

Class X - Health and Physical Education

Team Games and Sports II

CBSE NOTES

Team Games and Sports II - Practice Worksheet

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Practice Questions

1. Explain the history and significance of Kabaddi in India.

Hint: Refer to the historical development and cultural significance sections of the chapter.

Solution: Kabaddi is an indigenous game popular in India, known by various names across different regions. It was demonstrated internationally during the 1936 Berlin Olympics. The All India Kabaddi Federation was established in 1950, and the Amateur Kabaddi Federation of India in 1973. Kabaddi is significant as it promotes physical fitness, teamwork, and strategic thinking. It is a game of attack and defense, where teams take turns sending a 'Raider' to the opponent's half. The game has evolved with standardized rules and international competitions like the Kabaddi World Cup, where India has been a dominant force. Kabaddi's simplicity and minimal equipment requirements make it accessible, fostering its popularity in rural and urban areas alike.

2. Describe the rules and scoring system in Kabaddi.

Hint: Focus on the rules regarding court measurements, team composition, match duration, and scoring.

Solution: Kabaddi is played on a court measuring 13x10 meters for men and 12x8 meters for women. Each team has 12 players, with 7 on the field. The game consists of two halves of 20 minutes each for men, with a 5-minute interval. Points are scored by tagging opponents and returning to the home half while chanting 'Kabaddi'. A 'Lona' awards 2 bonus points for making all opponents out. Bonus points are awarded for crossing the bonus line under specific conditions. Substitutions are allowed during timeouts or intervals, with restrictions. The team with the highest points at the end wins. Precautions include clipped nails and no ornaments.

3. What are the offensive and defensive skills in Kabaddi?

Hint: Look into the section detailing the fundamental skills used by raiders and antis.

Solution: Offensive skills in Kabaddi include various touches like hand touch, toe touch, and foot touch, and kicks like back kick, side kick, and curve kick. Defensive skills include ankle hold, thigh hold, waist hold, wrist hold, and blocking. These skills are crucial for raiders to score points and for defenders to prevent raiders from scoring. Mastery of these skills enhances a player's effectiveness in the game. For example, a raider uses toe touch to tag opponents from a distance, while a defender uses ankle hold to counter leg thrusts. These skills require practice, agility, and strategic thinking to execute effectively during a match.

4. Explain the history and rules of Kho-Kho.

Hint: Refer to the historical background and the rules section of Kho-Kho.

Solution: Kho-Kho is a traditional Indian sport with roots in 'Rathera'. The rules were first framed in the early 1900s, and the first book was published in 1924. It was showcased at the 1936 Berlin Olympics. The game involves two teams, chasers and runners, with matches consisting of two innings of 9 minutes each. The playground is rectangular, 27x16 meters, with poles at each end. Chasers must tag runners while adhering to movement restrictions. The team that tags all opponents in the shortest time wins. Kho-Kho emphasizes agility, speed, and teamwork, making it a thrilling and strategic game.

5. Describe the fundamental skills in Kho-Kho.

Hint: Focus on the offensive and defensive skills sections in the chapter.

Solution: Kho-Kho skills include offensive techniques like giving kho to the side, pole turning, covering on cross lane, pole dive, and tapping. Defensive skills include chain game, ring game, combination of chain and ring game, dodging, and avoiding the pole. These skills are essential for chasers to efficiently tag runners and for runners to evade capture. For instance, the chain game involves runners taking entry behind sitting chasers, while dodging uses body movements to deceive chasers. Mastery of these skills enhances performance and strategic depth in the game.

6. What is Judo and its significance in sports?

Hint: Refer to the introduction and history sections of Judo.

Solution: Judo, meaning 'gentle way', is a martial art and Olympic sport developed in Japan by Jigoro Kano. It emphasizes balance, leverage, and techniques like throws, immobilizations, and submissions. Judo promotes physical fitness, discipline, and self-defense. It was included in the Olympics in 1964, highlighting its global appeal. Judo's competitive aspect involves scoring points through techniques like Ippon. The sport also includes weight categories to ensure fair competition. Judo's principles and techniques have influenced other martial arts and combat systems, making it a significant and respected sport worldwide.

7. Explain the rules and scoring system in Judo.

Hint: Look into the rules, officials, and scoring sections of Judo.

Solution: Judo matches are presided over by a referee and two judges. Contestants wear judogi and compete for 5 minutes (men) or 4 minutes (women). Points are awarded for techniques like takedown (1 point), exposure (variable points), and Ippon (10 points, immediate win). Penalties include shido and hansoku-make. The 'Golden Score' rule decides ties. The competition area is 14-16 meters square, with a contest area marked by a danger zone. Judo's rules ensure safety, fairness, and the sport's competitive spirit, making it a disciplined and strategic martial art.

8. Describe the history and types of wrestling in India.

Hint: Refer to the historical background and types of wrestling sections.

Solution: Wrestling, or 'Kushti', has ancient roots in India, mentioned in epics like Mahabharata and Ramayana. It was patronized by kings and included in military training during British rule. India hosted the World Wrestling Championship in 1967. Wrestling includes styles like freestyle and Greco-Roman, with rules varying by type. Traditional Indian wrestling involves mud pits and techniques like dao, pench, and paintra. Modern wrestling follows international rules, with weight categories and scoring systems. Wrestling promotes physical strength, discipline, and strategic thinking, making it a revered and popular sport in India.

9. Explain the rules and scoring in wrestling.

Hint: Focus on the rules, scoring, and types of victories in wrestling.

Solution: Wrestling has two Olympic styles: freestyle and Greco-Roman, differing in leg use. Matches are on a 9-meter circular mat, with officials ensuring fair play. Points are awarded for takedown (1 point), exposure (variable), reversal (1 point), and escape (1 point). A fall ends the match. Bouts last two periods (3 minutes each for seniors), with a 30-second break. Victory can be by fall, injury, disqualification, or points. The 'Golden Score' rule resolves ties. Wrestling's rules emphasize technique, strength, and strategy, ensuring a competitive and disciplined sport.

10. What are the benefits of participating in team games like Kabaddi and Kho-Kho?

Hint: Consider the physical, mental, and social benefits of team games.

Solution: Participating in team games like Kabaddi and Kho-Kho offers numerous benefits. These games enhance physical fitness, agility, and endurance. They promote teamwork, communication, and strategic thinking. Kabaddi and Kho-Kho also foster discipline, quick decision-making, and mental toughness. Being indigenous sports, they preserve cultural heritage and encourage community participation. These games are accessible, requiring minimal equipment, making them inclusive. Regular participation improves cardiovascular health, coordination, and overall well-

being. Additionally, they provide opportunities for competitive play at various levels, from local to international, fostering sportsmanship and national pride.

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