

Class X - Health and Physical Education

**Individual Games and Sports I**

# CBSE NOTES

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

*Strengthen your foundation with key concepts and basic applications.*



Visit [Edzy.ai](https://edzy.ai) for more resources

Practice concepts, test understanding, and improve performance.

# Practice Questions

---

## 1. What are track and field events? Which of these also belong to the category of team sports?

*Hint: Think about the events that require more than one athlete to compete together.*

---

**Solution:** Track and field events are athletic contests that involve running, jumping, and throwing. They are divided into track events (like sprints, middle and long-distance runs, hurdles, and relays) and field events (like long jump, high jump, shot put, discus throw, javelin throw, and hammer throw). Among these, relay races (4x100m and 4x400m) are the only track events that belong to the category of team sports because they involve a team of runners directly competing against other teams. Each runner in the team runs a part of the race and passes a baton to the next runner within a specified zone. The team's performance depends on the coordination and speed of all its members, making it a team sport within the individual-centric track and field events.

## 2. Describe the major rules that are observed in long jump.

*Hint: Focus on the take-off, measurement, and foul rules.*

---

**Solution:** The long jump is a field event where athletes sprint along a track and jump as far as possible into a sandpit. Major rules include: 1) The take-off must be made from a 20 cm wide board placed one meter away from the pit. 2) If any part of the athlete's foot goes beyond the take-off board, it's considered a foul, and the jump is not measured. 3) The distance is measured from the end of the take-off board to the nearest mark made by the athlete in the sandpit. 4) Each athlete gets a maximum of six attempts, with the best eight competitors advancing to the final rounds. 5) Athletes must have a consistent stride to take off near the board while maintaining maximum speed. 6) The event requires strong acceleration and sprinting abilities for optimal performance.

## 3. What are the main track rules?

*Hint: Consider the phases of starting, running, and finishing in track events.*

---

**Solution:** The main track rules, as per the International Association of Athletics Federations (IAAF), include: 1) Races start with a white line 5 cm wide, and in races not run in lanes, the start line is curved to ensure all athletes run the same distance. 2) Starting blocks are used for races up to 400 meters, including the first lap of relays. 3) The commands 'on your marks' and 'set' are used for crouch starts, while 'on your mark' is for standing starts. 4) Any false start leads to disqualification. 5) Athletes must stay in their lanes throughout the race in lane-based events. 6) Leaving the track

or stepping on the lane line results in disqualification. 7) In relay races, the baton must be exchanged within a 20-meter zone. 8) The finish is marked by a white line 5 cm wide, and the winner is determined by the torso's first part to cross the line.

#### 4. Describe the special features of triple jump and high jump.

*Hint: Focus on the sequence in triple jump and the technique in high jump.*

**Solution:** The triple jump, also known as the 'hop-step-jump,' involves a hop, a step, and a jump into a sandpit. Special features include: 1) The athlete must maintain rhythm and balance through the three phases. 2) The event requires explosive power and precise footwork. 3) The distance is measured from the take-off line to the nearest mark in the sandpit. The high jump involves clearing a horizontal bar without knocking it off. Special features include: 1) Athletes may approach the bar from either side. 2) The Fosbury Flop technique is commonly used, where athletes arch their back over the bar. 3) Athletes have three attempts at each height, and the bar is raised after each round. 4) The event combines speed, technique, and flexibility to achieve maximum height.

#### 5. Discuss the specific rules for shot put and discus throw.

*Hint: Pay attention to the circle dimensions and implement weights.*

**Solution:** In shot put, the rules include: 1) The shot must be put from the shoulder with one hand only. 2) The athlete must stay within a circle of 2.135 meters diameter until the shot lands. 3) The shot must not be brought behind the shoulder during the put. 4) The weight of the shot is 7.26 kg for men and 4 kg for women. In discus throw, the rules include: 1) The throw must be made from within a circle of 2.5 meters diameter. 2) The discus must land within a designated sector. 3) The athlete must exit the circle from the rear half after the throw. 4) The weight of the discus is 2 kg for men and 1 kg for women. Both events require the athlete to generate momentum through spinning or gliding techniques before releasing the implement.

