benefits outweigh the challenges.

## 10. Compare the rules and techniques of pole vault and high jump. What are the key differences and similarities?

*Hint: Think about the physical and technical demands of each event.*

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**Solution:** Pole vault uses a pole to clear the bar, while high jump relies solely on the athlete's leap. Both require precision and technique, but pole vault involves additional equipment. Rules include no touching the bar and landing safely. Examples include the Fosbury Flop vs. pole planting techniques. Counterpoints might argue both are equally challenging, but the skills required differ.



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