

Class X - Health and Physical Education

Team Games and Sports II

CBSE NOTES

Team Games and Sports II - Mastery Worksheet

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Mastery Questions

1. Compare and contrast Kabaddi and Kho-Kho in terms of their history, rules, and fundamental skills.

Hint: Focus on historical milestones, gameplay mechanics, and skill sets for each sport.

Solution: Kabaddi and Kho-Kho are both traditional Indian sports with rich histories. Kabaddi dates back to prehistoric times and was demonstrated internationally in 1936, while Kho-Kho's rules were first framed in the early 1900s. Kabaddi involves a raider tagging opponents and returning to his half, whereas Kho-Kho involves chasers pursuing runners. Fundamental skills in Kabaddi include offensive and defensive techniques like toe touch and ankle hold, while Kho-Kho focuses on skills like giving kho and pole turning.

2. Explain the significance of the 'cant' in Kabaddi and how it affects the game dynamics.

Hint: Consider the physical and strategic implications of breath-holding during a raid.

Solution: The 'cant' in Kabaddi is the continuous chanting of 'Kabaddi' by the raider while holding their breath during a raid. It ensures the raider is not inhaling, making the raid a single breath effort. This adds a unique physical challenge and strategic element, as the raider must plan their moves efficiently within this breath-holding period.

3. Describe the scoring system in Kabaddi, including the concept of 'Lona' and bonus points.

Hint: Break down the scoring into individual points, Lona, and bonus points, explaining the conditions for each.

Solution: In Kabaddi, points are scored by tagging opponents and returning to the home half. A 'Lona' is awarded when all opponents are declared out, giving the team 2 extra points. Bonus points are awarded to the raider for crossing the bonus line when at least 6 defenders are on the court, adding a strategic layer to the game.

4. Analyze the defensive skills in Kabaddi and how they counter the raider's offensive moves.

Hint: Focus on how each defensive skill specifically counters common raider moves.

Solution: Defensive skills in Kabaddi include ankle hold, thigh hold, and blocking, designed to stop the raider. Ankle hold counters leg thrusts, thigh hold is used as a surprise tactic, and blocking creates a wall to obstruct the raider. These skills require teamwork and quick reflexes to effectively neutralize the raider's offensive strategies.

5. Discuss the evolution of Judo from its origins to its inclusion in the Olympics, highlighting key developments.

Hint: Trace the timeline from jujutsu to modern Judo, noting pivotal changes.

Solution: Judo originated from Japanese jujutsu, developed by Jigoro Kano in the late 19th century. It was recognized as a sport by 1910 and included in Japan's educational system. Key developments include the introduction of weight categories and its Olympic debut in 1964, which helped standardize rules and promote international participation.

6. Compare the rules and scoring systems of Freestyle and Greco-Roman wrestling.

Hint: Highlight the key difference in leg usage and compare common scoring elements.

Solution: Freestyle and Greco-Roman wrestling share similar rules but differ in leg use. Freestyle allows attacks using both arms and legs, while Greco-Roman restricts leg attacks. Scoring includes takedowns, exposures, and reversals, with both styles aiming to pin the opponent's shoulders to the mat for a fall.

7. Explain the role of officials in a Judo match and how decisions are made during the contest.

Hint: Focus on the collaborative decision-making process and the referee's role.

Solution: A Judo match has three officials: a referee and two judges. The referee conducts the match, while judges assist and indicate out-of-bounds. Decisions are made by majority vote, with

the referee using hand gestures to signal points or penalties. Disagreements are resolved through a vote among the officials.

8. Describe the fundamental skills required for a successful Kho-Kho player, both offensive and defensive.

Hint: List and explain key skills for both chasing and defending roles.

Solution: Successful Kho-Kho players need offensive skills like giving kho and pole turning to chase defenders, and defensive skills like chain and ring games to evade chasers. Dodging and avoiding the pole are also crucial for defenders to outmaneuver opponents.

9. Analyze the impact of the Pro Kabaddi League on the popularity and professionalism of Kabaddi in India.

Hint: Consider the league's effects on media coverage, player careers, and public interest.

Solution: The Pro Kabaddi League, established in 2014, revolutionized Kabaddi by introducing a professional league format, attracting sponsors, and broadcasting matches widely. This increased visibility, player salaries, and youth participation, elevating Kabaddi from a rural pastime to a mainstream sport.

10. Discuss the precautions and safety measures in wrestling to prevent injuries during matches.

Hint: Focus on equipment, rules, and officiating that contribute to athlete safety.

Solution: Wrestling precautions include wearing proper uniforms, clipping nails, and avoiding ornaments. Mat surfaces are designed to minimize impact, and medical personnel are present. Rules prohibit dangerous holds, and referees enforce safety protocols to protect athletes from serious injuries.

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