

Class X - Health and Physical Education

Individual Games and Sports II

CBSE NOTES

Individual Games and Sports II - Mastery Worksheet

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Mastery Questions

1. Compare and contrast the rules and court dimensions of Badminton and Tennis.

Hint: Focus on dimensions, net height, scoring system, and play rules.

Solution: Badminton and Tennis differ significantly in court dimensions and rules. Badminton courts are 13.4 meters long and 6.1 meters wide for doubles, narrowing to 5.18 meters for singles, with a net height of 1.55 meters at the edges. Tennis courts are 23.77 meters long and 8.23 meters wide for singles, expanding to 10.97 meters for doubles, with a net height of 1.07 meters at the posts. Scoring in Badminton is up to 21 points, while Tennis uses a unique system of 15, 30, 40, and game. Both sports require the ball or shuttle to land within specific boundaries, but Tennis allows one bounce before returning the ball, whereas Badminton requires the shuttle to be hit before it lands.

2. Explain the fundamental techniques of serving in Badminton and Table Tennis.

Hint: Consider the serving rules, positioning, and common faults in both sports.

Solution: In Badminton, serving involves a diagonal serve from the right service court when the score is even, with the shuttle hit below 1.15 meters from the court surface. The server's and receiver's feet must remain stationary until the serve is delivered. Table Tennis serves require the ball to be tossed at least 16 cm vertically and hit so it bounces once on the server's side and once on the opponent's side. Both sports penalize incorrect serves, but Table Tennis allows various spins and speeds, whereas Badminton focuses on precision and height.

3. Describe the historical development of Gymnastics and its inclusion in the Olympic Games.

Hint: Trace the evolution from ancient times to modern Olympics, highlighting key milestones.

Solution: Gymnastics originated in ancient Greece as military training and evolved into a sport emphasizing physical strength, balance, and coordination. The Federation of International Gymnastics was founded in 1881, standardizing the sport. Men's gymnastics debuted in the 1896 Olympics, with women's events added in 1936. The sport has expanded to include artistic, rhythmic, and trampoline events, showcasing flexibility, endurance, and artistic expression.

4. Analyze the differences between artistic gymnastics events for men and women.

Hint: Compare the number of events, apparatus used, and the focus of each gender's routines.

Solution: Men's artistic gymnastics includes six events: floor exercise, pommel horse, still rings, vault, parallel bars, and horizontal bar, focusing on strength and agility. Women compete in four events: vault, uneven bars, balance beam, and floor exercise, emphasizing grace, balance, and flexibility. The apparatus and routines differ to highlight the athletes' unique strengths, with men's events requiring more upper body strength and women's incorporating dance elements.

5. Discuss the importance of grip in Table Tennis and how it affects gameplay.

Hint: Examine how grip types influence stroke options and player strategy.

Solution: The grip in Table Tennis, whether pen hold or shakehand, significantly influences stroke versatility and power. Pen hold grip offers superior wrist flexibility for quick spins but limits backhand strength. Shakehand grip provides balanced forehand and backhand strokes, making it popular for its adaptability. Choosing the right grip depends on the player's style, with offensive players favoring shakehand for power and defensive players opting for pen hold for precision.

6. Explain the scoring system in Tennis and how a player wins a match.

Hint: Detail the point progression, game and set rules, and match structure.

Solution: Tennis uses a unique scoring system: points progress from love (0), 15, 30, to 40. A player wins a game by scoring at least four points with a two-point lead. Matches are best of three sets for women and best of five for men, with each set won by the first to six games with a two-game lead. At 6-6, a tie-break is played to determine the set winner. The player winning the majority of sets wins the match.

7. Compare the strokes used in Swimming and their impact on speed and endurance.

Hint: Focus on stroke techniques, physical demands, and their suitability for different race lengths.

Solution: Swimming features four main strokes: freestyle (fastest, emphasizing speed), backstroke (similar to freestyle but on the back, balancing speed and endurance), breaststroke (slowest, focusing on technique and endurance), and butterfly (most physically demanding, requiring strength and coordination). Each stroke impacts race strategy differently, with freestyle and butterfly suited for sprints, and backstroke and breaststroke for longer distances requiring sustained energy.

8. Describe the rules and techniques of serving in Tennis.

Hint: Outline serving rules, fault conditions, and the characteristics of different serve types.

Solution: In Tennis, the serve initiates play, requiring the ball to be hit into the diagonally opposite service box. The server has two attempts; a missed serve is a fault, and two faults result in a point loss. Techniques include the flat serve (powerful, minimal spin), slice serve (curves away from the receiver), and kick serve (high bounce, difficult to return). Proper stance, ball toss, and follow-through are crucial for an effective serve.

9. Analyze the role of tactics in Swimming races of different distances.

Hint: Consider how race length influences pacing, energy distribution, and stroke technique.

Solution: Tactics in swimming vary by race distance. Sprint races (50m, 100m) focus on explosive starts and maintaining maximum speed. Middle-distance races (200m, 400m) require balancing speed and endurance, often employing a fast start followed by steady pacing. Long-distance races (800m, 1500m) emphasize energy conservation and strategic pacing to avoid early fatigue. Swimmers must adapt their stroke rate and breathing patterns to optimize performance across distances.

10. Discuss the evolution of Badminton from its origins to becoming an international sport.

Hint: Highlight key historical milestones, rule standardization, and Olympic inclusion.

Solution: Badminton originated in the 2nd century BC, evolving from a British army officers' game in India called 'Poonah.' The first rules were established in 1877, and the sport gained international recognition after the first All England Championship. The International Badminton Federation (now Badminton World Federation) was founded in 1934, standardizing rules and promoting global competition. Badminton's inclusion in the Olympics in 1992 marked its ascent as a premier international sport, with events like singles, doubles, and mixed doubles showcasing athleticism and strategy.

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