

Class X - Health and Physical Education

Team Games and Sports II

CBSE NOTES

Team Games and Sports II - Challenge Worksheet

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Challenge Questions

1. Evaluate the role of indigenous games like Kabaddi in promoting physical fitness and cultural heritage in India.

Hint: Consider the accessibility, health benefits, and cultural significance of Kabaddi, and compare it with modern sports.

Solution: Kabaddi, as an indigenous game, plays a dual role in promoting physical fitness and preserving cultural heritage. It requires minimal equipment, making it accessible, and its rules encourage teamwork and strategy, enhancing physical and mental health. Culturally, it connects players to India's rich history, as seen in its mention in the Mahabharata. However, modern sports often overshadow traditional games, limiting their reach. Counterpoints include the need for modernization to attract global attention, as seen in the Pro Kabaddi League.

2. Analyze the impact of the Pro Kabaddi League on the popularity and perception of Kabaddi in urban India.

Hint: Think about how commercialization and media can transform traditional sports.

Solution: The Pro Kabaddi League has significantly elevated Kabaddi's status in urban India by professionalizing the sport, increasing media coverage, and attracting sponsorships. It has changed perceptions from a rural pastime to a competitive sport, inspiring youth participation. However, critics argue it commercializes the sport, potentially diluting its traditional essence. The league's success lies in balancing tradition with modern appeal, as evidenced by growing viewership and player salaries.

3. Discuss the significance of the 'cant' in Kabaddi and its physiological demands on players.

Hint: Consider the physical and mental challenges of performing the cant during a raid.

Solution: The 'cant' in Kabaddi, where the raider chants 'Kabaddi' while holding their breath, is crucial for validating a raid. Physiologically, it tests lung capacity, breath control, and endurance, demanding high cardiovascular fitness. This unique aspect differentiates Kabaddi from other sports, emphasizing mental and physical discipline. However, it also poses risks like hyperventilation if not performed correctly, highlighting the need for proper training.

4. Compare and contrast the defensive strategies in Kabaddi and Kho-Kho, highlighting their effectiveness in their respective games.

Hint: Focus on the physicality and strategic elements unique to each sport's defense.

Solution: In Kabaddi, defensive strategies like ankle holds and blocking focus on immobilizing the raider, requiring strength and teamwork. Kho-Kho's defense relies on agility and quick decision-making, with skills like chain and ring games to evade chasers. Kabaddi's defense is more physical, while Kho-Kho emphasizes speed and strategy. Both are effective within their contexts, but Kabaddi's defense is more confrontational, whereas Kho-Kho's is evasive.

5. Examine the historical evolution of Judo from a martial art to an Olympic sport, and its implications for traditional martial arts.

Hint: Consider how global recognition affects traditional practices and philosophies.

Solution: Judo's inclusion in the Olympics in 1964 marked its transition from a traditional Japanese martial art to a global sport, standardizing rules and promoting international competition. This has increased its popularity but also led to criticisms of over-sportification, potentially diluting its philosophical roots. Traditional martial arts face a dilemma: modernizing for global appeal risks losing cultural essence, while staying traditional may limit growth. Judo's balance serves as a model.

6. Assess the role of weight categories in Judo and wrestling in ensuring fair competition and athlete safety.

Hint: Think about the balance between competitive fairness and athlete health.

Solution: Weight categories in Judo and wrestling ensure fairness by matching competitors of similar size and strength, reducing injury risks and promoting equitable competition. They allow athletes to compete based on skill rather than physical dominance. However, strict weight management can lead to unhealthy practices like rapid weight loss. The system's benefits in safety and fairness outweigh these risks, provided athletes follow healthy weight management guidelines.

7. Critically evaluate the importance of the 'Golden Score' rule in Judo for determining match outcomes.

Hint: Consider how overtime rules influence player strategies and match dynamics.

Solution: The 'Golden Score' rule in Judo, where the first scorer in overtime wins, adds excitement and decisiveness to matches, preventing indefinite draws. It rewards aggression and skill under pressure. However, it can also lead to conservative play in regulation time, as players may avoid risks to force a Golden Score. While it ensures clear winners, it may not always reflect overall dominance in the match.

8. Explore the cultural significance of wrestling in India, from its ancient roots to its modern-day popularity.

Hint: Reflect on how historical traditions influence contemporary sports practices.

Solution: Wrestling in India, or 'Kushti', has deep cultural roots, dating back to epics like the Mahabharata, where it was a symbol of strength and honor. Traditional akharas preserve these values, emphasizing discipline and spirituality. Modern wrestling, highlighted by Olympic successes, has revived interest, blending tradition with global competitiveness. This duality enriches India's sports culture, though challenges remain in grassroots development and gender inclusivity.

9. Analyze the challenges faced by female wrestlers in India and the impact of role models like Geeta Phogat.

Hint: Consider societal attitudes and institutional support in sports gender equality.

Solution: Female wrestlers in India face societal stereotypes, lack of infrastructure, and limited funding, hindering their progress. Role models like Geeta Phogat, the first Indian woman wrestler at the Olympics, have challenged norms, inspiring participation and changing perceptions. Their success highlights the potential for gender equality in sports, though systemic barriers persist. Continued support and visibility are crucial for sustaining progress.

10. Debate the effectiveness of the scoring system in wrestling in rewarding skill and strategy over physical dominance.

Hint: Evaluate how different techniques are valued in the scoring system.

Solution: Wrestling's scoring system, which awards points for takedowns, exposure, and reversals, aims to reward technical skill and strategy. However, physical dominance can still play a significant role, especially in Greco-Roman style, where leg attacks are restricted. The system strives for

balance, but critics argue it may favor stronger athletes. Refinements like additional points for high-amplitude throws help emphasize skill, though perfect equity remains elusive.

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