

Class X - Health and Physical Education

Individual Games and Sports I

CBSE NOTES

Individual Games and Sports I - Quick Look Revision Guide

*Your 1-page summary of the most exam-relevant takeaways from Health and Physical
Education.*



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Key Points

1. Define Track and Field events.

Track and field events include running, jumping, and throwing competitions. Running events are on a track, while field events are outside the track. Examples include sprints, long jump, and shot put.

2. List the categories of Track events.

Track events are categorized into sprints (100m, 200m, 400m), middle distance (800m, 1500m), long distance (3000m, 5000m, 10000m), relays (4x100m, 4x400m), and hurdles (100m, 110m, 400m).

3. Explain the difference between sprints and middle distance runs.

Sprints are short distance runs requiring maximum speed throughout, like 100m. Middle distance runs, like 800m, require speed endurance and pacing, balancing speed and energy.

4. What are relay races?

Relay races are team events where runners pass a baton within a 20m exchange zone. Common relays are 4x100m and 4x400m. Teamwork and precise baton exchange are crucial.

5. Describe the rules for starting in track events.

Races start with a white line. Sprinters use starting blocks. Commands are 'on your marks' and 'set'. False starts lead to disqualification. Athletes must stay in their lanes.

6. What are the key rules for finishing in track events?

The finish is marked by a white line. Placement is determined by torso position. Timing is recorded to 1/100th second. Fully automatic timing is used in high-level meets.

7. Define field events.

Field events include jumping (long jump, high jump, triple jump, pole vault) and throwing (shot put, discus, javelin, hammer throw). They test strength, technique, and precision.

8. Explain the long jump technique.

Athletes sprint and take off from a board into a sandpit. Distance is measured from the board to the nearest mark in the pit. Fouls occur if the take-off is over the board.

9. What is the triple jump?

Triple jump consists of a hop, step, and jump into a sandpit. It requires rhythm and balance. Distance is measured like long jump, from take-off board to nearest mark.

10. Describe the high jump technique.

Athletes run up and jump over a horizontal bar, landing on a cushioned area. The Fosbury Flop is the modern technique, where jumpers arch their back over the bar.

11. What is pole vault?

Pole vault involves using a fiberglass pole to clear a high bar. Athletes sprint, plant the pole, and propel themselves over the bar, landing on a mattress.

12. List the throwing events in athletics.

Throwing events include shot put, discus throw, javelin throw, and hammer throw. Each has specific techniques and equipment weights for men and women.

13. Explain the shot put rules.

Athletes put a metal ball from a 2.135m diameter circle. The shot must be put from the shoulder. Athletes must stay in the circle until the shot lands.

14. What are the rules for discus throw?

Athletes throw a discus from a 2.5m diameter circle. The discus must land within a marked sector. Athletes must exit the circle from the rear after the throw.

15. Describe the javelin throw technique.

Athletes run up and throw a javelin overhand. The javelin must land tip first. Athletes must not cross the throwing line until the javelin lands.

16. What is hammer throw?

Hammer throw involves swinging a heavy ball attached to a wire and handle. Athletes spin to gain momentum before releasing. The ball must land within a marked sector.

17. How are ties broken in high jump?

Ties are broken by fewer misses at the height. If still tied, the fewest total misses in the competition decides. If still tied, a jump-off at a lower height may occur.

18. What are the dimensions of a standard hurdle?

Hurdle heights vary by event and gender. For men's 110m hurdles, it's 1.067m. For women's 100m hurdles, it's 0.838m. Hurdles must be cleared without knocking them over.

19. List the events in decathlon and heptathlon.

Decathlon (men) includes 10 events: 100m, long jump, shot put, high jump, 400m, 110m hurdles, discus, pole vault, javelin, and 1500m. Heptathlon (women) includes 7 events.

20. What is the history of track and field events?

Track and field dates back to Ancient Olympic Games in 776 BC. Modern Olympics began in 1896. Women's events were introduced in 1928. The sport became professional in the 1990s.

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