

Class X - Health and Physical Education

Team Games and Sports I

CBSE NOTES

Team Games and Sports I - Practice Worksheet

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Practice Questions

1. Explain the history and origin of basketball. How did it become popular in India?

Hint: Refer to the history section of basketball in the chapter.

Solution: Basketball was invented in 1891 by Dr. James Naismith at the Springfield College of Physical Education, Massachusetts, USA. It was introduced to India by the Young Men's Christian Association (YMCA) in Kolkata. The game gained popularity through YMCA establishments, especially the one in Madras in 1920. The Basketball Federation of India, established in 1950, played a crucial role in promoting the game at national and international levels. The first National Basketball tournament was held in Delhi in 1934, and since 1951, it has been organized annually. Basketball is now a favorite game in many schools and colleges, played by both men and women of all ages and abilities.

2. Describe the fundamental skills required to play basketball effectively.

Hint: Look into the section on fundamental skills in basketball.

Solution: To play basketball effectively, players need to master several fundamental skills: dribbling, passing, shooting, defense, and rebounding. Dribbling involves controlling the ball while moving, using different techniques like basic dribble, crossover dribble, and between the legs dribble. Passing is crucial for team play, with types including overhead, chest, and bounce passes. Shooting skills include jump shots, layups, and free throws, essential for scoring. Defense strategies like man-to-man and zone defense help prevent the opposing team from scoring. Rebounding, both offensive and defensive, is vital for gaining possession after a missed shot.

3. What are the rules regarding the duration of a basketball match and player substitutions?

Hint: Check the rules section for match duration and substitutions.

Solution: A basketball match consists of four quarters, each lasting 10 minutes, with a 2-minute rest between the first and second quarters and the third and fourth quarters. There is a 15-minute halftime break between the second and third quarters. Teams exchange sides after halftime. Substitutions are unlimited but can only occur when play is stopped. Each team can have up to 12

members, but only five players are allowed on the court at any time. The clock stops during inactive play, making the actual duration longer than the allotted time.

4. How is cricket played, and what are the basic rules of the game?

Hint: Refer to the introduction and rules sections of cricket.

Solution: Cricket is a bat and ball game played between two teams on a field with a rectangular pitch at the center. One team bats, aiming to score runs, while the other bowls and fields, trying to dismiss the batsmen. Runs are scored by hitting the ball and running between the wickets or by hitting boundaries (4 or 6 runs). The game includes various forms like Test matches, One Day Internationals (ODIs), and Twenty20 (T20). Basic rules include the number of players (11 per team), the roles of umpires, and methods of dismissal like bowled, caught, and leg before wicket (LBW). The team with the most runs wins.

5. What are the different ways to score runs in cricket?

Hint: Look into the section on scoring runs in cricket.

Solution: In cricket, runs can be scored in several ways: by running between the wickets after hitting the ball, by hitting boundaries (4 runs if the ball crosses the boundary after touching the ground, 6 runs if it crosses without touching), and through extras like no balls, wides, byes, and leg byes. No balls and wides add extra runs to the batting team. Byes are runs scored when the ball passes the batsman without being hit, and leg byes are runs scored when the ball hits the batsman's body but not the bat. These methods contribute to the team's total score.

6. Describe the history and development of football in India.

Hint: Refer to the history section of football in India.

Solution: Football was introduced to India by the British in the 19th century. The first recorded game took place in 1854 between the 'Calcutta Club of Civilians' and the 'Gentlemen of Barrackpore'. The first football club, the 'Calcutta Football Club', was founded in 1872. The Indian Football Association (IFA) was established in Calcutta in 1893, later replaced by the All India Football Federation (AIFF). The Durand Cup, started in 1888, is one of the oldest tournaments. The golden era of Indian football was from 1951 to 1962, when India won gold medals in the Asian Games. Football remains a popular sport in India.

7. What are the fundamental skills required to play football effectively?

Hint: Check the fundamental skills section in football.

Solution: Effective football play requires mastering several skills: receiving, passing, shooting, trapping, and dribbling. Receiving involves controlling the ball from a pass or shot. Passing is about accurately transferring the ball to teammates using different techniques. Shooting is striking the ball towards the goal to score. Trapping uses feet, thighs, or chest to control the ball. Dribbling is moving the ball past opponents while maintaining control. Additionally, defensive skills like tackling and goalkeeping are crucial for preventing the opposing team from scoring.

8. Explain the rules regarding free kicks, penalty kicks, and corner kicks in football.

Hint: Refer to the rules section for set pieces in football.

Solution: Free kicks are awarded for fouls, with two types: direct (can score directly) and indirect (must touch another player first). Opponents must be 10 yards away. Penalty kicks are given for fouls inside the penalty area, taken from the penalty spot with only the goalkeeper to beat. The goalkeeper must stay on the line until the ball is kicked. Corner kicks occur when the ball crosses the goal line after touching a defender, taken from the corner arc. Opponents must be 10 yards away, and the kicker cannot touch the ball again without another player touching it first.

9. What are the basic rules and measurements of a hockey field?

Hint: Look into the field measurements and rules sections of hockey.

Solution: Hockey is played on a rectangular field measuring 91.40 meters by 55 meters. The goal is 2.14 meters high, 3.66 meters wide, and 1.20 meters deep. A semi-circular area 14.63 meters from the goal marks the shooting circle. The penalty spot is 6.40 meters from the goal. The game consists of four 15-minute quarters. Players use sticks to hit the ball, and only the flat side is allowed. Rules include free hits for fouls outside the circle, penalty corners for defensive fouls inside the circle, and penalty strokes for serious fouls preventing a goal.

10. Describe the fundamental skills and techniques required to play volleyball effectively.

Hint: Refer to the fundamental skills and techniques section in volleyball.

Solution: Volleyball requires skills like serving, passing, setting, attacking, blocking, and digging. Serving starts the rally, with techniques like underhand and overhand serves. Passing (or bumping) involves using the forearms to direct the ball to a teammate. Setting is overhead passing to position the ball for an attack. Attacking (or spiking) is hitting the ball forcefully into the opponent's court. Blocking is jumping at the net to stop the opponent's attack. Digging is defending against hard-driven attacks. Players must also master movement and positioning to cover the court effectively and work as a team.

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