

Class X - Health and Physical Education

Team Games and Sports I

CBSE NOTES

Team 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 team games with examples.

Team games are organized physical activities where players work together towards a shared objective. Examples include Basketball, Cricket, Football, Hockey, and Volleyball.

2. Basketball court dimensions.

A standard basketball court is 28 meters long and 15 meters wide, divided into two halves by a mid-court line.

3. Duration of a basketball match.

A basketball match consists of 4 quarters, each 10 minutes long, with 2-minute breaks between the first & second and third & fourth quarters, and a 15-minute halftime.

4. Fundamental skills in basketball.

Key basketball skills include dribbling, passing, shooting, and defense. Mastering these is essential for effective gameplay.

5. History of basketball.

Basketball was invented in 1891 by Dr. James Naismith at Springfield College, USA. It was introduced to India by YMCA in Kolkata.

6. Cricket basics and objectives.

Cricket is a bat and ball game where teams score runs by hitting the ball and running between wickets, while the opposing team fields and bowls to dismiss batsmen.

7. Types of cricket matches.

Cricket is played in various formats including Test matches, One Day Internationals (ODIs), and Twenty20 (T20), each with different durations and rules.

8. Cricket field measurements.

The cricket pitch is 20.12 meters (22 yards) long, with stumps at each end. The field dimensions vary but are generally oval.

9. Football field dimensions.

A standard football field is 100-110 meters long and 64-75 meters wide, with goal posts at each end measuring 7.32 meters wide and 2.44 meters high.

10. Football match duration.

A football match consists of two 45-minute halves with a 15-minute halftime break, plus additional time for stoppages.

11. Fundamental football skills.

Essential football skills include dribbling, passing, shooting, and trapping. These skills are crucial for controlling the game and scoring goals.

12. History of football in India.

Football was introduced to India by the British in the 19th century. The first club, Calcutta Football Club, was founded in 1872.

13. Hockey equipment.

Hockey players use a curved stick to hit, push, or flick the ball. The stick is traditionally made of wood but now often includes composites.

14. Hockey field measurements.

A hockey field is 91.40 meters long and 55 meters wide, with goal posts at each end measuring 3.66 meters wide and 2.14 meters high.

15. Volleyball basics.

Volleyball is a net game where two teams of six players each try to ground the ball on the opponent's court using up to three touches per side.

16. Volleyball net height.

The volleyball net is 2.43 meters high for men and 2.24 meters high for women, stretched over the center line of the court.

17. Fundamental volleyball skills.

Key volleyball skills include serving, passing, setting, attacking, blocking, and digging. These are essential for effective team play.

18. History of volleyball.

Volleyball was invented in 1895 by William G. Morgan in the USA as a recreational game. It was introduced to India by YMCA-trained physical education teachers.

19. Common volleyball faults.

Faults in volleyball include catching the ball, consecutive contacts by the same player, touching the net, and crossing the center line.

20. Importance of team sports.

Team sports promote physical fitness, teamwork, communication, and strategic thinking, contributing to overall health and social skills.

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Before You Sleep:

Quickly review important notes - it helps memory consolidation.

Keep Going!

Great things take time - be patient and persistent.



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