

Class X - Health and Physical Education

Individual Games and Sports II

CBSE NOTES

Individual Games and Sports II - Practice Worksheet

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Practice Questions

1. Explain the history and evolution of Badminton as an international sport.

Hint: Refer to the history section of the Badminton segment in the chapter.

Solution: Badminton originated in the second century BC and was named after Badminton House in Gloucestershire. It was popularized by British army officers in India in 1873. The first set of rules was derived in 1877, and the game became an international sport after the first All England Championship. The International Badminton Federation, now known as the Badminton World Federation, was formed in 1934, standardizing the rules. The Badminton Association of India was established in 1934, affiliating various state-level associations. The sport has evolved significantly, with men and women competing together, making it a game for all ages and abilities.

2. Describe the different types of events in Badminton.

Hint: Look for the 'Events' subsection under the Badminton section.

Solution: Badminton features several events: Singles (Men and Women), Doubles (Men and Women), Mixed Doubles (one man and one woman), and Team Events (Men, Women, Mixed). Each event has specific rules and court dimensions. Singles play on a narrower court compared to Doubles. The Mixed Doubles is unique as it combines one male and one female player, showcasing teamwork and strategy. Team Events involve multiple matches, testing the depth and versatility of a team's players.

3. What are the fundamental techniques in Badminton? Explain the Forehand and Backhand grips.

Hint: Refer to the 'Fundamental techniques' section under Badminton.

Solution: The fundamental techniques in Badminton include grip, service, and return of service. The Forehand grip is used for shots on the forehand side, where the racket is held like shaking hands, forming a V shape between the thumb and index finger. The Backhand grip is for shots on the backhand side, where the racket is turned anti-clockwise, and the thumb is placed against the back of the handle for leverage. Both grips are crucial for power and accuracy, and players must learn to switch grips quickly during play.

4. Explain the rules of service in Badminton.

Hint: Check the 'Service' rules under the Badminton section.

Solution: In Badminton, the server must serve from the right service court when the score is even and from the left when odd. The server and receiver must stand diagonally opposite. The shuttle must be hit below 1.15m from the court surface, and both feet must remain in contact with the court until the service is delivered. The server's racket must continue forward until the service is completed. Faults include incorrect service, missing the shuttle, or the shuttle landing outside the court.

5. What is Gymnastics? Describe its history and major forms.

Hint: Refer to the Gymnastics introduction and history sections.

Solution: Gymnastics is a sport involving physical movements like flips, twists, and jumps, requiring strength, balance, and flexibility. It originated in ancient Greece for military training and was refined in Germany in the 18th century. The Federation of International Gymnastics was founded in 1881. Major forms include Artistic Gymnastics (men and women), Rhythmic Gymnastics (women only), Trampoline, Tumbling, and Acrobatic Gymnastics. Each form has unique events and skills, contributing to the sport's diversity.

6. Describe the events in Artistic Gymnastics for men and women.

Hint: Look for the 'Artistic Gymnastics' subsection under Gymnastics.

Solution: Men's Artistic Gymnastics includes Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, and Horizontal Bar. Women's events are Floor Exercise, Vault, Uneven Bars, and Balance Beam. Men's routines emphasize strength and power, while women's routines focus on balance and grace. Each event tests different skills, from tumbling passes on the floor to precision on the balance beam.

7. Explain the rules and scoring in Table Tennis.

Hint: Refer to the 'Rules' and 'Scoring' sections under Table Tennis.

Solution: Table Tennis is played on a 9ft by 5ft table with a 6-inch net. A game is up to 11 points, with a 2-point lead required if the score reaches 10-10. Players alternate serves every two points. Faults include moving the table during play or touching the net. The server must toss the ball at

least 6 inches before hitting it. Scoring is straightforward, with points awarded for each rally won, and matches are best of 3 or 5 sets.

8. What are the fundamental techniques in Table Tennis? Describe the Pen hold and Shake hand grips.

Hint: Check the 'Fundamental techniques' section under Table Tennis.

Solution: The fundamental techniques in Table Tennis include grip, service, and strokes. The Pen hold grip involves holding the racket like a pen, with the index finger and thumb across the handle. The Shake hand grip is like shaking hands with the racket, offering more backhand flexibility. Both grips have advantages, with Pen hold favoring forehand strokes and Shake hand providing balanced control for all strokes.

9. Describe the history and rules of Tennis.

Hint: Refer to the 'History' and 'Rules' sections under Tennis.

Solution: Tennis originated in 16th-century France and was refined in England in the 19th century. The first Wimbledon Championships were held in 1877. The International Tennis Federation standardized rules in 1924. Tennis is played on a 78ft by 27ft court for singles and 36ft for doubles. Matches are best of 3 or 5 sets, with games scored as 15, 30, 40, and game. Key rules include serving diagonally, alternating serves, and winning by a 2-point margin in deuce.

10. Explain the different strokes in Tennis and their importance.

Hint: Look for the 'Grip' and 'Strokes' sections under Tennis.

Solution: Tennis strokes include the Forehand, Backhand, and Serve. The Forehand is hit with the palm facing forward, the Backhand with the back of the hand leading, and the Serve starts the point. Each stroke is crucial for controlling the game. The Forehand is powerful, the Backhand offers versatility, and the Serve sets the rally's tone. Mastering these strokes is essential for competitive play, as they form the basis of all tactical plays in Tennis.

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