#### 6. How do you break a tie in high jump?

*Hint: Consider the number of misses and overall performance.*

**Solution:** In high jump, a tie is broken by: 1) The athlete with the fewest misses at the height where the tie occurs. 2) If still tied, the athlete with the fewest misses overall in the competition up to and including the last height cleared. 3) If still tied, the athletes may be awarded the same position, or a jump-off may be conducted at the next height. 4) In a jump-off, each athlete gets one attempt at each height until one clears and the other fails. 5) The bar does not go down unless to break a tie for first place or a qualifying position. 6) If the tie persists, the bar is lowered incrementally until the tie is broken. This ensures a fair and decisive outcome.

## 7. How is high jump executed?

*Hint: Focus on the approach, take-off, and clearance techniques.*

---

**Solution:** High jump is executed in the following steps: 1) The athlete approaches the bar with a run-up to generate speed. 2) The Fosbury Flop technique is commonly used, where the athlete jumps backwards over the bar. 3) The take-off is made from one foot, and the athlete arches their back to clear the bar. 4) The landing is on a large, inflated cushion. 5) The bar is initially set at a low height and raised after each round. 6) Athletes have three attempts at each height. 7) Clearing the bar without knocking it off the stands is a successful jump. 8) The event requires a combination of speed, strength, and technique to achieve maximum height. 9) Athletes may choose to pass a height to conserve energy. 10) The winner is the athlete who clears the highest height with the fewest misses.

## 8. Describe various relay races.

*Hint: Think about the distances and baton exchange rules.*

---

**Solution:** Relay races are team events where runners pass a baton to teammates. The main types are: 1) 4x100 meters relay: Each of the four runners runs 100 meters, and the baton must be exchanged within a 20-meter zone. 2) 4x400 meters relay: Each runner covers 400 meters, with the first lap run in lanes and the rest merging to the innermost lane. 3) Mixed 4x400 meters relay: Teams consist of two male and two female runners. Key rules include: a) The baton must be passed within the exchange zone. b) Dropping the baton or improper exchange leads to disqualification. c) Runners must not obstruct others. d) The first runner starts with a crouch start, while others use a standing start. Relay races require precise baton exchanges, speed, and teamwork for success.

## 9. In which events does the athlete take standing position to start the race?

*Hint: Consider the events that require endurance and pacing.*

---

**Solution:** Athletes take a standing position to start the race in the following events: 1) Middle-distance races (800 meters and 1500 meters): Runners start from a standing position in staggered lanes or along a curved line. 2) Long-distance races (3000 meters, 5000 meters, and 10000 meters): These events also begin with a standing start due to the longer duration and strategic pacing required. 3) Steeplechase: A long-distance race with barriers and water jumps, starting from a standing position. 4) Marathon: Although not a track event, it starts with a standing position due to

the extended distance. Standing starts are used in these events to conserve energy and allow for a more controlled and strategic race pace.

## 10. How do these track and field events help an individual's performance?

*Hint: Think about the physical, mental, and social benefits.*

---

**Solution:** Track and field events help an individual's performance by: 1) Improving physical fitness through running, jumping, and throwing. 2) Enhancing speed, strength, endurance, and flexibility. 3) Developing discipline, focus, and strategic thinking. 4) Building teamwork and coordination in relay events. 5) Boosting self-confidence and competitive spirit. 6) Teaching goal-setting and perseverance through training and competition. 7) Promoting cardiovascular health and muscular development. 8) Encouraging a healthy lifestyle and stress management. 9) Providing opportunities for personal achievement and recognition. 10) Fostering sportsmanship and respect for rules and opponents. These benefits contribute to overall personal and athletic development, making track and field a comprehensive sport for individuals.

# Study smart, not hard - with Edzy!

---

## For Students

- Revise regularly to build long-term memory
- Break big topics into small chunks to master them easily
- Use flashcards to test yourself before sleeping

## For Teachers

- Motivate students with game-like rewards
- Celebrate milestones to encourage consistent effort
- Use progress data to personalize help

### Memory Hack:

Turn facts into short rhymes or acronyms to recall faster.

**You've Got This!**

Every small effort adds up. Keep going!



Visit [Edzy.ai](https://edzy.ai) for more resources

Made with ❤️ for School Students